

# HEALTHY LIVES FOR YOUNG PEOPLE

Brook are offering free relationship and sex education and wellbeing sessions to young people virtually and face to face across Hillingdon.

We provide:

- RSE assemblies and workshops
- 1:1 support through our 6 week My Life programme

Topics for delivery:

- Consent and the law
- Healthy Relationships
- Online Safety
- Self-Esteem
- STI awareness
- Sexuality and Gender

Please email: [onwl@brook.org.uk](mailto:onwl@brook.org.uk) for more information or to book in a session or to discuss further.

**For more information about Brook, visit our website: [www.brook.org.uk](http://www.brook.org.uk)**

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