

Theme	Key Topics Covered
The Transition	Introduction to 21C life, time management, and handling school pressure.
Health & Body	Nutrition, personal hygiene, the importance of sleep, and relaxation.
Mindset	Defining mental health, building self-esteem, and resilience.
Social Skills	Friendship, bullying vs. banter, and supporting others through loss.
The Wider World	Road safety, British values, e-safety, and "too much gaming."
Safety & Consent	Basic First Aid (Levels 1 & 2) and an introduction to consent.