

## Bounce Forward Healthy Minds

### Suggested Timetable Plan

#### Year 7

- Bounce Forward Resilience Skills 6 lessons (but likely to take 8-10 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
- Drug Education – you can download FREE resources here [Year 8/ S2 | Alcohol Education Trust](#)

#### Year 9

- Drug education – you can access great resources here [Year 9/ S9 | Alcohol Education Trust](#)
- Mental Illness Investigated – 7 lessons
- Resilient Relationships – 7 lessons

#### Year 10

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

#### Year 11

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