

**Kilmarnock Academy**  
**S3 PSE Programme: Overview**

## Topics

Respectful Relationships Policy  
Values  
My World of Work  
Alcohol and Substance Misuse  
Contraception and Sex Education  
Relationships  
Study Skills  
Careers  
No Knives Better Lives  
Mental Health  
Options  
LGBT+  
Social Media  
Internet Safety  
Anti-social Behaviour  
Managing Stress