

Year 10

The following workshops will be delivered on the day:

- **County lines** - will explore what county lines are, the law, the dangers of getting involved and ways young people can be groomed. This will also include highlighting how to get help and support.
- **Pregnancy, birth and labour** – this session will cover what happens to mother and baby throughout pregnancy, labour and birth. It will also cover what abortion and miscarriage are.
- **Parenting** – this session will look at the different ways people can become parents, fertility and things to consider before becoming parents such as finances.
- **Forced marriages and breast ironing** – this session will revise what forced marriage is and will also refer to and explain the practice of breast ironing, educating students as to what they are and how to get help and support.
- **Relax** - this session will be delivered by a relaxation consultant and guide students through relaxation techniques that can be used throughout their GCSE years and beyond.