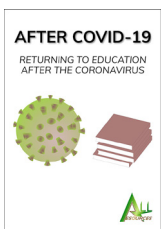




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## Resource Packs



### ***After COVID-19—Returning to Education after the Coronavirus***

The topic of coronavirus in various study modules. Examining COVID-19 through eight subjects.

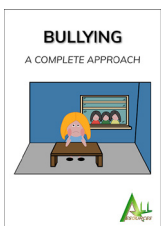
**Ebook: €12.99    Hard Copy: €29.99**



### ***Suicide Awareness and Prevention***

Covers suicide from a variety of perspectives, the reasons behind suicide, the groups most at risk and the warning signs.

**Ebook: €12.99    Hard Copy: €41.99**



### ***Bullying—A Complete Approach***

This pack contains a section for teachers and parents with hints on how to identify bullying.

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### ***Dealing with Addiction***

Gives young people the facts about a variety of addictions and helps them to develop coping skills and strategies.

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### ***Bullying in the Workplace***

This resource pack provides tips and guidance to support the targets of workplace bullying and how to ensure the wellbeing of all staff.

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### ***Teenage Depression—A Way Out***

This resource pack tackles the issue of depression including its causes and the signs that parents and teachers can look out for.

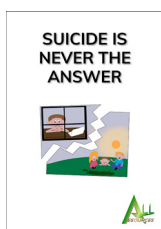
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### ***Personal Safety in Cyberspace***

Looks at the dangers of chat rooms, phishing, webcams, cyberbullying and online scams.

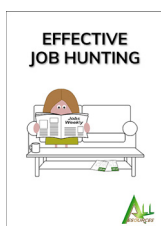
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### ***Suicide is Never the Answer***

Still regarded as a taboo subject, this pack tackles the serious issue of suicide head on—a must for all schools!

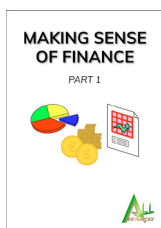
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### ***Effective Job Hunting***

Examines the entire job hunting process including career decisions, contacting agencies, job centres etc.

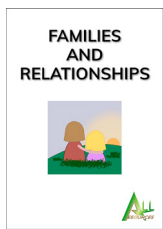
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### ***Making Sense of Finance—Part 1***

Covers the history of money, how to make money work for you, budgeting, saving & borrowing and banking.

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### ***Families & Relationships***

Deals with relationships, families & step-families, parent/child relationships, dating, marriage and single-parent families.

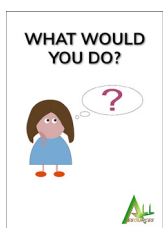
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### ***PSHE Activities***

A set of topics for discussion covering issues such as alcohol and drugs, gender issues, bullying, depression and self-esteem.

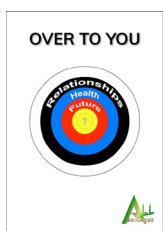
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### ***What Would You Do?***

A series of plays involving a moral dilemma followed by activities to encourage discussion and further investigation.

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### ***Over to You***

This pack covers self-esteem, motivation, confidence and self-awareness—a comprehensive trainer manual plus worksheets.

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## **Resource Packs Coming Soon...**

***Your Life, Your Choice***—Will cover health, self-esteem, education, smoking/drinking/drugs, exam-stress, goal-setting & communication.

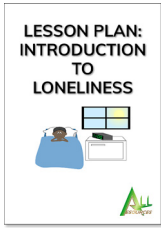
***Making Sense of Finance—Part 2***—Opening a bank account, mortgages & buying a house, calculating interest, insurance, pensions, stocks & shares.

***Choosing a Career***—Preparing young people for the world of work and examining the choices available and where to go for advice.

***Understanding Youth Gangs and Reducing Youth Gang Involvement***—Why do young people join gangs and how can they break free?

***Think Right!***—This resource will cover the power of positive thinking and the way it enhances self-esteem.

# Lesson Plans



## ***Introduction to Loneliness***

An introduction to loneliness and the way it affects our physical and mental health.

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## ***Bullying***

Covers what bullying is and the different types of bullying. It discusses the bully, the targets of bullying and how to tackle it.

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## ***Introduction to Mental Health***

This lesson plan introduces the subject of mental health and mental illness.

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## ***Suicide Prevention***

A lesson plan designed to promote suicide awareness and prevention.

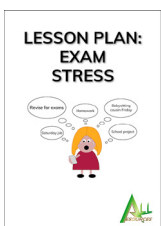
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## ***Introduction to Depression***

This lesson plan introduces depression and the way it affects us physically and mentally.

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## ***Exam Stress***

This lesson plan provides information and advice on dealing with exam stress.

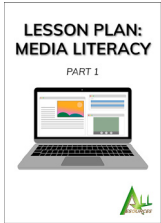
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### ***Healthy Eating***

A lesson plan covering healthy eating, different food types and how to develop a healthy diet.

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### ***Media Literacy—Part 1***

Covers media literacy and the skills linked to media literacy. It contains media literacy definitions and handouts for the classroom.

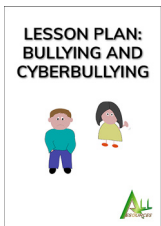
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### ***Safety in Cyberspace***

This lesson plan examines the dangers of the internet and how to stay safe on the web.

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### ***Bullying and Cyberbullying***

A lesson plan covering how to deal with bullying and cyberbullying and contains handouts for the classroom.

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### ***Social Media—The Pros and Cons***

A lesson plan on social media. It goes into the benefits of social media as well as social media safety.

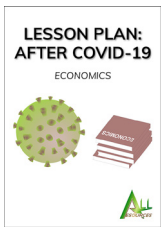
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### ***Generalised Anxiety Disorder***

An examination of anxiety including Generalised Anxiety Disorder—a more extreme form of anxiety.

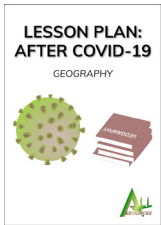
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### ***After COVID-19—Economics***

This lesson plan deals with the economical effects of COVID-19, furlough schemes and employment issues during the lockdown.

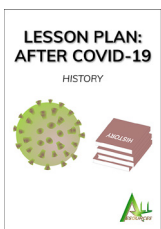
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### ***After COVID-19—Geography***

A discussion of the COVID-19 coronavirus geographically, from its origin to how it spread globally, causing a pandemic.

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### ***After COVID-19—History***

This lesson plan goes into historical pandemics and how they spread worldwide in times past.

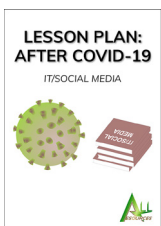
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### ***Phishing Scams***

A lesson plan on phishing and the different types of phishing scams used online.

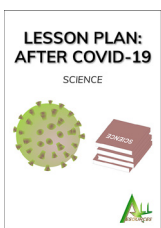
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### ***After COVID-19—IT/Social Media***

A lesson plan that looks at IT and social media and their uses during the coronavirus lockdown.

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### ***After COVID-19—Science***

The medical impact of COVID-19, and viruses in general, as well as vaccines and protection against coronaviruses are covered.

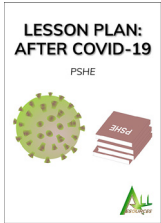
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### ***Netiquette***

A lesson plan on netiquette and the different ways of behaving online.

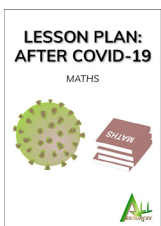
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### ***After COVID-19—PSHE***

The personal, social, health and educational issues of COVID-19 are examined in this lesson plan.

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### ***After COVID-19—Maths***

Looking at COVID-19 from a maths and statistical point of view, this lesson plan covers the figures of the coronavirus.

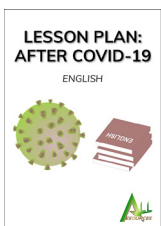
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### ***Problems with Alcohol***

This lesson plan uses role play to examine some of the problems alcohol can cause among young people.

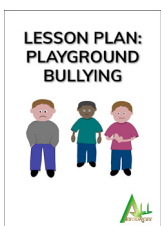
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### ***After COVID-19—English***

A lesson plan that covers individual activities and experiences during the coronavirus through reading and writing.

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### ***Playground Bullying***

A lesson plan on playground bullying, the issues caused and addressing the topic.

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