

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 - 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	- Safeguarding assemblies to all year groups, outlining named DSL and all deputy DSLs and the wider responsibility of teachers and DSLs - Online Safety - Mental Health	- Enrichment activities Fair - Self-care September - Resources supporting World Mental Health Day - Weekly 'Respect' & 'Engage' activities in tutorial powerpoint	
November to December		Health and Wellbeing - 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 - Lesson 5: Vaping	- Disability - World Aids Day	- Critical thinking – sources and who to trust - Anti-bullying week - Road safety week - Movember - Weekly 'Respect' & 'Engage' activities in tutorial powerpoint	NDAS Workshops – focus on misogyny and healthy relationships. (Specific small groups of students chosen)
January to February		Relationships and Sex Education - Lesson 1: Respectful relationship behaviours - Lesson 2: Freedom and capacity to consent - Lesson 3: Sexual Health	- LGBT+ History Month - Safer Internet Day - Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent	- Happier January competition - LGBT+ History Month - Weekly 'Respect' & 'Engage' activities in tutorial powerpoint	
February to March		Relationships and Sex Education - Lesson 1: Contraception - Lesson 2: Managing the end of relationships	World Sleep Day	Weekly 'Respect' & 'Engage' activities in tutorial powerpoint	Well being workshop delivered by Neuro headway – Mental health strategies for a targeted

		Lesson 3: FIT – LGBT+			group of Y9 and Y10 students
April to May	Y e a r 9	- Living in the Wider World - Gambling - 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?	- Refugees - Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. - Mental Health Awareness Week	Weekly 'Respect' & 'Engage' activities in tutorial powerpoint	
June to July		- Belonging and Community: addressing discrimination and extremism - Lesson 1: Valuing diversity - Lesson 2: Understanding and preventing extremism - Lesson 3: How are people drawn into extremist groups? - Life Skills Day: Five one-hour sessions. - Relationships: Sexual health and healthy relationships - First Aid: Training with First Aid North East	- RNLI Water Safety - Wellbeing	Weekly 'Respect' & 'Engage' activities in tutorial powerpoint	

Year 10		PSHE Lessons	Assembly	Tutorial	Workshop
September to October	Year 10	Relationships and Sex Education - Lesson 1: Consent – ‘Screwball’ - Lesson 2: Sexually Transmitted Infections - Lesson 3: Contraception and - Condom demonstration - Lesson 4: Parenting -Baby Borrowers	- Safeguarding - Online Safety - Mental Health	- Extra-curricular activities Fair - Self-care September - Resources supporting World Mental Health Day - Weekly ‘Respect’ & ‘Engage’ activities in tutorial powerpoint	
November to December		Health and Wellbeing Mental health and emotional well-being - 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	- Disability - World Aids Day	- Critical thinking – sources and who to trust - Anti-bullying week - Road safety week - Movember - Weekly ‘Respect’ & ‘Engage’ activities in tutorial powerpoint	NDAS Workshops – focus on misogyny and healthy relationships. (Specific small groups of students chosen)
January to February		Drugs and alcohol - Lesson 1: Substance use and assessing risk - Lesson 2: Substance use and managing influence - Lesson 3: Help seeking and sources of support	- LGBT+ History Month - Safer Internet Day - termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent	- Happier January ‘No place for hate’ poster competition - LGBT+ History Month - Weekly ‘Respect’ & ‘Engage’ activities in tutorial powerpoint	
February to March		Relationships - Lesson 1: Pride, prejudice and progress - Lesson 2: Gareth Thomas: ‘Afraid to be gay?’ - Lesson 4: Young Carers	World Sleep Day	Weekly ‘Respect’ & ‘Engage’ activities in tutorial powerpoint	
April to May		Online Safety - Lesson 1: Staying safe online: protecting your identity - Lesson 2: Staying safe online: misinformation and extremism - Lesson 3: Gambling risks, consequences and safety	- Refugees - Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. - Mental Health Awareness Week	- Poverty proofing survey - Every weekend should be a three-day weekend - Weekly ‘Respect’ & ‘Engage’ activities in tutorial powerpoint	Northumbria University Law department
June to July		Living in the Wider World How can my money choices affect my mental well-being?	- RNLI Water Safety - Wellbeing	Weekly ‘Respect’ & ‘Engage’ activities in tutorial powerpoint	

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Year 11		PSHE Lessons	Assembly	Tutorial
September to October	Year 11	Relationships and Sex Education - Lesson 1: Consent & Saying 'No' - Lesson 2: Healthy & Unhealthy relationships - Lesson 3 Abusive relationships	- Safeguarding - Online Safety - Mental Health	- Extra-curricular activities Fair - Self-care September - Resources supporting World Mental Health Day - Weekly 'Respect' & 'Engage' activities in tutorial powerpoint
November to December		Relationships and Sex Education - Lesson 1: Pornography - Lesson 2: Is my body normal?	- Disability - World Aids Day	- Critical thinking – sources and who to trust - Anti-bullying week - Road safety week - November - Weekly 'Respect' & 'Engage' activities in tutorial powerpoint
January to February		Mental Health - 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	- LGBT+ History Month - Safer Internet Day - Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent	- Happier January 'No place for hate' poster competition - LGBT+ History Month - Weekly 'Respect' & 'Engage' activities in tutorial powerpoint
February to March		Wellbeing - Lesson 1: Lifestyles and Wellbeing - Lesson 2: Lifestyle Decisions	World Sleep Day	Weekly 'Respect' & 'Engage' activities in tutorial powerpoint
April to May			- Refugees - Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. - Mental Health Awareness Week	Weekly 'Respect' & 'Engage' activities in tutorial powerpoint Northumbria University Law department
June to July		-	-	-

Year 12		Personal Development Sessions	Assembly
September to October	Year	Safer Driving	- Safeguarding - Online Safety - Mental Health
November to December		- Sorted – Drugs - STIs & Contraception	Disability
January to February		Consent (Three one-hour sessions)	- LGBT+ History Month - Safer Internet Day - Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent
February to March		Is this coercive control? (One-hour session)	World Sleep Day
April to May			- Refugees - Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. - Mental Health Awareness Week
June to July		Independence & safety in adulthood	Wellbeing

Year 13		Personal Development Sessions	Assembly
September to October	Year	- Independence & safety in adulthood - Safer Driving	- Safeguarding - Online Safety - Mental Health
November to December		Sorted – Drugs	Disability
January to February		STIs & Contraception	- LGBT+ History Month - Safer Internet Day - termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent
February to March		Heathy relationships	World Sleep Day
April to May			- Refugees - Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. - Mental Health Awareness Week
June to July	13	-	-