

Year 7

The following workshops will be delivered by KNGS staff on the day:

- **Puberty and body image (RSE)** - This session will focus on puberty, particularly focusing on the menstrual cycle, but will also focus on changes that occur in the body through puberty.
- **First Aid** - This session will focus on some of the basics of first aid.
- **Friendship** – This session will focus on navigating friendships and how to deal with positive and negative aspects that can occur in friendships.
- **Healthy relationships** – This session will be an introduction to considering healthy relationships and what they look like. How to navigate emotions and staying safe.
- **Safety online** – This session will explore how to keep safe online and things to be aware of online.