

## **Year 11**

We will welcome Loudmouth back at the beginning of the day watching their performance on the themes of child exploitation including child sexual exploitation and county lines.

The following workshops will be delivered on the day:

- Relationships and Sex Education. This session will be delivered by an RSE consultant. The year 11 session will cover consent in relationships, contraception and STI's.
- Relaxation - We are aware that our students face a year with different pressures and stress. This session will be led by a consultant. She will guide students in learning and practicing relaxation techniques that they can hopefully use at home, throughout the year and beyond.
- Being Safe – as part of the day one of our KNGS staff will be facilitating a session that explores healthy relationships and the law. In this session girls will discuss strategies to deal with a variety of situations including consent (discussing topics like rape and assault).
- CSE - within this session students will explore how people can end up involved in CSE. The session will explore dangers of CSE and warning signs of grooming. They will also discuss ways to keep themselves safe including where to find help.
- First Aid – in this practical session, students will learn the valuable skills for how to give CPR and be able to practice using these skills on our resuscitation manikins.