



CONTENT & COURSES OFFER

2025-26

CONTENT & COURSES OVERVIEW 2025-26

| WIDE | | DEEP | | | |
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| CURRICULUM INPUT | TUTOR & ASSEMBLY | 1-1 INTERVENTIONS | GROUP INTERVENTIONS | ETHOS ENRICHMENT | PARENTAL ENGAGEMENT |
| Enhance RE, PSHE, and personal development with ethos-based sessions on values, faith, and life skills. | Create space for students to reflect on life, values, and relationships. | Help students overcome barriers to behaviour, well-being, and attendance. | Build emotional literacy, well-being, and engagement through focused group sessions. | Provide a safe space to explore life, character, and values. | Equip parents with tools to support well-being and personal growth. |



SCHOOL LINKS:

- ✓ Personal Development
- ✓ Leadership & Management
- ✓ Behaviour & Attitudes
- ✓ RE, RSHE, PSHE, Citizenship

- ✓ Well-being
- ✓ Safeguarding
- ✓ SMSC & British Values
- ✓ Attendance
















1 - CURRICULUM INPUT

Purpose

Enhance RE, PSHE, and personal development with ethos-based sessions on values, faith, and life skills.

1.1 | DCV LESSONS

| Menu | Brief Overview | Key Stage | Key Learning Outcome |
|---|--|---|--|
| Let's Talk About Mental Health <i>Coming Autumn 2025</i>  | This lessons helps students understand what mental health means, why it matters, and how to care for your well-being. | KS3 & KS4 Versions will be available |  SUPPORTING WELL-BEING |
| Let's Talk About Racism <i>Coming Autumn 2025</i>  | This lessons helps students explore racism and discrimination, and how to help build a culture of dignity and inclusion. | KS3 & KS4 Versions will be available |  CULTIVATING RESPECT |
| Let's Talk About Gaming | This lessons helps students learn how to enjoy gaming in a healthy way and stay in control of your screen time. | KS3 |  SUPPORTING WELL-BEING |
| Let's Talk About Knife Crime | This lessons helps raise awareness of knife crime and explore how to make positive choices for a safer future. | KS3 |  SUPPORTING WELL-BEING |





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| Let's Talk About Respect <i>Coming Autumn 2025</i>  | This lessons helps students discover when banter crosses the line, and how to build a culture of respect and kindness. Can be used to complement with It's Not Banter Material. | KS3 & KS4 Versions will be available |  |
| Employability Skills: Problem Solving | This lesson helps students learn how to find effective solutions to workplace challenges. | KS3 |  |
| Employability Skills: Communication | This lesson explores key elements of communication and its role in teamwork. | KS3 |  |
| Employability Skills: Leadership | This lesson unpacks what makes a great leader and the traits needed to lead well. | KS3 |  |
| Employability Skills: Aim Higher | This lesson guides students in setting clear goals and planning how to achieve them. | KS3 |  |
| Employability Skills: Teamwork | This lesson develops the ability to work well with others toward shared goals. | KS3 |  |





OTHER RECOMMENDED RESOURCES:







The PSHE Association is the national body for Personal, Social, Health and Economic (PSHE) education in the UK. It provides guidance, training, and resources to help schools deliver high-quality PSHE teaching. Each Ethos Team will have additional access to a library of quality assured resources from PSHE Association. They cover a range of topics that can be downloaded by the Ethos Team and used for one-off lessons or bespoke needs in your school. <https://pshe-association.org.uk/>







1.2 | BHR LESSONS

| MENU | Brief Overview | Year | Key Learning Outcome |
|--|--|---------|--|
| YEAR 7 SELF-WORTH LESSON: You Have Worth | A lesson on understanding self-worth, exploring impacts on self-worth, and growing your self-worth. | Year 7 |  GROWING SELF-WORTH |
| YEAR 8 HARMFUL SEXUALISED BEHAVIOURS LESSON: It's Not Okay | A lesson about harmful sexualised behaviours. To explore what harmful sexualised behaviours are, recognizing the impacts those behaviours have and understanding healthy alternatives. | Year 8 |  SHAPING RELATIONSHIP VALUES |
| YEAR 9 HEALTHY RELATIONSHIPS LESSON: It's Your Choice | A lesson on the foundations of healthy relationships and the decision to have first-time sex or delay it. | Year 9 |  SHAPING RELATIONSHIP VALUES |
| YEAR 10 CONSENT LESSON: It's About Consent | A lesson on understanding and recognizing sexual consent and understanding the law including interactive activities, videos, and group discussions. | Year 10 |  DEVELOPING RELATIONSHIP SKILLS |

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| YEAR 10 COMMITMENT LESSON: It's About Commitment  | A lesson on commitment, marriage and it's health & well-being benefits. | Year 10 |  DEVELOPING RELATIONSHIP SKILLS |
| YEAR 10 RELATIONSHIPS LESSON: It's About Love  | A lesson on the different types of love, love languages, and maintaining loving feelings in relationships. | Year 10 |  SHAPING RELATIONSHIP VALUES |

1.3 | UCP LESSONS

| Menu | Brief Overview | Key Learning Outcome |
|---|--|--|
| Grill a Christian | An interactive Q&A where students ask Christians any question to explore real faith in real life. Perfect to invite community guests to participate. |  EXPLORING FAITH QUESTIONS |
| FAITH PERSPECTIVES: Jesus KS3 | Explore the life, death, and legacy of Jesus through video stories and multimedia. |  EXAMINING KEY BELIEFS |
| FAITH PERSPECTIVES: The Bible KS3 | Discover what the Bible is, where it came from, and why it still matters today. |  EXAMINING KEY BELIEFS |
| FAITH PERSPECTIVES: Faith & Evidence KS3 | Examine whether there's a case for God and Christianity, rooted in RE curriculum thinking. |  EXAMINING KEY BELIEFS |









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| FAITH PERSPECTIVES: Faith & Worldviews KS3 | See how Christians view the world and how their faith shapes values and choices. |  |
| FAITH PERSPECTIVES: Harvest & Justice KS3 | Explore poverty, justice, and how Christian compassion leads to action at Harvesttime. |  |
| Christmas 2025 <i>Coming Autumn 2025</i>  | Our cross-academy Christmas lesson for 2025, focused on the meaning and message of Christmas. |  |
| Easter 2026 <i>Coming Spring 2026</i>  | Our cross-academy Easter lesson for 2026, exploring the hope and impact of Easter. |  |




2 - TUTOR & ASSEMBLY









Purpose








Create space for students to reflect on life, values, and relationships.












| Menu | Brief Overview | Key Learning Outcome | Key Stage | Key School Links |
|--|--|--|-----------|---|
| Attendance  | A 3-part tutor time and assembly series encouraging good attendance through routines, motivation, and future impact. |  RAISING ASPIRATIONS | KS3 | Behaviour & Attitudes, Personal Development |
| British Values KS3  | A 3-part tutor time and assembly series exploring democracy, liberty, tolerance and respect in UK society. |  CULTIVATING RESPECT | KS3 | British Values, Citizenship |
| British Values KS4  | A 3-part tutor time and assembly series applying British Values to real-life teen scenarios and responsibilities. |  CULTIVATING RESPECT | KS4 | British Values, PSHE |
| Climate Anxiety | A one-off session exploring what climate anxiety is, how it affects mental health, and how to take positive steps forward. |  BUILDING RESILIENCE | KS3/KS4 | Citizenship, Culture Capital, PSHE |
| Careers Skills: Employability Skills | A 5-part tutor time series including Problem Solving Skills, Communication Skills, Leadership Skills, Aim High Skills and Teamwork Skills. |  RAISING ASPIRATIONS | KS3/KS4 | Careers Education |





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| Character: Growing by Serving Others | A 4-part tutor series exploring the impact of service on character, well-being, and society, encouraging acts of service within and beyond school. Ethos Tutor Bites |  | KS4 | Personal Development, PSHE, Well-being |
| Christmas 2025  | A themed campaign including an assembly, 2 tutor times, Year 7 lesson and Thrive sessions exploring the message of Christmas in creative ways. |  | KS3/KS4/KS5 | RE, SMSC, British Values |
| Confidence: Being Heard | A 4-part tutor time series with an accompanying assembly encouraging students to believe their voice matters and can make a difference in the world around them. |  | KS4 | RE, Personal Development |
| Disagreeing well  | A 3-part tutor time and assembly series exploring respectful disagreement, active listening, and empathy. |  | KS3 | British Values, Personal Development, PSHE |
| Diversity (including BHM)  | A 3-part tutor time and assembly series celebrating diversity, identity, and the legacy of Black History Month (<i>please note resources from previous Black History Months are also available on the toolkit</i>). |  | KS3/KS4 | British Values, PSHE, RE, Safeguarding |
| Diversity, Culture & Discrimination | A 6-part series for tutor and assembly time exploring diversity, culture, and how to challenge discrimination. |  | KS4 | British Values, PSHE, Safeguarding, Well-being |
| Easter 2026  | An Easter-themed campaign with assembly, 2 tutor times, Year 7 lesson and Thrive sessions to reflect on Easter through media and student engagement. |  | KS3/KS4/KS5 | RE, SMSC, British Values |





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| Forgiveness | This 3-part series with an assembly explores the Christian value of forgiveness, its challenges, and its relevance to our lives today. |  | KS3/KS4 | RE, SMSC, British Values, Character |
| Faith Perspectives Beyond Belief: What Can I Do? | A 3-part tutor time series asking questions about meaning and purpose from a Christian worldview, including: "Is there more to life than this?" |  | KS3/KS4 | RE |
| Faith Perspectives Beyond Belief: Why Am I Here? | A 3-part tutor time looking at what makes us unique, where do I find my value and what does it mean to have purpose all through a Christian lens. |  | KS3/KS4 | RE |
| Faith Perspectives: Life's Big Questions | In this 5-part series students will explore the common questions associated with the existence of God and the purpose of life from a Christian perspective. |  | KS3/KS4 | RE |
| Faith Perspectives: Faith and the Planet  | A 3-part tutor time and assembly series examining how faith inspires care for the planet and everyday sustainability. |  | KS3 | RE, Citizenship, Environmental Stewardship |
| Gaming: Level Up | A 2-part tutor time exploring the world of gaming alongside an assembly. Other resources for lessons, thrive, and parent session are available. |  | KS3 | Personal Development |
| Growth Mindset | A 3-part tutor time series promoting a growth mindset to achieve personal potential. |  | KS3/KS4 | Personal Development |

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| Harvest | A justice-themed tutor times with assembly and optional social action, addressing poverty and ethical responsibility. |  | KS3/KS4/KS5 | RE, SMSC, British Values |
| Inter-personal skills  | A 3-part tutor time and assembly series helping students communicate well and build positive relationships. |  | KS3 | PSHE, RSHE, Personal Development |
| It's Not Banter Campaign | A culture-building campaign addressing bullying and banter with an assembly, tutor sessions, and school-wide resources. |  | KS3/KS4/KS5 | Personal Development, SMSC, British Values, Behaviour and Attitudes |
| Kindness | A 3-part tutor time and assembly series looking at the theme of kindness, why it is good for us and how we can be kind to ourselves and others. |  | KS3/KS4 | Student Well-being |
| Knife Crime | A 3-part tutor time set with an assembly and a lesson designed to build awareness and promote a knife-free culture. |  | KS3 | Personal Development, SMSC, British Values, Behaviour and Attitudes |
| Life Skills including money management KS3  | A 3-part tutor time and assembly series building basic life skills including time management and financial literacy. |  | KS3 | PSHE, Citizenship, Maths, Personal Development |
| Life Skills including money management session KS4  | A 3-part tutor time and assembly series tailored for KS4 students, developing practical life skills such as budgeting, saving, and managing responsibilities. |  | KS4 | PSHE, Citizenship, Maths, Personal Development |

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| Loneliness | This 3-part series and an assembly explores what loneliness is, the reasons we feel lonely and where or when these feelings might occur, possible signs and symptoms, ways to manage loneliness and where to go for help and support. |  | KS3 | PSHE, Well-being |
| Online: AI: The Real World of AI  | A 3-part tutor time and assembly series exploring the positives and negatives of AI, including deepfakes and emotional attachments to tech. |  | KS4 | Personal Development, Well-being |
| Online: Keeping Safe Online | A 5-part tutor time and assembly series with practical advice on online safety, privacy, and cyberbullying. |  | KS3 | Personal Development, PSHE, Well-being, Safeguarding |
| Online: Keeping Safe Online  | A 3-part digital tutor series focused on KS4 digital risks such as sextortion, harmful content, and how to stay safe online. |  | KS4 | Personal Development, PSHE, Well-being, Safeguarding |
| Online: Tackling legal but harmful content  | A 3-part tutor time and assembly series exploring harmful but legal online content and how to manage digital risks. |  | KS4 | Safeguarding, Digital Literacy, PSHE |
| Online and Relationships: Navigating Relationships in a Digital World | A 5-part tutor time and assembly series about online relationships, screen use and their emotional effects. |  | KS4 | Personal Development, PSHE, Well-being |
| Personal Safety  | A 3-part tutor time and assembly series focused on staying safe in public, at parties, and online. |  | KS3/KS4 | Safeguarding, PSHE |

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| Presentation Skills (including personal hygiene)  | A 3-part tutor time and assembly series focused on public speaking, confidence, and personal presentation. |  | KS3/KS4 | PSHE, Personal Development |
| Protected Characteristics KS3  | A 3-part tutor time and assembly series introducing the 9 Protected Characteristics and their importance. |  | KS3 | British Values, PSHE, Safeguarding |
| Protected Characteristics KS4  | A 3-part tutor time and assembly series exploring how Protected Characteristics apply in real-world KS4 contexts. |  | KS4 | British Values, PSHE, Safeguarding |
| Respect | A 3-part tutor time series and an assembly which gets students thinking about the importance of respect for themselves, others and the world around them. |  | KS3/KS4 | |
| Respect: The Question of Respect | This 3-part tutor time series explores what respect means and how to show it in everyday life. |  | KS3 | British Values, PSHE, Safeguarding, Well-being |
| Respect: Fostering Respect | A 4-part video-based series adapted for KS4, helping students understand mutual respect and how to respond to disrespect in more mature contexts. Ethos Tutor Bites |  | KS4 | British Values, PSHE, Safeguarding, Well-being |
| Safeguarding Topics KS3  | A 3-part tutor time and assembly series adapted for KS3, covering online and offline personal safety, recognizing unsafe situations, and how to report concerns. |  | KS3 | Safeguarding, PSHE, British Values |

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| Safeguarding Topics KS4  | A 3-part tutor time and assembly series covering personal safety, grooming, and reporting concerns. |  | KS4 | Safeguarding, PSHE, British Values |
| Self-Worth | A 3-part tutor time series engaging students with what self-worth is, why it matters, and how to develop it. |  | KS3/KS4 | PSHE, RSHE, Student Well-being |
| Sleep Matters | A 3-part tutor time and assembly series exploring why sleep is important for teenagers and how to improve it. |  | KS3 | Personal Development, Well-being, RSHE |
| Social Action | This 3-part tutor time series and an assembly will explore the meaning of social action, the impact social action can have and how we can be changers of the world. |  | KS3/KS4 | Character, Environment |
| Social Media: The Media and Me: (Me)Dia | A 5-part tutor time and assembly series exploring how media and social media influence identity and self-esteem. |  | KS3 | Personal Development, PSHE, Well-being, RSHE |
| Social Media: Life as a Screenager | A 3-part tutor time series on how smartphones and social media affect attention, mood, and self-worth—and how to take control. |  | KS3/KS4 | Personal Development, Well-being |
| Relationships/ Social Media: Behind the Post | An 8-part tutor time series exploring healthy, unhealthy and abusive behaviours in relationships through dramatised examples. |  | KS4/KS5 | Personal Development, PSHE, Well-being, Safeguarding, RSHE |

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| Relationships: Healthier Relationships | A 3-part tutor time series exploring friendships, toxic relationships, warning signs, and consent. |  | KS3 | Personal Development, RSHE |
| Relationships/Harmful Sexual Behaviours: That's Not Okay! | A 5-part tutor time and assembly series tackling harmful sexualised attitudes and encouraging respectful behaviour. |  | KS4 | Personal Development, RSHE, Well-being |
| Well-being KS3: Supporting Well-being | A 3-part tutor time series on self-care, body positivity and well-being. |  | KS3 | Student Well-being |
| Well-being KS4  | A 3-part tutor time and assembly series promoting emotional regulation, stress coping and building support systems. |  | KS4 | PSHE, Well-being, Behaviour & Attitudes |
| Well-being: Stress: Helping Students Thrive | A 4-part tutor time series teaching emotional regulation, supporting others, and managing stress in more complex KS4 scenarios. Ethos Tutor Bites |  | KS3 | Personal Development, PSHE, Well-being |
| Well-being: Managing Fear and Anxiety | A 5-part tutor time and assembly series exploring the nature of fear and anxiety, providing practical tools to manage them. |  | KS4 | Behaviour & Attitudes, Well-being, Safeguarding |
| Well-being: Pressure: Building Resilience & Hope | A 4-part tutor series teaching resilience, self-belief, flexibility, and perseverance in the face of academic and life pressures. Ethos Tutor Bites |  | KS3 | Personal Development, PSHE, Well-being |











3 - 1-1 INTERVENTIONS









Purpose

Help students overcome barriers to behaviour, well-being, and attendance.

3.1 | FIRST RESPONSE












Immediate support for urgent issues.




| Menu | Brief Overview | Situation | Key Learning Outcome |
|--|---|---|--|
| First Response: SELF-REGULATION  | A short intervention to help a student assess their current well-being, identify stressors, and find simple, practical ways to boost their mental and emotional health. | <ul style="list-style-type: none"> – <i>Low self-regulation, low motivation, low emotional awareness</i> – Use when: a student seems emotionally overwhelmed, shut down, or struggling with basic well-being (e.g. sleep, food, stress) |  SUPPORTING WELL-BEING |
| First Response: CONFLICT RESOLUTION  | A short intervention to help students take responsibility, rebuild trust, and restore relationships after conflict or harm. | <ul style="list-style-type: none"> – <i>Low self-regulation, difficulty with conflict, damaged relationships</i> – Use when: a student has been involved in conflict, harm, or poor behaviour that has affected relationships with peers or staff |  CULTIVATING RESPECT |
| First Response: TURNAROUND BEHAVIOUR  | A short intervention to encourage students to reflect on their actions, recognise consequences, and develop positive behaviour strategies for lasting change. | <ul style="list-style-type: none"> – <i>Low self-regulation, poor behaviour choices, low motivation to change</i> – Use when: a student has repeated negative behaviour patterns and needs a chance to reset before further sanctions or escalation |  CULTIVATING RESPECT |
| First Response: ATTENDANCE  | A short intervention to support students in understanding the importance of attendance, overcoming barriers, and creating a plan for consistent school engagement. | <ul style="list-style-type: none"> – <i>Low motivation, poor attendance, disengagement from school</i> – Use when: attendance drops, students regularly arrive late, or they show signs of withdrawing from lessons or responsibilities |  SUPPORTING WELL-BEING |

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| First Response: TRUANCY  | A short intervention to help students reflect on why they are avoiding school, understand the impact of missed learning, and build strategies for re-engagement and routine. | <ul style="list-style-type: none"> – Low motivation – Poor self-discipline – School avoidance or pattern of truancy <p>Use When:</p> <ul style="list-style-type: none"> – A student has started missing lessons or days without valid reason – Shows signs of disengagement or avoidance behaviour – Needs support to reconnect with the purpose of attending school |  <p>CULTIVATING RESPECT</p> |
| First Response: HEALTHY THINKING  | A short intervention to help a student identify negative thinking patterns and reframe them into more balanced, constructive perspectives. Ideal for those struggling with self-criticism or feeling stuck. | <ul style="list-style-type: none"> – <i>Low self-worth, negative thought patterns, self-criticism</i> – Use when: a student speaks negatively about themselves, shows signs of hopelessness, or needs help reframing their mindset |  <p>SUPPORTING WELL-BEING</p> |
| First Response: CONFIDENCE BOOST  | A short intervention to challenge self-doubt, build self-esteem, and provide encouragement for students struggling with self-worth or facing a difficult situation. | <ul style="list-style-type: none"> – <i>Low self-worth, low confidence, anxiety around challenge</i> – Use when: a student is avoiding challenges, doubting themselves, or facing something new (e.g. presentations, exams, transitions) |  <p>SUPPORTING WELL-BEING</p> |
| First Response: GOAL SETTING  | A short intervention to provide clarity and motivation for students feeling stuck using the GROW Coaching method. | <ul style="list-style-type: none"> – <i>Low motivation, feeling stuck, unclear goals</i> – Use when: a student is struggling to make progress, losing focus in schoolwork, or needs help identifying a next step after a setback |  <p>RAISING ASPIRATIONS</p> |

3.2 | TARGETED SUPPORT

Targeted early intervention addressing specific issues through structured sessions.

| Menu | Brief Overview | Target Group | Key Learning Outcome |
|--|---|--|--|
| Early Intervention –STRESS  | 4-week 1-1 course to manage exam stress, deadlines, and academic pressure. | Students with high anxiety, low confidence, or learning challenges related to workload or exams. |  SUPPORTING WELL-BEING |
| Early Intervention – CONFIDENCE  | 5-week 1-1 course to build self-belief, overcome doubt, and set personal goals. | Students with low confidence. |  BUILDING RESILIENCE |
| Early Intervention – ANXIETY  | 5-week 1-1 course to understand anxiety and learn practical coping strategies. | Students with anxiety and poor self-regulation. |  SUPPORTING WELL-BEING |
| Early Intervention –LOSS  | 5-week 1-1 course to help process grief or significant change and build emotional resilience. | Students experiencing loss or major transitions. |  SUPPORTING WELL-BEING |
| Early Intervention – BEHAVIOUR  | 5-week 1-1 course to understand behaviour and practise making positive choices. | Students showing negative behaviour or low confidence. |  CULTIVATING RESPECT |
| Early Intervention – ASPIRATIONS | 5-week 1-1 course to explore future goals, motivation, and wise decision-making. | Students with low motivation or unclear aspirations. |  RAISING ASPIRATIONS |








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| Early Intervention – RESILIENCE | 5-week 1-1 course to develop resilience, manage emotions, and respond positively to challenges. | Students with low resilience or poor self-regulation. |  BUILDING RESILIENCE |
| Early Intervention – RESPECT | 5-week 1-1 course to build self-respect, communicate well, and set healthy boundaries. | Students with behaviour or relationship issues. |  CULTIVATING RESPECT |
| Early Intervention – WELL-BEING | 5-week 1-1 course to improve emotional, physical, and mental health through self-care strategies. | Students with low motivation, self-worth, or emotional regulation. |  SUPPORTING WELL-BEING |










4 - GROUP INTERVENTIONS

Purpose

Build emotional literacy, well-being, and engagement through focused group sessions.

| Menu | Brief Overview | Target Group | Key Learning Outcome |
|---|---|--|--|
| NAVIGATING SELF-ESTEEM <i>Coming Autumn 2025</i>  | A new 4-week Grace Foundation course designed to help support young people in understanding their worth, building confidence, and developing healthy self-esteem. | Students with low self-worth, poor emotional well-being, and weak self-regulation. |  GROWING SELF-WORTH |
| NAVIGATING LOSS <i>Coming Autumn 2025</i>  | A new 4-week Grace Foundation course designed to help support young people in recognising, understanding, and processing different types of loss. | Students who have experienced bereavement, separation, or significant change. |  SUPPORTING WELL-BEING |
| NAVIGATING FRIENDSHIPS | A 4-week Grace Foundation course to help students identify healthy friendships and navigate the challenges of growing and maintaining them. <i>Formerly 'Healthier Friendships.'</i> | Students struggling with peer issues, boundaries, or self-control. |  DEVELOPING RELATIONSHIP SKILLS |
| STRONG COURSE (Abundant Life)  | A six-week course to empower individuals facing life challenges. We will explore eight essential skills for building resilience, including self-belief, positive thinking, and emotional control. | Students facing general life challenges with poor resilience and self-regulation. |  BUILDING RESILIENCE |

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| MAD COURSE (Abundant Life)  | A six-week course designed to help young individuals manage their anger effectively. We will examine the symptoms, causes, and impacts of anger, and explore practical strategies for channelling it constructively. | Students with anger or behaviour issues, poor emotional regulation. |  |
| TRANQUILITY COURSE (Abundant Life)  | A six-week course to support students experiencing anxiety. We will help individuals understand and manage the root causes of their anxiety, fostering hope, peace, and joy. | Students with anxiety symptoms, emotional overload, and limited coping strategies. |  |
| Year 7 or 8 Girls Self-Esteem Intervention Group: Miss Understood | A series of six sessions for girls on Self-Esteem, Body Image, Friendships, Emotions, Puberty, and impact of social media. | Girls with low self-esteem, friendship struggles, emotional volatility. |  |
| Year 7 or 8 Boys Self-Esteem Intervention Group: LIFT | A series of 6 sessions for boys on Self-Esteem, Emotions, Friendship & social media, Masculinity, Puberty, and Goal Setting. | Boys with low confidence, peer relationship issues, and emotional expression difficulties. |  |
| Year 8 – 10 Girls Intervention Course: Outside the Box Available to be delivered by female <i>Outside the Box</i> trained Ethos Staff. | A series of 6 sessions for vulnerable girls on Body Image / Gender Stereotypes, Media & Sexting, Anatomy and Contraception, Consent, Grooming and recognising CSE. (<i>Ethos Team must be OUTSIDE THE BOX Trained to deliver this course</i>). | Vulnerable, Concerns about age-inappropriate friendships, At risk of CSE / grooming |  |

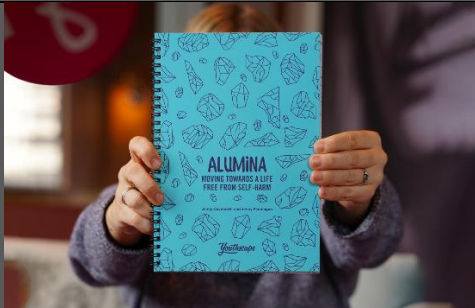
OTHER RECOMMENDED RESOURCES:



EATING DISORDER PREVENTION COURSE

The three interactive sessions are designed to equip young people with a healthy awareness and understanding of eating disorders: why they develop, how they affect somebody's life, and how those battling them can be helped. *Understanding Eating Disorders* is educational, but ultimately preventative too.

Available from [Youth Track — Breaking Free From Eating Disorders](#) | [tastelife UK](#) and on our Toolkit.



ALUMINA – Self Harm Prevention Course

Alumina is a 7-section journal based course for young people who are struggling with self-harm. It covers various aspects of self-harm including understanding how your experiences and life have led up to this point, understanding self-harm as an addiction, triggers, the self-harm cycle, understanding and processing feelings, distraction and stopping techniques, control, and talking to people about your self-harm.

Available from [Alumina Workbook](#) | [Youthscape](#)



5 - ETHOS ENRICHMENT

Purpose

Provide a safe space to explore life, character, and values.

NEW! DROP-IN RESOURCES



Belonging Games

A series of fun, inclusive games that engage students and build connection in the group.

Character Questions

PowerPoint-based prompts to spark meaningful conversations about character and values.

Student Support Resources

Sign-posting material offering practical guidance for key areas of school life.

OTHER RECOMMENDED RESOURCES:



SPIRITUAL CONVERSATION STARTER

The Klee Series videos are designed to help start spiritual conversations with young people in an informal group setting. Watch one or more of the short videos together on an extensive range of faith-based topics. Download a free leaders guide and access videos and topics at www.kleerseries.com

THRIVE – INFORMAL SMALL GROUP SESSIONS

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| Thrive: Integrity Explore what honesty and doing the right thing look like. | Thrive: Respect Explore how we show respect to ourselves and others. | Thrive: Self Control Explore what self-control is and how it helps us make good choices. | Thrive: Faithfulness Explore what it means to be reliable and how others show it. | Thrive: Showing Kindness Explore how kindness impacts others and where it starts. | Thrive: Showing Patience Explore why patience is valuable and how to grow it. |
| Thrive: Mental Well-being Explore ways to care for our minds and the idea of inner peace. | Thrive: Finding Peace Explore the idea of inner calm and what helps us find it. | Thrive: Finding Joy Explore what joy looks like and how it can last through ups and downs. | Thrive: Finding Hope Explore how we keep hope when life is hard. | Thrive: Loving Yourself Explore why self-respect matters and how to show it. | Thrive: Comparison Explore how comparison affects us and the importance of self-worth. |
| Thrive: Friends Explore what makes a good friend and how friendships shape us. | Thrive: Relationships Explore healthy relationships and how to build them. | Thrive: Conflict Explore how we handle conflict, make peace, and why forgiveness matters. | Thrive: Forgiveness Explore how forgiveness works and why it's powerful. | Thrive: Loving Others Explore what caring for others looks like and why it matters. | Thrive: Social-Media Explore how social media affects us and how to use it well. |
| Thrive: Choices Explore how our choices shape our lives and others around us. | Thrive: Priorities Explore what matters most and how to focus on what's important. | Thrive: Courage Explore what bravery looks like and how to face fears. | Thrive: Gaming 1 Explore how gaming can affect us and how to keep it healthy. | Thrive: Gaming 2 Explore making positive choices with online and offline games. | Thrive: Identity Explore where we find our identity and what gives us value. |
| Thrive: My Future Explore hopes for the future. | Thrive: Finding Purpose Explore how everyone has purpose in life. | Thrive: God's Love Explore the idea of love and how people of faith see God's love. | Thrive: Easter 1 Part of our festive campaigns. | Thrive: Easter 2 Part of our festive campaigns. | Thrive: Christmas 1 Part of our festive campaigns. |
| Thrive: Christmas 2 Part of our festive campaigns. | <div>     </div> <div>15-20 Min Sessions for building your bespoke THRIVE programme.</div> | | | | |



6 – PARENTAL ENGAGEMENT


Purpose




Equip parents with tools to support well-being and personal growth.

6.1 | DELIVERED BY FSW

| Menu | Brief Overview |
|---|--|
| Parents' Guide to Building a Stronger Relationship with Your Teen | Practical strategies for communication, empathy, and mutual understanding. |
| Parents' Guide to Dealing with Loss | Helping teenagers navigate grief using tools for emotional regulation and effective conversations. |
| Parents' Guide to Managing Anxiety | Understanding anxiety triggers and applying coping techniques. |
| Parents' Guide to Understanding the Teenage Brain | Exploring brain development and its impact on behaviour and emotions. |
| Parents' Guide to Improving Attendance | Strategies to support regular school attendance for academic and emotional well-being. |
| Parents' Guide to Gaming | Insight into the gaming world, risks, benefits, and parental engagement. |
| NEW Parents' Guide to Making Relationships Work <i>Coming Autumn 2025</i> | Using Five Love Languages to build stronger home relationships. |
| NEW Parents' Guide to Teen Mental Health & Culture <i>Coming Autumn 2025</i> | Understanding youth culture, values, influences, and challenges. |
| NEW Parents' Guide to Supporting Your SEND Child <i>Coming Autumn 2025</i> | Practical advice and advocacy tips for parents of children with SEND. |

6.2 | DELIVERED BY CAST

| Menu | Brief Overview |
|---|--|
| Parents' Guide to Keeping Children Safe Online (CAST) | Understanding online behaviour, setting safety controls, and having open conversations. (Delivered by CAST). |
| Parents' Guide to Career Pathways for Students (CAST) | Supporting children in exploring career paths and planning futures. (Delivered by CAST). |
| Parents' Guide to Talking About Relationships & Sex (CAST) | Helping parents discuss sex and relationships confidently. (Delivered by CAST). |
| Parents' Guide to Budgeting (CAST)  | Simple tools and tips to manage money and model good financial habits. (Delivered by CAST). |

| OTHER RECOMMENDED RESOURCES: | |
|---|---|
|  | Grace Foundation teams can use Messy Church resources to connect families with fun, themed activities around Easter, Christmas, and Bible stories—ending with a short faith moment. Run it with a local church for greater impact. https://www.messychurch.brf.org.uk/ |
|  | The Ethos Parents Podcast supports families by helping parents navigate today's challenges with their teens. You can listen on: Apple Podcasts: HERE or Spotify: HERE |
|  | A one stop shop for support & resources to help families in their parenting journey via our GF Website. Family Hub - Grace Foundation |