



drop down day

year 10

We are delighted to announce the details of this year's Drop Down Day for our Year 10 students, which has been designed to enhance their regular PSHE provision. Students will spend the day enjoying workshops delivered by professionals from local agencies, the details of which can be found below.

With a focus on themes of safety and wellbeing, these workshops aim to provide young people with the information and skills needed to stay healthy and make informed decisions as they navigate the challenges and opportunities of the years ahead.

IOM Constabulary

In this workshop, young people will learn how to stay safe in relationships. This session will cover the signs of domestic abuse, the island's laws regarding abusive behaviour, and how to access support if needed.

Manx Integrated Sexual Health Centre

This session, delivered by specialist nurses, provides an overview of sexual health services on island. Nurses will also discuss the prevention and treatment of common sexually transmitted infections, and available types of contraception.

IOM Fire & Rescue Service

This session will cover common fire hazards found in the home and in social environments, with a focus on prevention and awareness of fire safety practices.

Isle Listen

This session uses a quiz show format to reinforce previous learning about key emotional health topics and coping strategies. The session will also include signposting information for seeking support if needed.

Roads Policing Team

With many young people soon learning how to drive, this session explores how to be a responsible passenger and how to keep safe on the island's roads.

St John Ambulance

In this workshop, young people will refresh previous learning of crucial lifesaving skills, including CPR and the correct use of an Automated External Defibrillator (AED).