

Year 12 Life Skills Programme

Half Term	Topic 1	Topic 2
1	Settling in and 6th Form Opportunities Sixth Form Handbook	Study skills 9 ways to take better notes Using the Cornell method to take notes Think harder in the classroom Creating a study plan Dual Coding Improving your memory Improving your concentration
2	Drugs Daniel Spargo-Mabbs foundation - the drug education charity Frank - drugs advice Drinkaware - alcohol advice	Wellbeing BGS Wellbeing booklet YoungMinds - young people's mental health NoPanic - support for anxiety Kooth - Online counselling service The Mix - Essential support for under 25s
3	Consent and Contraception NHS - help after rape and sexual assault Rape Crisis - charity to end sexual violence and abuse Refuge - National Domestic Abuse for women and children MSP - Male Survivors Partnership Galop - LGBT+ Domestic Abuse CCard - Register for free contraception The silent solution - when you need to call 999 but can't speak Ask for Angela - safety initiative in bars and pubs	
4	Interview Technique and Rights in Part Time Jobs Citizens Advice - Rights at work for under 18s ACAS - Free, impartial advice	Digital Footprint, Discrimination, Bullying and Harassment in the Work Place Equality Advisory Service - free advice ACAS - Free, impartial advice
5	CVs and Selling Yourself CV Tips	UCAS and Options Videos from former students National Careers Service UCAS Find an Apprenticeship
6	Travel 16-25 railcard - save 1/3 on rail fares Money Supermarket - use to compare insurance Fit for travel - vaccination information	UCAS BGS UCAS booklet

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1	UCAS Application BGS UCAS booklet	Student Finance Video about student loans Student Finance Calculator Student Finance Guide Disability Students' Allowance Information
2	Money Matters Best student bank accounts Student budgeting Best savings accounts Splitwise - app to help split bills equally	
3	Fertility and Health Checks NHS - infertility advice NHS - miscarriage advice Brook - pregnancy and miscarriage advice BPAS - British Pregnancy Advisory Service in particular abortion services Coppafeel - How to check your boobs and chest Orchid - advice on testicular cancer and self-examination	
4	Safety and transitioning to independence Frank - advice on spiking StudentMinds - guide on transitioning to university FestivalSafe - advice for those attending a festival	