

## The Stay Safe and Well Curriculum at QEHS

### Year 9, 10, 11, 12, 13

Year 9		PSHE Lessons	Assembly	Tutorial	Workshop
September to October	Year 9	Health and Wellbeing <ul style="list-style-type: none"> <li>Lesson 1: Attitudes to mental health</li> <li>Lesson 2: Promoting emotional wellbeing</li> <li>Lesson 3: Promoting emotional wellbeing (Impact of social media)</li> <li>Lesson 4: Unhealthy coping strategies (self-harm and eating disorders)</li> <li>Lesson 5: Healthy coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>Safeguarding assemblies to all year groups, outlining named DSL and all deputy DSLs and the wider responsibility of teachers and DSLs</li> <li>Online Safety</li> <li>Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>Extra-curricular activities Fair</li> <li>Self-care September</li> <li>Resources supporting World Mental Health Day</li> <li>Firework safety</li> </ul>	
November to December		Health and Wellbeing <ul style="list-style-type: none"> <li>Lesson 1: Exploring attitudes to drugs and alcohol</li> <li>Lesson 2: Drugs, the law and managing risk</li> <li>Lesson 3: Drugs and their effects: alcohol and cannabis</li> <li>Lesson 4: Managing influence</li> </ul>	<ul style="list-style-type: none"> <li>Disability</li> <li>Vaping &amp; e-cigarettes</li> </ul>	<ul style="list-style-type: none"> <li>Critical thinking – sources and who to trust</li> <li>Anti-bullying week</li> <li>Road safety week</li> <li>Movember</li> <li>World Aids Day</li> </ul>	<ul style="list-style-type: none"> <li>NDAS Workshops – focus on misogyny and healthy relationships. (Specific small groups of students chosen)</li> </ul>
January to February		Relationships and Sex Education <ul style="list-style-type: none"> <li>Lesson 1: Respectful relationship behaviours</li> <li>Lesson 2: Freedom and capacity to consent</li> <li>Lesson 3: Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>LGBT+ History Month</li> <li>Safer Internet Day</li> <li>Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent</li> </ul>	<ul style="list-style-type: none"> <li>Happier January</li> <li>'No place for hate' poster competition</li> <li>LGBT+ History Month</li> </ul>	
February to March		Relationships and Sex Education <ul style="list-style-type: none"> <li>Lesson 1: Contraception</li> <li>Lesson 2: Managing the end of relationships</li> <li>Lesson 3: FIT – LGBT+</li> </ul>	<ul style="list-style-type: none"> <li>World Sleep Day</li> </ul>		<ul style="list-style-type: none"> <li>Well being workshop delivered by Neuro headway – Mental health strategies for a targeted group of Y9 and Y10 students</li> </ul>

<p><b>April to May</b></p>	<p>Y e a r</p>	<ul style="list-style-type: none"> <li>• Living in the Wider World</li> <li>• Gambling</li> <li>• Lesson 1: How can we manage risk?</li> <li>• Lesson 2: How can we manage impulses and influences to gamble?</li> <li>• Lesson 3: How can we help people who have developed a problem with gambling?</li> </ul>	<ul style="list-style-type: none"> <li>• Refugees</li> <li>• Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community.</li> <li>• Mental Health Awareness Week</li> </ul>	<ul style="list-style-type: none"> <li>• Use of external space survey</li> <li>• Poverty proofing survey</li> <li>• Every weekend should be a three day weekend</li> </ul>	
<p><b>June to July</b></p>	<p>9</p>	<ul style="list-style-type: none"> <li>• Being Victor – Issues addressing staying safe across all three themes of PSHE: RSE, Health &amp; Wellbeing and Living in the Wider World.</li> <li>• Life Skills Day: Five one-hour sessions.</li> <li>• Coppafeel: Cancer Awareness</li> <li>• Relationships: Sexual health and healthy relationships</li> <li>• First Aid: Training with First Aid North East</li> <li>• Knife crime: Northumbria Police</li> <li>• Healthy Eating and Living – Newcastle University</li> </ul>	<ul style="list-style-type: none"> <li>• RNLI Water Safety</li> <li>• Wellbeing</li> <li>• How are you? Survey conducted by Chameleon PDE</li> </ul>	<ul style="list-style-type: none"> <li>• How to be happy</li> <li>• Vaping</li> </ul>	

Year 10		PSHE Lessons	Assembly	Tutorial	Workshop
Year 10	September to October	Relationships and Sex Education <ul style="list-style-type: none"> <li>Lesson 1: Consent – ‘Screwball’</li> <li>Lesson 2: Sexually Transmitted Infections</li> <li>Lesson 3: Contraception and Condom demonstration</li> <li>Lesson 4: Parenting -Baby Borrowers</li> </ul>	<ul style="list-style-type: none"> <li>Safeguarding</li> <li>Online Safety</li> <li>Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>Extra-curricular activities Fair</li> <li>Self-care September</li> <li>Resources supporting World Mental Health Day</li> <li>Firework safety</li> </ul>	
	November to December	Health and Wellbeing Mental health and emotional well-being <ul style="list-style-type: none"> <li>Lesson 1: New challenges</li> <li>Lesson 2: Reframing negative thinking</li> <li>Lesson 3: Recognising mental ill health and when to seek help</li> <li>Lesson 4: Promoting emotional well-being</li> </ul>	<ul style="list-style-type: none"> <li>Disability</li> <li>Vaping &amp; e-cigarettes</li> </ul>	<ul style="list-style-type: none"> <li>Critical thinking – sources and who to trust</li> <li>Anti-bullying week</li> <li>Road safety week</li> <li>Movember</li> <li>World Aids Day</li> </ul>	<ul style="list-style-type: none"> <li>NDAS Workshops – focus on misogyny and healthy relationships. (Specific small groups of students chosen)</li> </ul>
	January to February	Drugs and alcohol <ul style="list-style-type: none"> <li>Lesson 1: Substance use and assessing risk</li> <li>Lesson 2: Substance use and managing influence</li> <li>Lesson 3: Help seeking and sources of support</li> </ul>	<ul style="list-style-type: none"> <li>LGBT+ History Month</li> <li>Safer Internet Day</li> <li>termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent</li> </ul>	<ul style="list-style-type: none"> <li>Happier January</li> <li>‘No place for hate’ poster competition</li> <li>LGBT+ History Month</li> </ul>	
	February to March	Relationships <ul style="list-style-type: none"> <li>Lesson 1: Pride, prejudice and progress</li> <li>Lesson 2: Gareth Thomas: ‘Afraid to be gay?’</li> <li>Lesson 3: Leo: ‘Becoming a trans man’</li> <li>Lesson 4: Young Carers</li> </ul>	<ul style="list-style-type: none"> <li>World Sleep Day</li> </ul>		<ul style="list-style-type: none"> <li>Well being workshop delivered by Neuro headway – Mental health strategies for a targeted group of Y9 and Y10 students</li> </ul>
	April to May	Online Safety <ul style="list-style-type: none"> <li>Lesson 1: Self-image and identity</li> <li>Lesson 2: Online relationships</li> <li>Lesson 3: Online reputation</li> <li>Lesson 4: Privacy and security</li> </ul>	<ul style="list-style-type: none"> <li>Refugees</li> <li>Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community.</li> <li>Mental Health Awareness Week</li> </ul>	<ul style="list-style-type: none"> <li>Use of external space survey</li> <li>Poverty proofing survey</li> <li>Every weekend should be a three-day weekend</li> </ul>	
	June to July	Living in the Wider World <ul style="list-style-type: none"> <li>How can my money choices affect my mental well-being?</li> </ul>	<ul style="list-style-type: none"> <li>RNLI Water Safety</li> <li>Wellbeing</li> <li>How are you? Survey conducted by Chameleon PDE</li> </ul>	<ul style="list-style-type: none"> <li>How to be happy</li> <li>Vaping</li> </ul>	

Year 11		PSHE Lessons	Assembly	Tutorial
September to October	Y e a r  1 1	Relationships and Sex Education <ul style="list-style-type: none"> <li>Lesson 1: Consent &amp; Saying 'No'</li> <li>Lesson 2: Healthy &amp; Unhealthy relationships</li> <li>Lesson 3 Abusive relationships</li> </ul>	<ul style="list-style-type: none"> <li>Safeguarding</li> <li>Online Safety</li> <li>Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>Extra-curricular activities Fair</li> <li>Self-care September</li> <li>Resources supporting World Mental Health Day</li> <li>Firework safety</li> </ul>
November to December		Relationships and Sex Education <ul style="list-style-type: none"> <li>Lesson 1: Pornography</li> <li>Lesson 2: Is my body normal?</li> </ul>	<ul style="list-style-type: none"> <li>Disability</li> <li>Vaping &amp; e-cigarettes</li> </ul>	<ul style="list-style-type: none"> <li>Critical thinking – sources and who to trust</li> <li>Anti-bullying week</li> <li>Road safety week</li> <li>November</li> </ul> World Aids Day
January to February		Mental Health and Wellbeing <ul style="list-style-type: none"> <li>Lesson 1: Silver Linings Playbook</li> <li>Lesson 2: Stop Stigma</li> <li>Lesson 3: Mental Health Problem Case Study</li> </ul>	<ul style="list-style-type: none"> <li>LGBT+ History Month</li> <li>Safer Internet Day</li> <li>termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent</li> </ul>	<ul style="list-style-type: none"> <li>Happier January</li> <li>'No place for hate' poster competition</li> <li>LGBT+ History Month</li> </ul>
February to March		Online Safety <ul style="list-style-type: none"> <li>Lesson 1: Online relationships</li> <li>Lesson 2: Online reputation</li> <li>Lesson 3: Managing online information</li> <li>Lesson 4: Health, well-being and lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>World Sleep Day</li> </ul>	
April to May			<ul style="list-style-type: none"> <li>Refugees</li> <li>Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community.</li> <li>Mental Health Awareness Week</li> </ul>	<ul style="list-style-type: none"> <li>Use of external space survey</li> <li>Poverty proofing survey</li> <li>Every weekend should be a three-day weekend</li> </ul>
June to July		-	-	-

Year 12		Personal Development Sessions	Assembly
September to October	Y e a r  1 2	<ul style="list-style-type: none"> <li>Tobacco and E-Cigarettes</li> <li>Safer Driving</li> </ul>	<ul style="list-style-type: none"> <li>Safeguarding</li> <li>Online Safety</li> <li>Mental Health</li> </ul>
November to December		<ul style="list-style-type: none"> <li>Sound Bath</li> <li>Sorted – Drugs</li> <li>STIs &amp; Contraception</li> </ul>	<ul style="list-style-type: none"> <li>Disability</li> <li>Vaping &amp; e-cigarettes</li> </ul> Staying Safe - Northumbria Police
January to February		<ul style="list-style-type: none"> <li>Consent (Three one-hour sessions)</li> </ul>	<ul style="list-style-type: none"> <li>LGBT+ History Month</li> <li>Safer Internet Day</li> <li>Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent</li> </ul>
February to March		<ul style="list-style-type: none"> <li>Is this coercive control? (One-hour session)</li> </ul>	<ul style="list-style-type: none"> <li>World Sleep Day</li> </ul>
April to May		<ul style="list-style-type: none"> <li>How are you? Survey conducted by Chameleon PDE</li> </ul>	<ul style="list-style-type: none"> <li>Refugees</li> <li>Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community.</li> <li>Mental Health Awareness Week</li> </ul>
June to July		<ul style="list-style-type: none"> <li>Travel Safety</li> </ul>	<ul style="list-style-type: none"> <li>Wellbeing</li> </ul>

Year 13		Personal Development Sessions	Assembly
September to October	Year	<ul style="list-style-type: none"> <li>Tobacco and E-Cigarettes</li> <li>Safer Driving</li> </ul>	<ul style="list-style-type: none"> <li>Safeguarding</li> <li>Online Safety</li> <li>Mental Health</li> </ul>
November to December		<ul style="list-style-type: none"> <li>Sound Bath</li> <li>Sorted – Drugs</li> <li>STIs &amp; Contraception</li> </ul>	<ul style="list-style-type: none"> <li>Disability</li> <li>Vaping &amp; e-cigarettes</li> <li>Staying Safe - Northumbria Police Disability</li> </ul>
January to February		<ul style="list-style-type: none"> <li>Consent (Three one-hour sessions)</li> </ul>	<ul style="list-style-type: none"> <li>LGBT+ History Month</li> <li>Safer Internet Day</li> <li>termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent</li> </ul>
February to March		<ul style="list-style-type: none"> <li>Is this coercive control? (One-hour session)</li> </ul>	<ul style="list-style-type: none"> <li>World Sleep Day</li> </ul>
April to May		<ul style="list-style-type: none"> <li>How are you? Survey conducted by Chameleon PDE</li> </ul>	<ul style="list-style-type: none"> <li>Refugees</li> <li>Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community.</li> <li>Mental Health Awareness Week</li> </ul>
June to July		-	-