

The Stay Safe and Well Curriculum at QEHS

Year 9, 10, 11, 12, 13

Year 9		PSHE Lessons	Assembly	Tutorial
September to October	Year 9	Health and Wellbeing <ul style="list-style-type: none"> Lesson 1: Attitudes to mental health Lesson 2: Promoting emotional wellbeing Lesson 3: Promoting emotional wellbeing (Impact of social media) Lesson 4: Unhealthy coping strategies (self-harm and eating disorders) Lesson 5: Healthy coping strategies 	<ul style="list-style-type: none"> Safeguarding assemblies to all year groups, outlining named DSL and all deputy DSLs and the wider responsibility of teachers and DSLs World Mental Health Day Black History Month 	<ul style="list-style-type: none"> Extra-curricular activities Fair 'Self-care September' 'Optimistic October' Resources supporting World Mental Health Day Virtue Focus: Courage
November to December		Health and Wellbeing <ul style="list-style-type: none"> Lesson 1: Exploring attitudes to drugs and alcohol Lesson 2: Drugs, the law and managing risk Lesson 3: Drugs and their effects: alcohol and cannabis Lesson 4: Managing influence 	<ul style="list-style-type: none"> White Ribbon Day – Preventing VAWG Online Safety 	<ul style="list-style-type: none"> Movember World Aids Day 'New Ways November' 'Do Good December' Virtue: Focus Compassion
January to February		Relationships and Sex Education <ul style="list-style-type: none"> Lesson 1: Respectful relationship behaviours Lesson 2: Freedom and capacity to consent Lesson 3: Sexual Health 	<ul style="list-style-type: none"> Termly refresher safeguarding assemblies LGBT+ History Safer Internet Day Holocaust Memorial Day 	<ul style="list-style-type: none"> 'Happier January' 'Friendly February' LGBT+ History Month
February to March		Relationships and Sex Education <ul style="list-style-type: none"> Lesson 1: Contraception Lesson 2: Managing the end of relationships Lesson 3: FIT – LGBT+ 	<ul style="list-style-type: none"> Vaping 	<ul style="list-style-type: none"> 'Friendly February' 'Mindful March' Virtue Focus: Civility

April to May	Year 9	<p>Living in the Wider World, Gambling</p> <ul style="list-style-type: none"> Lesson 1: How can we manage risk? Lesson 2: How can we manage impulses and influences to gamble? Lesson 3: How can we help people who have developed a problem with gambling? 	<ul style="list-style-type: none"> Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community Mental Health Awareness Week 	<ul style="list-style-type: none"> 'Active April' 'Meaningful May' Virtue Focus: Civility
June to July	Year 9	<ul style="list-style-type: none"> Being Victor – Issues addressing staying safe across all three themes of PSHE: RSE, Health & Wellbeing and Living in the Wider World. Life Skills Day: Five one-hour sessions. Coppafeel: Cancer Awareness Relationships: Sexual health and healthy relationships First Aid: Training with First Aid North East 	<ul style="list-style-type: none"> Fire and Rescue Service: Water Safety 	<ul style="list-style-type: none"> 'Joyful June' 'Jump Back up July' Virtue Focus: Confidence

Year 10		PSHE Lessons	Assembly	Tutorial
September to October	Year 10	Relationships and Sex Education <ul style="list-style-type: none"> Lesson 1: Consent – ‘Screwball’ Lesson 2: Sexually Transmitted Infections Lesson 3: Contraception and condom demonstration Lesson 4: Parenting – Baby Borrowers 	<ul style="list-style-type: none"> Safeguarding assemblies to all year groups, outlining named DSL and all deputy DSLs and the wider responsibility of teachers and DSLs World Mental Health Day Black History Month 	<ul style="list-style-type: none"> Extra-curricular activities Fair ‘Self-care September’ ‘Optimistic October’ Resources supporting World Mental Health Day Virtue Focus: Courage
November to December		Health and Wellbeing Mental health and emotional well-being <ul style="list-style-type: none"> Lesson 1: New challenges Lesson 2: Reframing negative thinking Lesson 3: Recognising mental ill health and when to seek help Lesson 4: Promoting emotional well-being 	<ul style="list-style-type: none"> White Ribbon Day – Preventing VAWG Online Safety 	<ul style="list-style-type: none"> November World Aids Day ‘New Ways November’ ‘Do Good December’ Virtue: Focus Compassion
January to February		Drugs and alcohol <ul style="list-style-type: none"> Lesson 1: Substance use and assessing risk Lesson 2: Substance use and managing influence Lesson 3: Help seeking and sources of support 	<ul style="list-style-type: none"> Termly refresher safeguarding assemblies LGBT+ History Safer Internet Day Holocaust Memorial Day 	<ul style="list-style-type: none"> ‘Happier January’ ‘Friendly February’ LGBT+ History Month
February to March		Relationships <ul style="list-style-type: none"> Lesson 1: Pride, prejudice and progress Lesson 2: Gareth Thomas: ‘Afraid to be gay?’ Lesson 3: Leo: ‘Becoming a trans man’ Lesson 4: Young Carers 	<ul style="list-style-type: none"> Vaping 	<ul style="list-style-type: none"> ‘Friendly February’ ‘Mindful March’ Virtue Focus: Civility
April to May		Online Safety <ul style="list-style-type: none"> Lesson 1: Self-image and identity Lesson 2: Online relationships Lesson 3: Online reputation Lesson 4: Privacy and security 	<ul style="list-style-type: none"> Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community Mental Health Awareness Week 	<ul style="list-style-type: none"> ‘Active April’ ‘Meaningful May’ Virtue Focus: Civility
June to July		Living in the Wider World <ul style="list-style-type: none"> How can my money choices affect my mental well-being? 	<ul style="list-style-type: none"> Fire and Rescue Service: Water Safety 	<ul style="list-style-type: none"> ‘Joyful June’ ‘Jump Back up July’ Virtue Focus: Confidence

Year 11		PSHE Lessons	Assembly	Tutorial
September to October	Year 11	Relationships and Sex Education <ul style="list-style-type: none"> Lesson 1: Consent & Saying 'No' Lesson 2: Healthy & Unhealthy relationships Lesson 3 Abusive relationships 	<ul style="list-style-type: none"> Safeguarding assemblies to all year groups, outlining named DSL and all deputy DSLs and the wider responsibility of teachers and DSLs World Mental Health Day Black History Month 	<ul style="list-style-type: none"> Extra-curricular activities Fair 'Self-care September' 'Optimistic October' Resources supporting World Mental Health Day Virtue Focus: Courage
November to December		Relationships and Sex Education <ul style="list-style-type: none"> Lesson 1: Pornography Lesson 2: Is my body normal? 	<ul style="list-style-type: none"> White Ribbon Day – Preventing VAWG Online Safety 	<ul style="list-style-type: none"> Movember World Aids Day 'New Ways November' 'Do Good December' Virtue: Focus Compassion
January to February		Mental Health <ul style="list-style-type: none"> Lesson 1: The Teenage Brain Lesson 2: Sleep and Teenagers Lesson 3: Managing Stress Lesson 4: Having a Conversation about Mental Health Lesson 5: Boosting your Mood 	<ul style="list-style-type: none"> Termly refresher safeguarding assemblies LGBT+ History Safer Internet Day Holocaust Memorial Day 	<ul style="list-style-type: none"> 'Happier January' 'Friendly February' LGBT+ History Month
February to March			<ul style="list-style-type: none"> Vaping 	<ul style="list-style-type: none"> 'Friendly February' 'Mindful March' Virtue Focus: Civility
April to May			<ul style="list-style-type: none"> Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community Mental Health Awareness Week 	<ul style="list-style-type: none"> 'Active April' 'Meaningful May' Virtue Focus: Civility
June to July		-	-	-

Year 12		Personal Development Sessions	Assembly
September to October	Y e a r 1 2	<ul style="list-style-type: none"> Safer Driving 	<ul style="list-style-type: none"> Safeguarding Online Safety Mental Health
November to December		<ul style="list-style-type: none"> STIs & Contraception 	<ul style="list-style-type: none"> White Ribbon Day – Preventing VAWG Online Safety
January to February		<ul style="list-style-type: none"> Consent 	<ul style="list-style-type: none"> LGBT+ History Month Safer Internet Day Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent
February to March		<ul style="list-style-type: none"> Is this coercive control? 	<ul style="list-style-type: none"> Vaping
April to May		<ul style="list-style-type: none"> Healthy Eating 	<ul style="list-style-type: none"> Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community Mental Health Awareness Week
June to July		<ul style="list-style-type: none"> Travel Safety 	<ul style="list-style-type: none"> Fire and Rescue Service: Water Safety

Year 13		Personal Development Sessions	Assembly
September to October	Year	<ul style="list-style-type: none"> • Safer Driving 	<ul style="list-style-type: none"> • Safeguarding • Online Safety • Mental Health
November to December			<ul style="list-style-type: none"> • White Ribbon Day – Preventing VAWG • Online Safety
January to February			<ul style="list-style-type: none"> • LGBT+ History Month • Safer Internet Day • Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent
February to March			<ul style="list-style-type: none"> • Vaping
April to May			<ul style="list-style-type: none"> • Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community • Mental Health Awareness Week
June to July		-	-