

## Year 8

The following workshops will be delivered on the day:

Year 8 will start their day with a **performance from Loudmouth**. Loudmouth excel at engaging their audience through their use of performance while educating them with key messages. The performance will particularly look at consent, contraception and sexual health.

- **Relationships and sex education** – This session will focus on contraception and will be delivered by a visiting RSE consultant. A KNGS member of staff will be present in all lessons.
- **Conflict and resolution** – This session will explore dealing with conflict and how to navigate resolutions.
- **Alcohol** – This session will explore the dangers of binge drinking alcohol and how it can affect health. It will also explore what can be influences in life and the impact positive influences can have on us.
- **Consent and abuse** – this session will look at the importance of consent and will look at issues concerning abuse inc. What abuse is and how to access help and support.
- **Healthy relationships** – will explore different kinds of relationship and how students can consider how to keep themselves safe in relationships.