









CONTENT & COURSES OFFER

2026-27

CONTENT & COURSES OVERVIEW 2026-27

WIDE		DEEP			
 <p>CURRICULUM INPUT</p>	 <p>TUTOR & ASSEMBLY</p>	 <p>1-1 INTERVENTIONS</p>	 <p>GROUP INTERVENTIONS</p>	 <p>ETHOS ENRICHMENT</p>	 <p>PARENTAL ENGAGEMENT</p>
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.



















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
Employability Skills: Communication	This lesson explores key elements of communication and its role in teamwork.	KS3	 RAISING ASPIRATIONS
Employability Skills: Leadership	This lesson unpacks what makes a great leader and the traits needed to lead well.	KS3	 RAISING ASPIRATIONS
Employability Skills: Teamwork	This lesson develops the ability to work well with others toward shared goals.	KS3	 RAISING ASPIRATIONS
Key Skills: Analytical Thinking 	This lesson explores how to identify facts, opinions, and assumptions, break problems into smaller parts, use evidence to support conclusions and explain their reasoning clearly.	KS4	 RAISING ASPIRATIONS

Key Skills: Building Real Resilience 	This lesson looks at understanding what resilience really means (and what it doesn't,) identifying strengths and support networks, practical tools to handle setbacks and challenges and creating a personal "Resilience Action Plan".	KS4	
Key Skills: Critical Thinking 	This lesson explores what critical thinking is and why it matters. How to spot assumptions, biases, and weak arguments, using a simple framework (Claim → Evidence → Reasoning) to evaluate information and how to make better decisions by asking the right questions.	KS4	
Let's Talk About Mental Health	These lessons help students understand what mental health means, why it matters, and how to care for your well-being.	KS3 & KS4	
Let's Talk About Racism	These lessons help students explore racism and discrimination, and how to help build a culture of dignity and inclusion.	KS3 & KS4	
Let's Talk About Gaming	This lesson helps students learn how to enjoy gaming in a healthy way and stay in control of your screen time.	KS3	
Let's Talk About Knife Crime	This lesson helps raise awareness of knife crime and explore how to make positive choices for a safer future.	KS3	
Let's Talk About Respect	These lessons help 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	







<p>Let's Talk About AI <i>Coming Autumn 2026</i></p> 	<p>This lesson helps students understand what artificial intelligence is, how it is shaping their world, and how to use it wisely and responsibly.</p>	<p>KS3</p>	
<p>Let's Talk About Toxic Attitudes (Misogyny) <i>Coming Autumn 2026</i></p> 	<p>This lesson helps students recognise harmful attitudes towards women and girls, challenge stereotypes, and promote respect and equality.</p>	<p>KS4</p>	
<p>Let's Talk About Media <i>Coming Autumn 2026</i></p> 	<p>This lesson helps students explore how media shapes their thinking, spot misinformation, and engage with content in a more informed way.</p>	<p>KS3</p>	
<p>Let's Talk About Exams</p> 	<p>This lesson helps students understand exam pressure, build healthy study habits, and develop strategies to manage stress and perform well.</p>	<p>KS4</p>	


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
YEAR 10 COMMITMENT LESSON: It's About Commitment	A lesson on commitment, marriage and its 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

<p>Year 11 HEALTHIER RELATIONSHIPS LESSON: It's Your Future</p>	<p>A lesson about developing relationship skills for adult life beyond school. Looking at understanding healthy and unhealthy relationship traits, recognizing harmful sexualised behaviours and developing protective skills.</p>	<p>Year 11</p>	
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1.3 | UCP LESSONS

Menu	Brief Overview	Key Learning Outcome
<p>Christmas 2026 <i>Coming Autumn 2026</i></p> 	<p>Our cross-academy Christmas lesson for 2026, focused on the meaning and message of Christmas.</p>	
<p>Easter 2027 <i>Coming Spring 2027</i></p> 	<p>Our cross-academy Easter lesson for 2027, exploring the hope and impact of Easter.</p>	
<p>FAITH PERSPECTIVES: Faith & Evidence KS3</p>	<p>Examine whether there's a case for God and Christianity, rooted in RE curriculum thinking.</p>	
<p>FAITH PERSPECTIVES: Faith & Well-being <i>Coming Autumn 2026</i></p>	<p>Explore how faith perspectives can support mental health and well-being.</p>	
<p>FAITH PERSPECTIVES: Faith & Worldviews KS3</p>	<p>See how Christians view the world and how their faith shapes values and choices.</p>	








<p>FAITH PERSPECTIVES: Harvest & Justice KS3</p>	<p>Explore poverty, justice, and how Christian compassion leads to action at Harvest time.</p>	 <p>MAKING A DIFFERENCE</p>
<p>FAITH PERSPECTIVES: Jesus KS3</p>	<p>Explore the life, death, and legacy of Jesus through video stories and multimedia.</p>	 <p>EXAMINING KEY BELIEFS</p>
<p>FAITH PERSPECTIVES: The Bible KS3</p>	<p>Discover what the Bible is, where it came from, and why it still matters today.</p>	 <p>EXAMINING KEY BELIEFS</p>
<p>Grill a Christian</p>	<p>An interactive Q&A where students ask Christians any question to explore real faith in real life. Perfect to invite community guests to participate.</p>	 <p>EXPLORING FAITH QUESTIONS</p>










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.		KS3	Attendance & Behaviour, Personal Development & Well-being
Awareness of Others 	A 3-part tutor time and assembly series to understand differences, grow empathy and promote inclusion.		KS3/4	British Values, PSHE, Safeguarding, Personal Development & Well-being
Black History Month 	A 3-part tutor time and assembly series to celebrate diversity, recognise influence and build inclusion.		KS3/4/5	British Values, PSHE, RE, Personal Development & Well-being
British Values KS3	A 3-part tutor time and assembly series exploring democracy, liberty, tolerance and respect in UK society.		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.		KS4	British Values, 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.		KS3/KS4	Careers Education
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 & Well-being, PSHE
Christmas 2026	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
Climate Anxiety	A one-off session exploring what climate anxiety is, how it affects mental health, and how to take positive steps forward.		KS3/KS4	Citizenship, Culture Capital, PSHE
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 & Well-being
Device Addiction 	A 3-part tutor time and assembly series to reflect on habits, understand impact and build balance.		KS3/4/5	Personal Development & Well-being, PSHE, Safeguarding
Disagreeing well	A 3-part tutor time and assembly series exploring respectful disagreement, active listening, and empathy.		KS3	British Values, Personal Development & Well-being, 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 2027	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
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: 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
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: Social Action 	A 3-part tutor time and assembly series to explore values, see responsibility and take action from a Christian Perspective.		KS3/4/5	Character, Environment, Citizenship
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
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 & Well-being
Growth Mindset	A 3-part tutor time series promoting a growth mindset to achieve personal potential.		KS3/KS4	Personal Development & Well-being
Harvest and Generosity 	A 3-part tutor time and assembly series to explore gratitude, recognise need and take action.		KS3/4/5	RE, SMSC, British Values, Character
Healthy Boundaries in Friendships and Relationships 	A 3-part tutor time and assembly series to understand boundaries, recognise behaviours and build safe relationships.		KS3/4/5	RSHE, PSHE, Personal Development & Well-being, Safeguarding
How to Start Your Day in a Positive Way 	A 3-part tutor time and assembly series to build routines, develop mindset and grow resilience.		KS3	Attendance & Behaviour, Personal Development & Well-being







How to Take Responsibility for Your Own Learning 	A 3-part tutor time and assembly series to take ownership, build organisation and shape outcomes.		KS4	Attendance & Behaviour, Personal Development & Well-being
Identity 	A 3-part tutor time and assembly series to explore self-worth, understand influences and build confidence.		KS3/4	Personal Development & Well-being, PSHE, RSHE
Inter-personal skills	A 3-part tutor time and assembly series helping students communicate well and build positive relationships.		KS3	PSHE, RSHE, Personal Development & Well-being
Introduction to Ethos Team 	A 1-part tutor time and assembly to get to know the ethos team, understand our purpose and access support.		KS3/4/5	Personal Development & Well-being, Safeguarding
It's Not Banter	A 3-part tutor time set and assembly series addressing whole school issues around a culture of respect and the differences between banter vs bullying.		KS3/KS4/KS5	Personal Development & Well-being, SMSC, British Values, Attendance & Behaviour
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	Attendance & Behaviour
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 & Well-being, SMSC, British Values, Attendance & Behaviour

Life Skills for School Leavers 	A 3-part tutor time and assembly series to build independence, develop skills and prepare for life.		Yr 11/12	PSHE, Citizenship, Personal Development & Well-being
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 & Well-being
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 & Well-being
Loneliness	This 3-part series and an assembly explore 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 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 & Well-being, PSHE, Well-being
Online: Keeping Safe Online KS3	A 5-part tutor time and assembly series with practical advice on online safety, privacy, and cyberbullying.		KS3	Personal Development & Well-being, PSHE, Safeguarding
Online: Keeping Safe Online KS4	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 & Well-being, PSHE, Safeguarding

Online: Tackling online hate	A 3-part tutor time and assembly series exploring online hate and how to manage digital risks.		KS4	
Online: 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, 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
Positive Relationships 	A 3-part tutor time and assembly series to build communication, develop empathy and strengthen relationships.		KS3/4	RSHE, PSHE, Personal Development & Well-being
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 & Well-being
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

Racism (KS3) 	A 3-part tutor time and assembly series to understand prejudice, recognise impact and build respect.		KS3	British Values, PSHE, Safeguarding
Racism (KS4) 	A 3-part tutor time and assembly series to examine attitudes, challenge misinformation and take responsibility.		KS4	British Values, PSHE, Safeguarding
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 & Well-being, RSHE
Relationships: Healthier Relationships	A 3-part tutor time series exploring friendships, toxic relationships, warning signs, and consent.		KS3	Personal Development & Well-being, RSHE,
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 & Well-being, RSHE, 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	Personal Development & 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, Personal Development & Well-being

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, Personal Development & 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
Safeguarding Topics KS4	A 3-part tutor time and assembly series covering personal safety, grooming, and reporting concerns.		KS4	Safeguarding
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, Personal Development & 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
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: 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

Social Media: The Media and Me: (Me)	A 5-part tutor time and assembly series exploring how media and social media influence identity and self-esteem.		KS3	Personal Development & Well-being, PSHE, RSHE
Well-being KS3: Supporting Well-being	A 3-part tutor time series on self-care, body positivity and well-being.		KS3	Personal Development & Well-being
Well-being KS4	A 3-part tutor time and assembly series promoting emotional regulation, stress coping and building support systems.		KS4	PSHE, Attendance & Behaviour, Personal Development & 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	Attendance & Behaviour, Personal Development & 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 & Well-being, PSHE
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 & Well-being, PSHE
Young Carers 	A 3-part tutor time and assembly series to raise awareness, understand challenges and support others.		KS3/4/5	Safeguarding, Personal Development & Well-being, PSHE



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) 	
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 	
First Response: BEHAVIOUR RESET	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 	
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 	






First Response: TRUANCY	<p>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.</p>	<ul style="list-style-type: none"> – <i>Low motivation</i> – 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 	
First Response: HEALTHY THINKING	<p>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.</p>	<ul style="list-style-type: none"> – <i>Low self-worth, negative thought patterns, self-criticism</i> <p>– Use when: a student speaks negatively about themselves, shows signs of hopelessness, or needs help reframing their mindset</p>	
First Response: CONFIDENCE BOOST	<p>A short intervention to challenge self-doubt, build self-esteem, and provide encouragement for students struggling with self-worth or facing a difficult situation.</p>	<ul style="list-style-type: none"> – <i>Low self-worth, low confidence, anxiety around challenge</i> <p>– Use when: a student is avoiding challenges, doubting themselves, or facing something new (e.g. presentations, exams, transitions)</p>	
First Response: GOAL SETTING	<p>A short intervention to provide clarity and motivation for students feeling stuck using the GROW Coaching method.</p>	<ul style="list-style-type: none"> – <i>Low motivation, feeling stuck, unclear goals</i> <p>– Use when: a student is struggling to make progress, losing focus in schoolwork, or needs help identifying a next step after a setback</p>	
First Response: RACISM 	<p>A short intervention to help students reflect on attitudes, recognise the impact of racism, and take responsibility for building a respectful and inclusive environment.</p>	<ul style="list-style-type: none"> – <i>Prejudice, discriminatory language or behaviour</i> – Lack of awareness of impact <p>Use when:</p> <ul style="list-style-type: none"> – A student has used racist language or behaviour – A student needs support to understand impact and make change 	
First Response: TOXIC ATTITUDES (MISOGYNY) 	<p>A short intervention to challenge harmful attitudes towards women and girls, promote respect, and encourage positive behaviour and language.</p>	<ul style="list-style-type: none"> – <i>Sexist language, harmful stereotypes</i> – Disrespect towards women or girls – Influence of harmful online content <p>Use when:</p> <ul style="list-style-type: none"> – A student displays misogynistic attitudes or language – Behaviour reflects harmful gender views 	

<p>First Response: SOCIAL MEDIA</p> 	<p>A short intervention to help students reflect on their social media use, understand its impact on wellbeing and behaviour, and build healthier habits.</p>	<ul style="list-style-type: none"> – <i>Overuse of social media, online conflict</i> – Negative impact on mood or behaviour <p>Use when:</p> <ul style="list-style-type: none"> – Social media is affecting focus, wellbeing or relationships – A student is involved in online issues or conflict – Habits need resetting 	
<p>First Response: REFLECTION (POST-INCIDENT)</p> 	<p>A short intervention to support students in reflecting on an incident, understanding impact, and identifying better choices moving forward.</p>	<ul style="list-style-type: none"> – <i>Poor decision making</i> – Harm caused to others – Lack of reflection or accountability <p>Use when:</p> <ul style="list-style-type: none"> – A student has been involved in an incident – There is a need to process what happened – Restorative thinking is needed before next steps 	
<p>First Response: DEESCALATION</p> 	<p>A short intervention to help students calm down, regulate emotions, and regain control in heightened or emotionally charged situations.</p>	<ul style="list-style-type: none"> – <i>High emotional distress</i> – Risk of escalating behaviour <p>Use when:</p> <ul style="list-style-type: none"> – A student is in heightened state – Emotions are escalating quickly 	
<p>First Response: FRIENDSHIP ISSUES</p> 	<p>A short intervention to help students navigate friendship challenges, improve communication, and rebuild positive relationships.</p>	<ul style="list-style-type: none"> – <i>Conflict between peers</i> – Miscommunication or fallout <p>Use when:</p> <ul style="list-style-type: none"> – A student is struggling with friendships – There has been a disagreement or breakdown – Support is needed to repair or move forward 	

3.2 | TARGETED SUPPORT

Targeted early intervention addressing specific issues through structured sessions.

Menu	Brief Overview	Target Group	Key Learning Outcome
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 – ASPIRATIONS	5-week 1-1 course to explore future goals, motivation, and wise decision-making.	Students with low motivation or unclear aspirations.	 RAISING ASPIRATIONS
Early Intervention – BEHAVIOUR	5-week 1-1 course to understand behaviour and practice making positive choices.	Students showing negative behaviour or low confidence.	 CULTIVATING RESPECT
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 – EXAM 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 – 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 – RESILIENCE	5-week 1-1 course to develop resilience, manage emotions, and respond positively to challenges.	Students with low resilience or poor self-regulation.	 <p>BUILDING RESILIENCE</p>
Early Intervention – RESPECT	5-week 1-1 course to build self-respect, communicate well, and set healthy boundaries.	Students with behaviour or relationship issues.	 <p>CULTIVATING RESPECT</p>
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.	 <p>SUPPORTING WELL-BEING</p>
Early Intervention – EMOTIONS 	5-week 1–1 course to understand how emotions, including anger, work in the body and brain, and how to calm, reset, and respond well.	Students with anger, overwhelm, or strong emotional reactions.	 <p>SUPPORTING WELL-BEING</p>









4 - GROUP INTERVENTIONS

Purpose

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

Menu	Brief Overview	Target Group	Key Learning Outcome
NAVIGATING ANGER 	A 4-week Grace Foundation course designed to help support groups of young people struggling with anger issues. Replacing Abundant Life MAD Course for use in schools from September 2026.	Students struggling with anger issues or self-control.	 SUPPORTING WELL-BEING
NAVIGATING ANXIETY 	A 4-week Grace Foundation Course designed to support groups of young people struggling with anxiety. Replacing Abundant Life Tranquillity Course for use in schools from September 2026.	Students struggling with anxiety.	 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
NAVIGATING LOSS	A 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 RESILIENCE 	A 4-session Grace Foundation Course designed to support groups of young people to build resilience. Replacing Abundant Life Strong Course for use in schools from September 2026.	Students facing general life challenges with poor resilience and self-regulation.	 BUILDING RESILIENCE

NAVIGATING SELF-ESTEEM	A 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.	
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 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 8 – 10 Girls Intervention Course: Grace Foundation Girls' Project Available to be delivered by Esteem 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 Esteem Trained to deliver this course).</i>	Vulnerable, Concerns about age-inappropriate friendships, At risk of CSE / grooming	
Year 9 -11 Girls Self-Esteem Intervention Group: Miss Understood 	A new 4 session KS4 intervention group on growing self-esteem aimed at girls in Years 9-11. Sessions on self-esteem, body image, impacts of social media and handling emotions. Optional additional session or standalone session on Diet & Disordered Eating.	Students struggling with self-esteem, handling emotions, body image and impacts of social media.	

PLEASE NOTE: We no longer are licensed to use any ABUNDANT LIFE courses and resources from September 2026. Please use the GF alternatives.

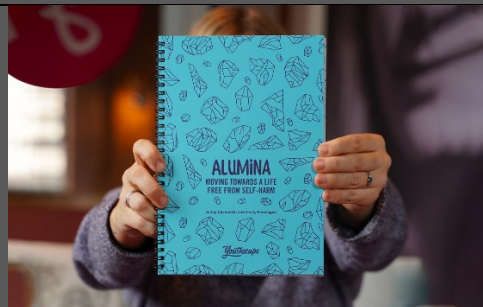
OTHER RECOMMENDED RESOURCES:



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](#)



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.

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 Kleer 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

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



6 – PARENTAL ENGAGEMENT







Purpose

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

6.1 | WORKSHOPS 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 Gaming	Insight into the gaming world, risks, benefits, and parental engagement.
Parents' Guide to Improving Attendance	Strategies to support regular school attendance for academic and emotional well-being.
Parents' Guide to Making Relationships Work	Using Five Love Languages to build stronger home relationships.
Parents' Guide to Managing Anxiety	Understanding anxiety triggers and applying coping techniques.
Parents' Guide to Supporting Your SEND Child	Practical advice and advocacy tips for parents of children with SEND.
Parents' Guide to Teen Mental Health & Culture	Understanding youth culture, values, influences, and challenges.
Parents' Guide to Understanding the Teenage Brain	Exploring brain development and its impact on behaviour and emotions.

6.2 | PARENT RESPONSE (1-1 Sessions)

Menu	Brief Overview	Situation
Parent Response: SELF-REGULATION 	A short 1–1 session to help parents recognise their own emotional responses, manage stress, and respond to their child with greater calm and clarity.	<ul style="list-style-type: none"> – Parent feels overwhelmed, reactive, or emotionally stretched – Use when: responses are escalating situations or the parent feels low capacity
Parent Response: CONFLICT RESOLUTION 	A short 1–1 session to help parents reflect on how they handle conflict, rebuild trust, and lead healthier conversations at home.	<ul style="list-style-type: none"> – Low level conflict (as identified with safeguarding) – Use when: relationships feel strained or communication is breaking down
Parent Response: CHILD’S ATTENDANCE 	A short 1–1 session to help parents reflect on routines, expectations, and their role in supporting consistent school attendance.	<ul style="list-style-type: none"> – Challenges with routines, boundaries or follow-through – Use when: attendance is starting to decline
Parent Response: HEALTHY THINKING 	A short 1–1 session to help parents identify unhelpful thinking patterns and develop more balanced, constructive perspectives.	<ul style="list-style-type: none"> – Negative thinking, worry, or self-doubt – Use when: mindset is affecting parenting confidence or consistency
Parent Response: CONFIDENCE BOOST 	A short 1–1 session to help parents build their own confidence, trust their instincts, and feel more secure in their parenting approach.	<ul style="list-style-type: none"> – Low confidence in parenting decisions – Use when: a parent feels unsure, second-guesses themselves, or avoids difficult situations
Parent Response: GOAL SETTING 	A short 1–1 session to help parents set clear personal and parenting goals, build motivation, and take practical next steps.	<ul style="list-style-type: none"> – Feeling stuck or lacking direction – Use when: a parent wants to make changes but is unsure where to start

6.3 | WORKSHOPS DELIVERED BY CAST

Menu	Brief Overview
Parents' Guide to Budgeting (CAST) A digital version is also available that can be run online or in person by FSW without BHR Educator.	Simple tools and tips to manage money and model good financial habits. (Delivered by CAST).
Parents' Guide to Career Pathways for Students (CAST) A digital version is also available that can be run online or in person by FSW without BHR Educator.	Supporting children in exploring career paths and planning futures. (Delivered by CAST).
Parents' Guide to Keeping Children Safe Online (CAST) A digital version is also available that can be run online or in person by FSW without BHR Educator.	Understanding online behaviour, setting safety controls, and having open conversations. (Delivered by CAST).
Parents' Guide to Talking About Relationships & Sex (CAST) A digital version is also available that can be run online or in person by FSW without BHR Educator.	Helping parents discuss sex and relationships confidently. (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
Family Hub	A one stop shop for support & resources to help families in their parenting journey via our GF Website. Family Hub - Grace Foundation