


Drop Down Day - Year 9



St John
Ambulance
Isle of Man




We are delighted to announce details of our upcoming Year 9 Drop Down, during which students will enjoy a day of workshops led by local professionals. This will be a valuable opportunity for young people to explore key health topics and build skills for making safe and informed choices.




This session highlights how safe, respectful phone use supports a healthy lifestyle. Students will explore legal risks, peer pressure, and the impact of digital choices.

**IOM
POLICE**

**ISLE
LISTEN**




Students will examine the effects of social media on our emotions and wellbeing, including a reflection on posting habits and ways to manage distressing content.




In this session, students will learn and practice life saving skills, including CPR and the correct use of an AED.

**ST JOHN
AMBULANCE**

**CHILDRENS
CENTRE**




This session focuses on identifying healthy vs unhealthy relationship behaviours, spotting red flags, and where young people can access support if needed.



Students will learn vital sexual health information, including the importance of consent, a basic understanding of contraception, and how to do self-examinations.

**SCHOOL
NURSES**

MOTIV8



This session aims to raise awareness of alcohol and drugs, including the physical and emotional impact of using substances.