

YEAR 10 DROP DOWN DAY

Your child will be participating in a Drop Down Day which has been created to enhance their PSHE provision. Professionals from government and other local organisations will deliver key messages through a range of workshops, which will help them make informed choices to keep themselves safe in our ever changing world.



Isle Listen

Resilience

In this session, young people will be encouraged to prioritise their mental health and will explore skills with which they can boost their resilience.



Roads Policing Unit

Passenger Safety

With young people soon learning how to drive, this session will focus on the importance of being a responsible passenger and keeping safe on the roads.



Police

Drugs & Peer Pressure

This session will provide students information on class B & C drugs, the consequences of drug possession, and how to deal with peer pressure.



Police

ASB & Consequences

This session explores antisocial behaviour and encourages young people to consider the potential consequences of their actions for themselves and other people.

**St John
Ambulance**
Isle of Man



St. John Ambulance

First Aid

In this session, students will learn how and when to perform CPR, and how to use an AED, whilst keeping themselves and others safe in an emergency.



Motiv8

*Addictive Behaviour &
Staying Safe*

This session will provide an overview of addictive behaviours including substance use, gambling and gaming. Students will learn how to keep themselves safe by making healthy choices.