



ASPIRE • SUCCEED • LEAD

**BRADFORD GIRLS'
GRAMMAR SCHOOL**

Co-educational up to 11, Girls only 11-18

The Senior Phase PSHE Programme:

YEAR	PSHE Topics
7	Changes to emotions during teenage years, managing fight, flight or freeze
9	The teenage brain; body image, eating disorders, self-harm and finding more positive ways to cope. Resilience and assertiveness.
10	Mental health v mental illness Stopping to Stigma: Accessing help.