

Bounce Forward Healthy Minds

Suggested Timetable Plan

Year 7

- Resilience Skills and Revisited 12 lessons (but likely to take 18 weeks)
- .breathe – 4 lessons
- Social Media Investigated (Media Navigator) 6 lessons
- Build in some drug education – you can access great free resources here [Year 7 /S1 | Alcohol Education Trust](#) and [Talk About Alcohol | Website](#)

Year 8

- Resilience Revisited and Assertive Communication – 6 lessons
- From School to Life – 9 lessons
- Social Media Investigated (Media Influences) – 8 lessons
- Sex Ed Sorted (Part 1) - 4 lessons – see note below
- Drug Education – you can access great resources here [Year 8/ S2 | Alcohol Education Trust](#)

Year 9

- Resilient Relationships – 7 lessons
- Drug education – you can access great resources here [Year 9/ S9 | Alcohol Education Trust](#)
- Sex Ed Sorted (part 2) – 6 lessons - see note below

Year 10

- Resilient Decisions – 4 lessons
- Mental Illness Investigated – 7 lessons
- Drug Education – 7 lessons [Year 10/ S4 | Alcohol Education Trust](#)

Year 11

- Resilient Learners – 5 lessons
- Energy and Strengths - 2 lessons
- Drug Education [Year 11+/ S5+ | Alcohol Education Trust](#)

Note:

Sex Ed Sorted was part of the original Healthy Minds research. It is an excellent programme provided by the Sex Education Forum. In teaching this element in addition to above, you can be confident you are meeting the full statutory Relationship and Sex Education and Health Education requirement.

[Teaching Positive Sexual Health \(Secondary\) | sexeducationforum.org.uk](#)