

Theme	Key Topics Covered
Personal Growth	Identifying strengths, communication skills, and the benefits of being ambitious.
Mental Health	Developing coping strategies and building resilience against online pressures.
Physical Health	Introduction to the risks of alcohol, smoking, vaping, and illegal substances.
Social Awareness	Understanding discrimination, gang crime, and how to spot grooming.
Identity	Exploring gender, masculinity, and what it means to be a positive role model.