



**Mental Health & Wellbeing**  
Secondary Partnerships 2022 -2023

***The following are topics for assemblies, talks and workshops. We are flexible and can adapt material to suit the needs of your students and lesson times.***

**Mental Health & Wellbeing**

|   |                    |
|---|--------------------|
| Supporting your peers                         | KS4, 6th Form      |
| Understanding anger and other strong feelings | KS3, KS4           |
| Managing stress and anxiety                   | KS3, KS4, 6th Form |
| A mentally healthy approach to exams          | KS4, 6th Form      |
| Pressure: Assertiveness & aggression          | KS3                |
| Your teenage brain                            | KS3, KS4           |
| When banter becomes bullying                  | KS3                |
| Introduction to mindfulness                   | KS3, KS4, 6th Form |
| Introduction to yoga                          | KS3, KS4, 6th Form |
| Yoga & mindfulness for stress                 | KS3, KS4, 6th Form |
| An introduction to philosophy and meditation  | KS4, 6th Form      |
| Understanding grief and death                 | KS4, 6th Form      |
| Pleasure traps                                | KS4, 6th Form      |

**Relationships & Sex Education**

|                                   |                    |
|-----------------------------------|--------------------|
| Communicating Consent             | KS3, KS4, 6th Form |
| Healthy & unhealthy relationships | KS3, KS4, 6th Form |
| STIs                              | KS4                |
| Menstrual Wellbeing               | KS3, KS4           |
| Sex online and media messages     | KS4, 6th Form      |
| Contraception                     | KS4, 6th Form      |
| Self esteem and body image        | KS3, KS4           |

## Staff CPD

|  |                 |
|--|-----------------|
| Youth Mental Health First Aid 2 day course                                 | Abingdon School |
| Youth Mental Health First Aid 1 day course                                 | On site         |
| Youth Mental Health First Aid half day course                              | On site         |
| Adult Mental Health First Aid 1 day course                                 | Abingdon School |
| Staff wellbeing CPD  | On site         |
| Social-emotional learning in the classroom                                 | On site         |
| PSHCE/RSHE support - curriculum, statutory guidance, engagement, resources | On site         |
| Safeguarding - Understanding harmful sexual behaviours                     | On site         |
| Safeguarding - Understanding online sexual abuse and INCEL culture         | On site         |

## Parent/family webinars

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| Talking to our teens about drugs and substances |
| Supporting our children's mental health         |
| Supporting our LGBTQ+ children and young people |
| Digital health & wellbeing                      |
| Emotional health for you and your family        |

## Our team

Natalie Hunt is the Mental Health & Wellbeing Coordinator for Abingdon School. Having previously taught Drama for 10 years, she developed a strong interest in young people's mental health and retrained in Youth Mental Health First Aid (England) and Relationships & Sex Education (with Acet UK). She now supports schools in implementing a whole school approach to mental health and wellbeing through staff training, parent talks and working with students on a wide range of issues. Most recently she has helped students in years 11-13 to manage their anxiety over exams and strongly believes in the importance of early intervention and prevention of mental ill health. Natalie is a DDSL and supports safeguarding teams in the schools she works in.

Henry Barnes is a teacher of Philosophy and the head of yoga at Abingdon School, where he has worked for nine years. Having had a number of mental health battles himself over the years, and having a background in schools from a young age (with his own father having been his headmaster!), Henry is now well placed to support staff and students alike, and is a passionate advocate of self-development and personal betterment. While some argue that an approach to this important area is just reflective of the 'snowflake' generations, Henry disagrees profoundly, arguing that building mental health strategies and techniques into our everyday lives will only make us stronger, as well as more resilient, complete and content, people.

If you are looking for other specific topics, training or resources, just get in touch by emailing Natalie Hunt (Mental Health & Wellbeing Coordinator) at [natalie.hunt@abingdon.org.uk](mailto:natalie.hunt@abingdon.org.uk)

