George Stephenson High School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Puberty and keeping safe	Drug Education	Fair and Equal Opportunities	Understanding the Law
Year 8	Personal Safety and Managing Risk	The Online World	Drug Education	Managing risk in relation to the law	Healthy and unhealthy relationships	Mental health and wellbeing
Year 9	Navigating Online Harms	Healthy Intimate Relationships	Preventing STI's and Contraception	Planned and Unplanned Pregnancy	Drug Education	Keeping Safe
Year 10	Careers	Careers	Careers	Independence, health choices and wellbeing	Managing Influences	Understanding the Law
Year 11	Careers	Careers	Careers	Safe Relationships and Sexual Health	Drug Education	N/A

Year

PSHE education | Medium-term planning

Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	**Friendship and bullying** This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents	**Puberty and keeping safe** This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.	**Drug Education** This unit is an opportunity for students to assess risk and support their personal safety in relation to alcohol and other drugs	**Fair and Equal Opportunities** This unit explains the rights that everyone has in relation to their health, identifying a range of social factors that can impact a person's health and actions to address health inequalities.	**Understanding the Law** This unit explains the age of criminal responsibility, explores what is meant by hate crime, learn what being anti-racist is, developing the skills of respect
Lessons: **Developing learning skills: Helping students thrive in a new key stage – KS3** L1: Thriving in secondary school L2: Goal setting	Lessons: **Friendship and bullying – KS3** L1: Friendship and empathy L2: Bullying and bystanders L3: Friendship challenges L4 – Sharing of nudes and semi-nudes	Lessons: **Puberty** L1: Puberty and emotional changes L2: Menstrual wellbeing and taking care of the vulva L3: Testicular health L4: Making disclosures L5: Online safety (Nudes and semi-nudes)	Your lessons: **Drug education** L1: Understanding drugs L2: Tobacco, nicotine and vaping L3: Alcohol and risk	Lessons: **Fair and Equal Rights:** L1: Understanding the rights and addressing inequalities L2: LGBTQ+ Understand what is meant by LGBTQ+ phobia and what it can include. Developing skills of respect and empathy	Lessons: **Understanding the law:** L1: What is the age of criminal responsibility? Explore what is meant by responsibility. Understand what the age of criminal responsibility is in England and Wales. Consider how being informed can affect our behaviour. Informed decision-making. L2: What is hate crime? Explore what is meant by the word hate. Learn what is meant by a hate crime. Consider possible responses in relation to witnessing a hate crime. Demonstrate how to empathise with others and understand risk. L3: What is anti-racism?

Year

PSHE education | Medium-term planning

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Personal safety and managing risk This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.	**The online world** This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users	**Keeping Safe: Drug Education** This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	**Managing risk in relation to the law** This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	**Healthy and unhealthy relationships** This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.	**Mental health and Wellbeing** This unit explores attitudes towards mental health and challenging misconceptions.
Lessons: **British Heart Foundation** L1: Classroom RevivR L2: First Aid L3: Road Safety (production from local theatre company)	Lessons: **The Online World** L1 Responsible use of social media L2 Sharing of sexual images Students understand the law surrounding this, the risks and the consequences. L3 What are Deep Fakes? L4 What are my algorithms?	Lessons: **Keeping Safe Drug Education** L1 – How Safe are legal drugs? L2 -Alcohol and how to cope with peer pressure L3 – Vaping- Assess the potential impact of influences and marketing on young people's behaviour related to vaping Explain the consequences of vaping, including the environmental cost Analyse ways to challenge influences and misconceptions about vaping L4 – Cannabis Awareness	Lessons: **Managing Risk in Relation to the Law** L1 – What is child criminal exploitation? Learn about the dangers of child criminal exploitation and the routes for help and support. L2 – County Lines. The signs to look out for and routes for help and support.	Lessons: **Healthy and Unhealthy Relationships** L1 – Healthy Relationships L2 – Stereotypes and the Media L3 – Preventing gender based violence	Lessons: **Mental Health and Wellbeing** L1 - evaluate the links between mental health and physical health Identify common misconceptions about mental health Recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health Recognise the signs of anxiety and look at strategies which may help L2 – Promoting emotional wellbeing L3 – Digital Resilience L4 – Healthy and Unhealthy

Year

PSHE education | Medium-term planning

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Navigating online Harms This unit explores how to manage online relationships, gaming and grooming awareness.	**Healthy Intimate Relationships** This units explores healthy and unhealthy behaviours in romantic relationships and revise consent	**Preventing STI's and Contraception** This unit explores all methods of contraception including how to access it and any side effects.	**Planned and Unplanned Pregnancy** This unit raises awareness of unplanned pregnancies, fertility and planned pregnancies	**Drug Education** This unit raises awareness of illegal drugs	**Keeping Safe** This unit explores what con
Lessons: **Online Safety:** L1 – How can I manage online relationships L2 – Online Blackmail. The signs to watch out for and avenues for help and support. L3 – Online Grooming. The signs to watch out for and avenues for help and support. L4 – What are the links between gaming and grooming?	Lessons: **Healthy Intimate Relationships:** L1 – Freedom and capacity to consent L2 – Positive and Negative behaviour in relationships	Lessons: **Preventing STI's** L1 – Understand all of the different STI's, how to protect against them, symptoms and consequences. L2 – 3- Understand all the different types of contraception, how to access them, the side effects and how they work. L4 – Condom Negotiation	Lessons: **Planned and Unplanned pregnancies** L1 – Unplanned Pregnancy L2-3 – Pregnancy Choices and planned pregnancies	Lessons: **Illegal Drugs** L1 – THC Vapes L2 – Illegal Drugs	Lessons: **Keeping Safe** L1 –What is asphyxiation? L2 – What do we mean by intimidation? Consider what is meant by empathy. Understand the terms intimidation, harassment, and stalking. Learn about laws relating to intimidation, harassment, and stalking. Discuss a range of scenarios relating to intimidation. Demonstrate our understanding of empathy. L3 – What is anti-social behaviour? L4 – What is victim support?

Year 10

Autumn 1 Autumn 2	Autumn 2 Spring 2	Spring 1 Summer 2	Spring 2	Summer 1	Summer 2

During this time students complete Careers Lessons – Please see Careers for SOW

Year 10 also complete a whole year group Dimensions Day in which they are off timetable and experience workshops in:

1. Northumbria Violence Reduction Unit
Sharing of Images and Grooming

2. British Army Outreach Team

3. Worth Educating
Sexual Harassment – How to Identify, Challenge and Report

4. Gaming and Gambling

5. Mental Health and Wellbeing Awareness

6. Unhealthy Relationships – What is Emotional Abuse?

7. Samantha's Legacy
Educational Anti-Knife Crime Workshop

8. Streetwise Young People's Project ("Street Savvy")

Independence, health choices and wellbeing
This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

Lessons:

Prevent Breast Cancer – Breast cancer awareness and prevention
L1: Breast awareness
L2: Signs, symptoms and self examination

Testicular cancer awareness and prevention
L1: What is testicular cancer?

FGM
L1: What it is, the effects and signposting for help and support

Virginity testing and hymenoplasty
L1: What it is, the effects and signposting for help and support

Managing influence
This unit helps students to understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.

Lessons:

Managing Influence

L1: What is incel culture?

L2: What is toxic culture?

Understanding the Law
This unit helps students to understand the law, what radicalisation and extremism is and signposting for help and support

Lessons:

Understanding the law

L1 How can we balance freedom with the law?

L2: What is extremism?

L3: What is radicalization?

Year 11

Autumn 2	Spring 2	Summer 2	Spring 2	Summer 1	Summer 2
During this time students complete Careers Lessons – Please see Careers for SOW During the Careers SOW throughout the years everything to do with finance and managing is covered such as credit, debit, taxes, mortgages, loans, interest, managing money and financial scams.			**Safe relationships and sexual health** This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups. Understand infertility, causes and options.	**Drug Education** This unit builds upon previous knowledge but looks at different drugs such as nitrous oxide, drink spiking and drink/drug driving.	N/A
			Lessons: L1 – Coercive Control L2 – Sexual Harassment L3 - Infertility	Lessons: L1 – Nitrous Oxide L2 – Drink Spiking L3 – Drink/ drug driving	**N/A**