

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"> 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 Online Safety Mental Health 	<ul style="list-style-type: none"> Extra-curricular activities Fair Self-care September Resources supporting World Mental Health Day Weekly wellbeing video in the Tutorial PowerPoint 	
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 Lesson 5: Vaping 	<ul style="list-style-type: none"> Disability World Aids Day 	<ul style="list-style-type: none"> Critical thinking – sources and who to trust Anti-bullying week Road safety week Movember Weekly wellbeing video in the Tutorial PowerPoint 	<ul style="list-style-type: none"> NDAS Workshops – focus on misogyny and healthy relationships. (Specific small groups of students chosen)
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"> LGBT+ History Month Safer Internet Day Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent 	<ul style="list-style-type: none"> Happier January 'No place for hate' poster competition LGBT+ History Month Weekly wellbeing video in the Tutorial PowerPoint 	
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"> World Sleep Day 	Weekly wellbeing video in the Tutorial PowerPoint	<ul style="list-style-type: none"> Well being workshop delivered by Neuro headway – Mental health strategies for a targeted

					group of Y9 and Y10 students
April to May	Y	<ul style="list-style-type: none"> • 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? 	<ul style="list-style-type: none"> • Refugees • Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. • Mental Health Awareness Week 	<ul style="list-style-type: none"> • Poverty proofing survey • Every weekend should be a three day weekend • Weekly wellbeing video in the Tutorial PowerPoint 	
June to July	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 • County Lines: Northumbria Police 	<ul style="list-style-type: none"> • RNLI Water Safety • Wellbeing • How are you? Survey conducted by Chameleon PDE 	<ul style="list-style-type: none"> • How to be happy • Vaping • Weekly wellbeing video in the Tutorial PowerPoint 	

Year 10		PSHE Lessons	Assembly	Tutorial	Workshop
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 Online Safety Mental Health 	<ul style="list-style-type: none"> Extra-curricular activities Fair Self-care September Resources supporting World Mental Health Day Weekly wellbeing video in the Tutorial PowerPoint 	
		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"> Disability World Aids Day 	<ul style="list-style-type: none"> Critical thinking – sources and who to trust Anti-bullying week Road safety week Movember Weekly wellbeing video in the Tutorial PowerPoint 	<ul style="list-style-type: none"> NDAS Workshops – focus on misogyny and healthy relationships. (Specific small groups of students chosen)
		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"> LGBT+ History Month Safer Internet Day termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent 	<ul style="list-style-type: none"> Happier January ‘No place for hate’ poster competition LGBT+ History Month Weekly wellbeing video in the Tutorial PowerPoint 	
		Relationships <ul style="list-style-type: none"> Lesson 1: Pride, prejudice and progress Lesson 2: Gareth Thomas: ‘Afraid to be gay?’ Lesson 4: Young Carers 	<ul style="list-style-type: none"> World Sleep Day 	<ul style="list-style-type: none"> Weekly wellbeing video in the Tutorial PowerPoint 	<ul style="list-style-type: none"> Well being workshop delivered by Neuro headway – Mental health strategies for a targeted group of Y9 and Y10 students
		Online Safety <ul style="list-style-type: none"> Lesson 1: Staying safe online: protecting your identity Lesson 2: Staying safe online: misinformation and extremism Lesson 3: Gambling risks, consequences and safety 	<ul style="list-style-type: none"> Refugees Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. Mental Health Awareness Week 	<ul style="list-style-type: none"> Poverty proofing survey Every weekend should be a three-day weekend Weekly wellbeing video in the Tutorial PowerPoint 	<ul style="list-style-type: none"> Northumbria University Law department – One punch kills Northumbria University Law department – Grooming
		Living in the Wider World	<ul style="list-style-type: none"> RNLI Water Safety Wellbeing 	<ul style="list-style-type: none"> How to be happy Vaping 	

	<ul style="list-style-type: none"> How can my money choices affect my mental well-being? 	<ul style="list-style-type: none"> How are you? Survey conducted by Chameleon PDE 	<ul style="list-style-type: none"> Weekly wellbeing video in the Tutorial PowerPoint 	
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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 Online Safety Mental Health 	<ul style="list-style-type: none"> Extra-curricular activities Fair Self-care September Resources supporting World Mental Health Day Weekly wellbeing video in the Tutorial PowerPoint
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"> Disability World Aids Day 	<ul style="list-style-type: none"> Critical thinking – sources and who to trust Anti-bullying week Road safety week November Weekly wellbeing video in the Tutorial PowerPoint
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"> LGBT+ History Month Safer Internet Day Termly refresher safeguarding assemblies - focus on self-esteem and confidence/keeping ourselves safe/consent 	<ul style="list-style-type: none"> Happier January 'No place for hate' poster competition LGBT+ History Month Weekly wellbeing video in the Tutorial PowerPoint
February to March		Wellbeing <ul style="list-style-type: none"> Lesson 1: Lifestyles and Wellbeing Lesson 2: Lifestyle Decisions 	<ul style="list-style-type: none"> World Sleep Day 	<ul style="list-style-type: none"> Weekly wellbeing video in the Tutorial PowerPoint
April to May			<ul style="list-style-type: none"> Refugees Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. Mental Health Awareness Week 	<ul style="list-style-type: none"> Poverty proofing survey Weekly wellbeing video in the Tutorial PowerPoint Northumbria University Law department – How to report a crime
June to July		-	-	-

Year 12		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"> • Sorted – Drugs • STIs & Contraception 	<ul style="list-style-type: none"> • Disability
January to February		<ul style="list-style-type: none"> • Consent (Three one-hour sessions) 	<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? (One-hour session) 	<ul style="list-style-type: none"> • World Sleep Day
April to May		<ul style="list-style-type: none"> • How are you? Survey conducted by Chameleon PDE 	<ul style="list-style-type: none"> • Refugees • 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"> • Wellbeing

Year 13		Personal Development Sessions	Assembly
September to October	Y e a r 1 3	<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"> • Sorted – Drugs 	<ul style="list-style-type: none"> • Disability
January to February		<ul style="list-style-type: none"> • STIs & Contraception 	<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"> • Heathy relationships 	<ul style="list-style-type: none"> • World Sleep Day
April to May		<ul style="list-style-type: none"> • How are you? Survey conducted by Chameleon PDE 	<ul style="list-style-type: none"> • Refugees • Termly safeguarding assembly - focus on anti-bullying, keeping each other safe, safe community. • Mental Health Awareness Week
June to July		-	-