

Rise Above for Schools

Update – August 2017

About Rise Above

- **Rise Above is a website for young people (aged 11-16)** that aims to delay and prevent them from engaging in exploratory risky behaviours and promote good mental health.
- By tackling multiple behaviours, it aims to build and improve the all-round resilience and well-being of young people so they are able to avoid risky behaviours.
- PHE are developing a **new programme, Rise Above for Schools**, consisting of lesson plans for secondary schools on a range of these topics for publication in the autumn term, 2017.
- The lesson plans will be accredited by the Personal, Social and Health Education Association (PSHEA).

About Rise Above for Schools

The lesson plan available from September will cover:

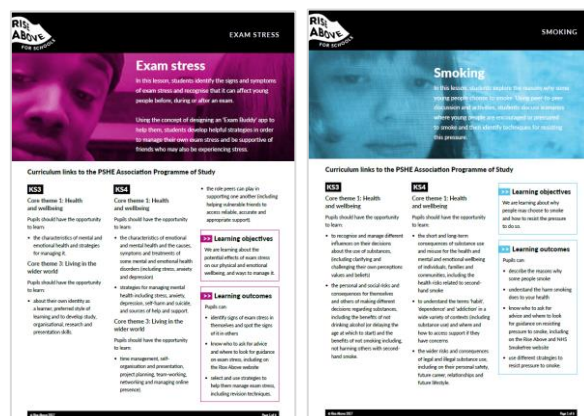
1. Smoking
2. Exam stress
3. Body image in a digital world
4. Online stress
5. Alcohol
6. Forming positive relationships
7. Bullying and cyberbullying

- 60 minutes (plus optional extensions)
- Curriculum linked and flexible

Core activities are peer-to-peer, including time to use the Rise Above young people website independently, allowing students to explore issues that they may not feel comfortable discussing with the whole class.

Key dates

- **First wave of lesson plans launch to schools** – 5 September 2017
- **Promotion via e-newsletters to teachers** – monthly from the end of September 2017 onwards
- **PR/educator outreach** – variety of PR and educator outreach content between October and March 2018
- **Timely social media and website promotion** – from September 2017 - linking in to key awareness days and calendar moments



How to access the lesson plans

Lesson plans, teacher support sheets and PowerPoints will be downloadable from our School Zone website from 13 September 2017. <https://campaignresources.phe.gov.uk/schools>