

## Health Topics in the Personal and Social Education Programme

<i>Physical</i>				
S1	Road Safety	Personal Safety	Drugs	Online safety Cyber -Bullying
	First Aid Heart Start	Alcohol	Smoking	Sexual Health, Relationships
S2	Drugs	Sexual Health, Relationships	Health Living	Alcohol
	Self Harming	*Teenage Cancer	LGBT	
S3	Personal Safety	Lifestyle Diseases	Teenage Cancer	
	Sexual Health and Relationships	Substance Misuse	First Aid (revision)	
S4	Substance Mis-use	Sexual Health and Relationships	First Aid	Personal Development
S5	Addictions	Learning to Drive (Theory)	Sexual Health	*Teenage Cancer
	Alcohol Effects	Teenage Pregnancy	First Aid*	Dangers of Sun Exposure*

<i>Emotional/Social</i>					
	Settling in	Peer Pressure	Bully- proofing	Getting to know others	
	Writing to Primary newcomers (Transition)	Personal Support	Cyber-bullying and Internet Safety	Resilience Training	Staying Friends
	Problems of Adolescence	Self Assessment	Racism and Bullying	Emotional Literacy	Personal Support
	Listening	Challenging Stereotypes			
	Self Assessment	Conflict Resolution	Racism, Bullying and Cyber-bullying	Mental Health	Personal Support
	Individuality		Teamwork Communication		Study Skills
	Stress Management	Self Assessment	Study Skills	Personal Support	
	Mental *	Personal Safety			
	Well-being	Empowerment			
	Domestic Abuse*				

\*Delivered by External Agencies