## Kilmarnock Academy

**S5 PSE Programme: Overview** 

## **Topics**

Values

**SMART Targets** 

**Mock Interviews** 

**Managing Stress** 

My World of Work

Discrimination and Stigma

Relationships

MVP (Mentors in Violence Prevention)

Study Skills

Alcohol

Sex, Drugs and Alcohol

Substance Use

My World of Work

Blood-borne Viruses

Mental Health