

The Stay Safe and Well Curriculum at HMS

Year 5, 6, 7 & 8

Year 5	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 5	Theme – Shared responsibilities and community. Covers: <ul style="list-style-type: none"> • mutual respect, being polite, personal behaviour, cultural awareness, responding respectfully to others • identifying personal strengths and skills • bullying behaviour and how to respond • rights and responsibilities as a British citizen • exploration of stereotyping and how this can influence behaviours • exploring local and national communities and the differences within those communities 	<ul style="list-style-type: none"> • Safeguarding for students delivered by SLT. • Respect, Engage, Aspire – safe relationships within school community. • Will there ever be World Peace? – discussion on conflict resolution. • Character virtues including courage. • Emotion Coaching introduction – personal wellbeing and understanding. • Standing up for what counts in life... exploring themes of friendship/loyalty and courage. 	<ul style="list-style-type: none"> • Introduction to skills builder – looking at transferable human skills. • Tutor reflections on concepts and applications of maintaining peace and the world around them. • Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. • Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. • Relating to World Mental Health Day • Relating to the nature of homelessness and basic needs. 	<ul style="list-style-type: none"> • As year 6 plus: • Team Building Session exploring teamwork and relationships. • Anti-bullying workshop by Dave Burn • ZooLab Visit exploring safety around animals. • Forest School runs throughout the year for all year 5 groups.
November to December Year 5	Theme – Relationships linked to friendships and different cultures and managing hurtful behaviour and bullying. Covers: <ul style="list-style-type: none"> • how feelings and emotions are affected at changing, challenging or difficult times and ways of managing these including how to seek support and advice when needed • the ways that money can impact on people’s feelings and emotions • the importance of self-respect and how this can affect their thoughts and feelings • that everyone should be treated politely and with respect by others • that there are different types of relationships 	<ul style="list-style-type: none"> • Bonfire Safety • Building bridges not walls – peace and armistice day. • Anti-bullying week themes of personal wellbeing and safe relationships. • Being generous – positive character virtues and wellbeing. 	<ul style="list-style-type: none"> • Reflecting upon Remembrance Day building on the concept of war and peace. • Looking at the role of politicians and how they influence everyday life. • Wreath making which explores staying safe and well. • Big debate discussing should young people have access to phones. Links to positive and negative reasons and a better understanding for our pupils of their responsibilities and staying safe. 	<ul style="list-style-type: none"> • First Aid Workshop including CPR • Author visit – Cressida Cowell exploring various themes through literature including friendships. • Children in Need Day • Forest School runs throughout the year for all year 5 groups.

	<ul style="list-style-type: none"> • other shared characteristics of healthy family life including commitment, care, spending time together • listening and responding respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own • how to discuss and debate topical issues • discrimination: what it means and how to challenge it • bullying including offline and online • strategies to respond to hurtful behaviour experienced or witnessed 			
<p style="text-align: center;">January to February Year 5</p>	<p>Theme – Relationships linked to family and close positive relationships, safe relationships and media literacy and digital resilience. Covers:</p> <ul style="list-style-type: none"> • the role of trust, respect and boundaries in healthy relationships (including friendships and family) • how to recognise if a friendship is making them feel uncomfortable or unsafe • how to maintain and respect privacy and boundaries, including online • how to recognise different types of physical contact and what is, or is not, acceptable • seeking and giving/not giving permission in different situations 	<ul style="list-style-type: none"> • Aiming High – exploring themes of aspiration and personal achievement. • Holocaust memorial – exploring discrimination and what to do. • Diversity and Inclusion LGBTQ+IA information and understanding. • Safer Internet Day – reminders of how to stay safe online. 	<ul style="list-style-type: none"> • Discussion around sanctions within school. Links to respect and engage values from the school ethos. • Diversity and inclusive badge design competition linked to LGBTQ+IA month. • Debate regarding “Everyone deserves to be loved”. Links to understanding of positive relationships. 	<ul style="list-style-type: none"> • Co Crew Workshop exploring safety in the environment. • Safer Internet Week • Forest School runs throughout the year for all year 5 groups.
<p style="text-align: center;">February to March Year 5</p>	<p>Theme – Living in the Wider World links to shared responsibility and community. Covers:</p> <ul style="list-style-type: none"> • broad range of different jobs/careers • skills that will help them in their future careers • the kind of job that they might like to do when they’re older. • mental health, just like physical health, is a part of daily life • anyone can experience mental ill health, that most difficulties can be resolved with help and support • problem-solving strategies for dealing with emotions, challenges and change. 	<ul style="list-style-type: none"> • “Into the Wilderness” – understanding how to remain humble and positive. 	<ul style="list-style-type: none"> • Skills Builder looking at staying positive links to wellbeing. • Debate around happiness and money linked to personal growth and financial literacy. • Debate on climate change ensuring pupil understanding of the world around them. 	<ul style="list-style-type: none"> • Pupil survey • Forest School runs throughout the year for all year 5 groups.

<p style="text-align: center;">April to May Year 5</p>	<p>Theme – Health and Wellbeing links to mental health, healthy lifestyles and keeping safe. Covers:</p> <ul style="list-style-type: none"> • benefits of exercise to mental and physical health • risks associated with an inactive lifestyle • opportunities for physical activity • making informed decisions about health • the elements of a balanced, healthy lifestyle 	<ul style="list-style-type: none"> • The integrity of borders – exploring refugees and asylum seekers. • Protected characteristics – Age and Disability. • Building back Better Biodiversity – linked to a happier and safer world 	<ul style="list-style-type: none"> • Skills Builder linked to creativity and personal growth. • Debate around concepts of wealth and philanthropy – links to safety around money. • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> • Story of Earth Newcastle Uni exploring the world around them. • Bikeability – teaching road and bike safety. • Stay safe around water form time focus week. • Prime Agency – Zak Hull – Mental Health, online safety and cyber bullying. • Forest School runs throughout the year for all year 5 groups.
<p style="text-align: center;">June to July Year 5</p>	<p>Theme – Health and Wellbeing links to mental health, healthy lifestyles, keeping safe and “ourselves growing and changing”. Covers:</p> <ul style="list-style-type: none"> • benefits of exercise to mental and physical health • risks associated with an inactive lifestyle • opportunities for physical activity • making informed decisions about health • the elements of a balanced, healthy lifestyle • mental health, just like physical health is part of daily life • changing bodies in an age appropriate way. 	<ul style="list-style-type: none"> • Caring for others exploring themes of prejudice. • Being true to yourself – themes of personal development and self-fulfilment. • Staying safe online. • Transition and moving onto the next stage of education. 	<ul style="list-style-type: none"> • Debate around empathy. • Healthy Eating Week exploring healthy diets, nutrition and keeping fit and well. Links between physical health and mental health. • Debate around one person changing the world. Links to personal growth and aspirations. • Debate surrounding transition and pupils’ feelings around this. 	<ul style="list-style-type: none"> • Y5 Residential to Whithaugh Park in Scotland. • Professor Martyn Amos (Computer Science) – online safety. • Sports Day • NERAP session linked to aspirational wellbeing. • Forest School runs throughout the year for all year 5 groups.

Year 6	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 6	<p>Theme – Living in the wider world exploring shared responsibilities and community. Covers:</p> <ul style="list-style-type: none"> • how to recognise positive things about themselves; how to set goals to help achieve personal outcomes • opportunities and responsibilities that come from increasing independence • how to predict, assess and manage risk in different situations • to recognise reasons for rules and laws and the consequences of not adhering to rules and laws. • having compassion towards others • to recognise that people have different attitudes towards saving and spending money • to understand rights and responsibilities as a British citizen. 	<ul style="list-style-type: none"> • Safeguarding for students delivered by SLT. • Respect, Engage, Aspire – safe relationships within school community. • Will there ever be World Peace? – discussion on conflict resolution. • Character virtues including courage. • Emotion Coaching introduction – personal wellbeing and understanding. • Standing up for what counts in life... exploring themes of friendship/loyalty and courage. 	<ul style="list-style-type: none"> • Introduction to skills builder – looking at transferable human skills. • Tutor reflections on concepts and applications of maintaining peace and the world around them. • Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. • Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. • World Mental Health Day • Relating to the nature of homelessness and basic needs 	<ul style="list-style-type: none"> • Skills Builder – A day in politics • World Mental Health Day – Hello Yellow • “Safe on the Streets” presentation by Dave Burn • Travel Wise Week • Pupil Safeguarding Survey Completion
November to December Year 6	<p>Theme – Relationships exploring families and close relationships, safe relationships and respecting self and others. Covers:</p> <ul style="list-style-type: none"> • how to manage change – new roles and responsibilities as they grow up • to recognise that feelings can change over time and range in intensity • strategies to respond to feelings, including intense or conflicting feelings • how to manage and respond to feelings appropriately and proportionately in different situations • change and loss, including death, and how these can affect feelings 	<ul style="list-style-type: none"> • Bonfire Safety • Building bridges not walls – peace and armistice day. • Anti-bullying week themes of personal wellbeing and safe relationships. • Being generous – positive character virtues and wellbeing. 	<ul style="list-style-type: none"> • Reflecting upon Remembrance Day building on the concept of war and peace. • Looking at the role of politicians and how they influence everyday life. • Wreath making which explores staying safe and well. • Big debate discussing should young people have access to phones. Links to positive and negative reasons and a better understanding for our pupils of their responsibilities and staying safe. 	<ul style="list-style-type: none"> • First Aid Workshop including CPR • Author visit – Cressida Cowell exploring various themes through literature including friendships. • Children in Need Day • Future First Workshops linked to future wellbeing.
January to February Year 6	<p>Theme – Health and Wellbeing exploring mental health, healthy lifestyles, ourselves growing and changing and keeping safe. Covers:</p> <ul style="list-style-type: none"> • how choices can affect a healthy lifestyle • what constitutes a healthy diet and how to plan healthy meals 	<ul style="list-style-type: none"> • Aiming High – exploring themes of aspiration and personal achievement. • Holocaust memorial – exploring discrimination and what to do. 	<ul style="list-style-type: none"> • Discussion around sanctions within school. Links to respect and engage values from the school ethos. • Diversity and inclusive badge design competition linked to LGBTQ+IA month. 	<ul style="list-style-type: none"> • Co Crew Workshop exploring safety in the environment. • Safer Internet Week • Visit to Safety Works • Safer Internet Week

	<ul style="list-style-type: none"> • how to take responsibility for personal hygiene during adolescence • how medicines contribute to health, and how to use them responsibly and safely 	<ul style="list-style-type: none"> • Diversity and Inclusion LGBTQ+IA information and understanding. • Safer Internet Day – reminders of how to stay safe online. 	<ul style="list-style-type: none"> • Debate regarding “Everyone deserves to be loved”. Links to understanding of positive relationships. 	
February to March Year 6	<p>Theme – Health and Wellbeing exploring mental health, keeping well, managing challenges and change, managing loss and bereavement and transition. Covers:</p> <ul style="list-style-type: none"> • mental health, what it means and how we can take care of it • how feelings and emotions are affected and can be managed at changing, challenging or difficult times • the impact of loss and bereavement and strategies for dealing with grief • the feelings and common anxieties pupils face when starting Key Stage 3/ moving school • ways of managing feelings 	<ul style="list-style-type: none"> • “Into the Wilderness” – understanding how to remain humble and positive 	<ul style="list-style-type: none"> • Skills Builder looking at staying positive links to wellbeing. • Debate around happiness and money linked to personal growth and financial literacy. • Debate on climate change ensuring pupil understanding of the world around them. 	<ul style="list-style-type: none"> • Pupil survey
April to May Year 6	<p>Theme – relationships exploring friendships and managing hurtful behaviour and bullying. Covers:</p> <ul style="list-style-type: none"> • how to respond to hurtful behaviour experienced and witnessed, offline and online • privacy and personal boundaries; what is appropriate in friendships and wider relationships • why someone may behave differently online, including pretending to be someone they are not • to know where to get advice and report concerns 	<ul style="list-style-type: none"> • The integrity of borders – exploring refugees and asylum seekers. • Protected characteristics – Age and Disability. • Building back Better Biodiversity – linked to a happier and safer world. 	<ul style="list-style-type: none"> • Skills Builder linked to creativity and personal growth. • Debate around concepts of wealth and philanthropy – links to safety around money. • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> • Story of Earth Newcastle Uni exploring the world around them. • Height and weight checks • Stay safe around water form time focus week. • Prime Agency – Zak Hull – Mental Health, online safety and cyber bullying.
June to July Year 6	<p>Theme – living in the wilder world exploring economic wellbeing, money aspirations, work and career. Covers:</p> <ul style="list-style-type: none"> • the skills that will help them in their future careers e.g., teamwork, communication and negotiation • that people’s spending decisions can affect other and the environment • ways that money can impact on people’s feelings and emotions 	<ul style="list-style-type: none"> • Caring for others exploring themes of prejudice. • Being true to yourself – themes of personal development and self-fulfilment. • Staying safe online. • Transition and moving onto the next stage of education. 	<ul style="list-style-type: none"> • Skills Builder linked to creativity and personal growth. • Debate around concepts of wealth and philanthropy – links to safety around money. • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> • Y5 Residential to Whithaugh Park in Scotland. • Professor Martyn Amos (Computer Science) – online safety. • Sports Day • NERAP session explores primary transition “moving up”

Year 7	PSHE Lessons	Assemblies	Form Time	Events
<p>September to October Year 7</p>	<p>Theme – Economic Wellbeing exploring a value for money, debt, fraud, personal values around finance and financial exploitation. Covers:</p> <ul style="list-style-type: none"> financial choices including saving, spending and budgeting attitudes and values in relation to finance, including debt and pay-day loans how to manage influences over financial decisions how to manage emotions in relation to finance to recognise risk and financial exploitation and access help and advice 	<ul style="list-style-type: none"> Safeguarding for students delivered by SLT. Respect, Engage, Aspire – safe relationships within school community. Will there ever be World Peace? – discussion on conflict resolution. Character virtues including courage. Emotion Coaching introduction – personal wellbeing and understanding. Standing up for what counts in life... exploring themes of friendship/loyalty and courage. 	<ul style="list-style-type: none"> Introduction to skills builder – looking at transferable human skills. Tutor reflections on concepts and applications of maintaining peace and the world around them. Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. <p>Tutor task around Black history month and exploring significant figures</p>	<ul style="list-style-type: none"> Skills Builder – A day in politics World Mental Health Day – Hello Yellow “Knife Crime” presentation by Dave Burn Travel Wise Week Pupil Safeguarding Survey Completion
<p>November to December Year 7</p>	<p>Theme – Health and Wellbeing exploring physically and mentally healthy lifestyle and emotional wellbeing. Covers:</p> <ul style="list-style-type: none"> characteristics of mental and emotional health and strategies for managing these. healthy coping strategies to promote wellbeing and boost mood how to get help in an emergency and perform basic first aid, including CPR and use of defibrillators how to maintain healthy sleep habits how to balance time between school work, leisure, exercise and time spent outdoors and online how to manage influences on, and maintain, good oral hygiene and dental health strategies to manage stress, puberty and the physical and mental changes that are a part of growing up how to access health services 	<ul style="list-style-type: none"> Safeguarding for students delivered by SLT. Respect, Engage, Aspire – safe relationships within school community. Will there ever be World Peace? – discussion on conflict resolution. Character virtues including courage. Emotion Coaching introduction – personal wellbeing and understanding. Standing up for what counts in life... exploring themes of friendship/loyalty and courage. 	<ul style="list-style-type: none"> Reflecting upon Remembrance Day building on the concept of war and peace. Looking at the role of politicians and how they influence everyday life. Wreath making which explores staying safe and well. Big debate discussing should young people have access to phones. Links to positive and negative reasons and a better understanding for our pupils of their responsibilities and staying safe. 	<ul style="list-style-type: none"> Future First Workshops linked to future wellbeing. STEM Workshop from Newcastle University linked to future wellbeing. Children in Need Day Nasal immunisations

<p>January to February Year 7</p>	<p>Theme – Drugs and substances exploring facts, misconceptions and social norms of drugs, tobacco and alcohol. Also exploring the risks and influences relating to substance abuse. Covers:</p> <ul style="list-style-type: none"> • substance use and misuse, including laws relating to this • the effects of alcohol, tobacco, nicotine and e-cigarettes • attitudes and social norms regarding substances • dependence, including the over-consumption of caffeine- based energy drinks • how to safely use over the counter and prescription medications • how to manage peer influence in relation to substance use 	<ul style="list-style-type: none"> • Aiming High – exploring themes of aspiration and personal achievement. • Holocaust memorial – exploring discrimination and what to do. • Diversity and Inclusion LGBTQ+IA information and understanding. • Safer Internet Day – reminders of how to stay safe online. 	<ul style="list-style-type: none"> • Discussion around sanctions within school. Links to respect and engage values from the school ethos. • Diversity and inclusive badge design competition linked to LGBTQ+IA month. • Debate regarding “Everyone deserves to be loved”. Links to understanding of positive relationships. 	<ul style="list-style-type: none"> • Pedestrian/Road Safety Workshop • Safer Internet Week
<p>February to March Year 7</p>	<p>Theme – careers exploring enterprise skills, the world of work and employment rights. Covers:</p> <ul style="list-style-type: none"> • aspirations for the future • transition • personal qualities required for the world of work. 	<ul style="list-style-type: none"> • “Into the Wilderness” – understanding how to remain humble and positive 	<ul style="list-style-type: none"> • Skills Builder looking at staying positive links to wellbeing. • Debate around happiness and money linked to personal growth and financial literacy. • Debate on climate change ensuring pupil understanding of the world around them. 	<ul style="list-style-type: none"> • Pupil Survey • London Trip Y7 – safe and well in different environments. • NU Futures Career Programme exploring aspirations to support transition and build transferable skills. Practical wellbeing activities.
<p>April to May Year 7</p>	<p>Theme – relationships including intimate relationships, expectations and stereotypes in relationships, managing strong feelings and the concept of consent. Covers:</p> <ul style="list-style-type: none"> • different types of relationships and the qualities and behaviours associated with positive relationships • media stereotypes and their effect on relationship expectations • how to manage expectations for romantic relationships • how to manage strong feelings in relationships • how to identify unhealthy relationships and seek support when necessary • the concept of consent 	<ul style="list-style-type: none"> • The integrity of borders – exploring refugees and asylum seekers. • Protected characteristics – Age and Disability. • Building back Better Biodiversity – linked to a happier and safer world. 	<ul style="list-style-type: none"> • Skills Builder linked to creativity and personal growth. • Debate around concepts of wealth and philanthropy – links to safety around money. • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> • 24 Hours in A and E through Newcastle University • Stay safe around water form time focus week. • Prime Agency – Zak Hull – Mental Health, online safety and cyber bullying.

	<ul style="list-style-type: none"> • how to seek and give/not give consent in a variety of contexts 			
<p style="text-align: center;">June to July Year 7</p>	<p>Theme – relationships including puberty and sexual health, positive relationships, relationship values, forming and maintaining respectful relationships, and consent. Covers:</p> <ul style="list-style-type: none"> • how to develop self-worth and confidence to support decision-making • influences on beliefs and decisions • strategies for managing group-think and persuasion • gender identity, transphobia and gender-based discrimination; homophobia and biphobia; racism and religious discrimination; and disability discrimination • strategies to challenge prejudice-based bullying and discrimination • how to access support services in relation to inclusion or discrimination 	<ul style="list-style-type: none"> • Caring for others exploring themes of prejudice. • Being true to yourself – themes of personal development and self-fulfilment. • Staying safe online. • Transition and moving onto the next stage of education. 	<ul style="list-style-type: none"> • Skills Builder linked to creativity and personal growth. • Debate around concepts of wealth and philanthropy – links to safety around money. • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> • Trip to France • Professor Martyn Amos (Computer Science) – online safety. • Sports Day • NERAP session explores primary transition “moving up”

Year 8	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 8	<p>Theme – Living in the wider world, looking into learning skills, choices, pathways, work and career. Covers:</p> <ul style="list-style-type: none"> • life and career aspirations, personal strengths and skills for employment • challenging stereotypes and expectations that limit aspirations • about how a person’s online presence can affect employability • how to manage online presence including on social networking sites • how to manage emotions in relation to future employment 	<ul style="list-style-type: none"> • Safeguarding for students delivered by SLT. • Respect, Engage, Aspire – safe relationships within school community. • Will there ever be World Peace? – discussion on conflict resolution. • Character virtues including courage. • Emotion Coaching introduction – personal wellbeing and understanding. • Standing up for what counts in life... exploring themes of friendship/loyalty and courage. 	<ul style="list-style-type: none"> • Introduction to skills builder – looking at transferable human skills. • Tutor reflections on concepts and applications of maintaining peace and the world around them. • Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. • Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. • World Mental Health Day • Relating to the nature of homelessness and basic needs 	<ul style="list-style-type: none"> • Skills Builder – A day in politics • World Mental Health Day – Hello Yellow • “County Lines” and “Harmful Practices” presentation by Dave Burn • Travel Wise Week • Pupil Safeguarding Survey Completion
November to December Year 8	<p>Theme – living in the wider world: financial choices, understanding how to assess and manage risk in relation to financial decisions, values and attitudes to finance and debt, and the influence of advertising. Covers:</p> <ul style="list-style-type: none"> • assessing and managing risk in relation to financial decisions that young people might make • values and attitudes relating to finance, including debt • managing emotions in relation to money • evaluating social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions • that features of the internet can amplify risks and opportunities 	<ul style="list-style-type: none"> • Bonfire Safety • Building bridges not walls – peace and armistice day. • Anti-bullying week themes of personal wellbeing and safe relationships. • Being generous – positive character virtues and wellbeing. 	<ul style="list-style-type: none"> • Reflecting upon Remembrance Day building on the concept of war and peace. • Looking at the role of politicians and how they influence everyday life. • Wreath making which explores staying safe and well. • Big debate discussing should young people have access to phones. Links to positive and negative reasons and a better understanding for our pupils of their responsibilities and staying safe. • Regarding mobile phones, a particular focus on sending images/discriminatory language etc. 	<ul style="list-style-type: none"> • Future First Workshops linked to future wellbeing. • Children in Need Day • Nasal immunisations • Northumbria Police – Sharing Images Sessions • Pedestrian/Road Safety Workshop
January to February	<p>Theme – Health and Wellbeing, exploring mental health and emotional wellbeing, health lifestyles, drugs, alcohol and tobacco, managing risk and personal safety, and safe relationships. Covers:</p>	<ul style="list-style-type: none"> • Aiming High – exploring themes of aspiration and personal achievement. 	<ul style="list-style-type: none"> • Discussion around sanctions within school. Links to respect and engage values from the school ethos. • Diversity and inclusive badge design competition linked to LGBTQ+IA month. 	<ul style="list-style-type: none"> • Safer Internet Week

<p>Year 8</p>	<ul style="list-style-type: none"> personal hygiene - dental health and the prevention of infection the importance of sleep making choices about diet and exercise how to maintain physical health understanding drugs the positive and negative use of drugs in society (including prescribed drugs) the concept of addiction, the risks and influences of nicotine the risks and influences of alcohol myths, misconceptions around substance abuse 	<ul style="list-style-type: none"> Holocaust memorial – exploring discrimination and what to do. Diversity and Inclusion LGBTQ+IA information and understanding. Safer Internet Day – reminders of how to stay safe online. 	<ul style="list-style-type: none"> Debate regarding “Everyone deserves to be loved”. Links to understanding of positive relationships. 	
<p>February to March Year 8</p>	<p>Theme – Health and wellbeing exploring: self- concept, mental health and emotional wellbeing, health lifestyles, managing risk and personal safety. Covers:</p> <ul style="list-style-type: none"> factors that influence personal wellbeing and resilience (including life changes, relationships, achievements and employment opportunities). Online stress and ‘Fear or Missing out’ (FOMO) strategies to maintain balance in life between work, school, leisure, exercise and online activities bullying and cyberbullying social media First Aid in terms of allergies and asthma getting help in emergencies and the ability to perform basic CPR and the use of defibrillators 	<ul style="list-style-type: none"> “Into the Wilderness” – understanding how to remain humble and positive 	<ul style="list-style-type: none"> Skills Builder looking at staying positive links to wellbeing. Debate around happiness and money linked to personal growth and financial literacy. Debate on climate change ensuring pupil understanding of the world around them. 	<ul style="list-style-type: none"> Pupil Survey First Aid Workshops Immunisations HPV NU Futures Career Programme exploring aspirations to support transition and build transferable skills. Practical wellbeing activities. Transition activities
<p>April to May Year 8</p>	<p>Theme – relationships including the positive relationships, relationship values, forming and maintaining respectful relationships, consent, contraception and Parenthood. Covers:</p> <ul style="list-style-type: none"> sexual orientation, biological sex, and gender identity, recognising the differences between the two different categories menstrual wellbeing managing conflict and relationship breakdowns 	<ul style="list-style-type: none"> The integrity of borders – exploring refugees and asylum seekers. Protected characteristics – Age and Disability. Building back Better Biodiversity – linked to a happier and safer world. 	<ul style="list-style-type: none"> Skills Builder linked to creativity and personal growth. Debate around concepts of wealth and philanthropy – links to safety around money. Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> 24 Hours in A and E through Newcastle University Stay safe around water form time focus week. Prime Agency – Zak Hull – Mental Health, online safety and cyber bullying.
<p>June to</p>	<p>Theme – Citizenship addressing aims and subject content outlined in the Citizenship National Curriculum, exploring the concept of dictatorship and democracy,</p>	<ul style="list-style-type: none"> Caring for others exploring themes of prejudice. Being true to yourself – themes of personal 	<ul style="list-style-type: none"> Skills Builder linked to creativity and personal growth. Debate around concepts of wealth and philanthropy – links to safety around money. 	<ul style="list-style-type: none"> Trip to France Professor Martyn Amos (Computer Science) – online safety.

<p>July Year 8</p>	<p>the role of MPs and parliament, young offenders and the Justice System and British Values.</p> <p>Links to</p> <ul style="list-style-type: none"> • Opportunities for pupil debate 	<p>development and self-fulfilment.</p> <ul style="list-style-type: none"> • Staying safe online. • Transition and moving onto the next stage of education. 	<ul style="list-style-type: none"> • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – should you feel guilty about killing insects? Linked to personal development and empathy. 	<ul style="list-style-type: none"> • Sports Day • NERAP session explores primary transition “moving up” • Visit to Safety Works
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*When incidents arise or contextual safeguarding is required to ensure safety, Heads of Key Stage/SLT deliver bespoke messages to all year groups. These have included, safety to and from school, scooter safety, water safety, reminders of online conduct, reminders of sharing images, reminders of building and maintaining positive relationships. This is not an exhaustive list.