

## TUTORIAL CALENDAR & KEY INFORMATION 2018-19

### FORTNIGHTLY TOPICS

Month	Topic	Click view video title
September	Emotional and mental health and support available	Mental health: the basics Building resilience Hallmarks of good mental health
October	Cyberbullying and Digital Citizenship Series	What is digital citizenship Cyber-bullying and digital citizenship
October	What is Sexual exploitation? What is the law state in regards to sending explicit images?	What is sexting? Recognising abusive relationships <a href="https://www.devon-cornwall.police.uk/youth/sexting/">https://www.devon-cornwall.police.uk/youth/sexting/</a>
November	Body image & Self-esteem	Understanding self esteem How to end unhealthy relationships
November	What is extremism? What is Prevent?	<a href="https://www.youtube.com/watch?v=79MTkVumCcQ">https://www.youtube.com/watch?v=79MTkVumCcQ</a> <a href="https://www.internetmatters.org/issues/radicalisation/">https://www.internetmatters.org/issues/radicalisation/</a>
December	Dealing with Pressure & Stress - Relaxation techniques	Help! I'm stressed! Goal setting
January	Drugs and alcohol: Facts and Fiction	Drugs: Facts and fiction Teenage drinking: Facts and fiction Drink spiking: awareness and avoidance
January	Depressants, Hallucinogens and Stimulants: Drug Awareness	Depressants, Hallucinogens and Stimulants Vaping: More dangerous than you think
January	Cannabis	Marijuana and the Teenage Brain Party drugs
February	Depression and Eating Disorders	Depression and eating disorders: Sterling's story
February	Domestic abuse	Domestic violence
March	Homophobic and racist language	Homophobia

April	Celebrating Differences & Similarities - How do we challenge prejudice & Discrimination – What are British values?	Developing personal values Understanding prejudice
May	LGBTQ Inclusivity	Identifying transgender – David’s story LGBTQ inclusivity: Joeys story
July	Ways to Stay Safe on the Internet	Ten ways to stay safe on the internet Cyber safe: identifying and combatting cyber bullies
July	What Is Sexual Harassment? What is peer on peer abuse?	Sexual harassment <a href="https://happiful.com/childline-relaunch-listentoyourselfie-to-combat-peer-on-peer-sexual-abuse/">https://happiful.com/childline-relaunch-listentoyourselfie-to-combat-peer-on-peer-sexual-abuse/</a>

**Impact days** will used to cover the Relationships and Sex Education content.

**House assemblies** will introduce the monthly topics in week A. Tutorials will be completed in week B by tutors.

## Self-Assessment Tutorial Sheet

Name/s: \_\_\_\_\_

Date: Wednesday 18<sup>th</sup> September 2019

Topics: **Mental Health and Support Available**



**Before tutorial input – completed individually or within small groups**

	Strongly disagree	Disagree	Strongly agree	agree	Don't know
I can explain what resilience means and how to develop it.					
I know how to access support in school from a trusted adult.					
I can explain what mental health means.					
I can notice changes in my mental health and that of others.					
I am aware of the choices I can make each day to balance my mental health.					

**After tutorial input - completed individual or within groups**

	Strongly disagree	Disagree	Strongly agree	agree	Don't know
I can explain what resilience means and how to develop it.					
I know how to access support in school from a trusted adult.					
I can explain what mental health means.					
I can notice changes in my mental health and that of others.					
I am aware of the choices I can make each day to balance my mental health.					

Now use a different pen to complete the tables again. What are the top three things you have learnt in these sessions?

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_