

# HEALTHY LIVES FOR YOUNG PEOPLE

Brook are offering relationship and sex education sessions and 1:1 support sessions to young people virtually.

We are commissioned by Hillingdon Council. Please email coordinator Lauren Chalkley to book – [lauren.chalkley@brook.org.uk](mailto:lauren.chalkley@brook.org.uk). Limited sessions available.

Topics for delivery:

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

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

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