



# George Stephenson High School

## **What we are doing in the third half term in Health Education:**

All students learn about all the avenues for help and support both in and out of school. There is a list of apps and websites that are attached and are displayed on the website for both parents and students that may be helpful.

Key Stage 3 students get one lesson of Health Education once every two weeks and Key Stage 4 have the same but carousel with Careers. As well as this there are Dimension's Days, National Anti-Bullying Week, National Diversity Week and National Children's Mental Health Week on top of the Pastoral Bulletin each week which also is focused on Ambition, Respect and Community.

All students are welcome to attend CSI Club (Celebration of Student Individuality) which is on weekly and students can create events, lesson plans and activities for the above themes.

## **Key Stage 3 Health Education Lessons**

### **Year 7:**

#### **Health Education Lessons in Year 7: Puberty and Emotional Well-being**

In our Health Education lessons, Year 7 students will be learning about the physical and emotional changes associated with puberty. We will discuss how their bodies will change and what they might experience, including the menstrual cycle, which is an important part of this natural development.

We will also focus on supporting students in understanding and managing the emotions that can come with these changes. It's important that students feel informed, supported, and able to talk openly about these topics. We encourage you to have ongoing conversations at home about what they are learning and to reassure them that it's completely normal to feel a range of emotions during this stage of life.

#### **National Children's Mental Health Week – Know Yourself, Grow Yourself**

As part of National Children's Mental Health Week, we are focusing on the theme "*Know Yourself, Grow Yourself.*" This theme aims to equip and empower young people to embrace self-awareness and to explore what mental and emotional well-being means to them. Throughout the week, we will guide students through activities designed to help them develop a deeper understanding of themselves, their strengths, and areas for personal growth. The goal is to support students in building resilience, developing a positive sense of self, and fostering emotional well-being.

We hope that by the end of the week, students will feel better equipped to navigate their emotions, reflect on their strengths, and develop strategies for managing challenges.

### **Further Avenues for Help and Support**

In addition to the lessons provided in school, there are several services in North Tyneside that offer support for mental health, emotional well-being, and puberty-related concerns:

1. **North Tyneside Emotional Well-being Support Services** – Offers free, confidential advice and resources for children and young people.
2. **Kooth** – An online mental health support platform for young people, offering counselling and emotional support.
3. **Childline** – Provides a helpline where children can talk about anything on their mind, with specific resources around puberty and mental health.
4. **The North Tyneside Local Offer** – A resource for local services related to health, education, and social care that may be helpful for families.

## **Year 8**

### **1. Alcohol: The Physical, Emotional, and Social Effects**

We will explore the various effects of alcohol on the body, mind, and relationships. Students will learn about how alcohol can impact physical health, emotional well-being, and social interactions. We will also discuss how to resist peer pressure and make positive choices when faced with situations involving alcohol. The aim is to empower students to make responsible decisions and understand the consequences of their actions.

### **2. Healthy Relationships and Types of Abuse**

We will also cover the topic of healthy relationships, helping students understand what makes a relationship respectful, supportive, and safe. A key part of this will involve discussing the different types of abuse that can occur in relationships, including physical, emotional, and sexual abuse. It is crucial that students are aware of these issues so they can identify unhealthy patterns and know how to seek help when needed.

### 3. National Children's Mental Health Week – Know Yourself, Grow Yourself

As part of National Children's Mental Health Week, we are focusing on the theme "*Know Yourself, Grow Yourself*." This theme aims to equip and empower young people to embrace self-awareness and to explore what mental and emotional well-being means to them. Throughout the week, we will guide students through activities designed to help them develop a deeper understanding of themselves, their strengths, and areas for personal growth. The goal is to support students in building resilience, developing a positive sense of self, and fostering emotional well-being.

We hope that by the end of the week, students will feel better equipped to navigate their emotions, reflect on their strengths, and develop strategies for managing challenges.

#### Further Avenues for Help and Support

In addition to the lessons provided in school, there are several services in North Tyneside that offer support for mental health, emotional well-being, and puberty-related concerns:

1. **North Tyneside Emotional Well-being Support Services** – Offers free, confidential advice and resources for children and young people.
2. **Kooth** – An online mental health support platform for young people, offering counselling and emotional support.
3. **Childline** – Provides a helpline where children can talk about anything on their mind, with specific resources around puberty and mental health.
4. **The North Tyneside Local Offer** – A resource for local services related to health, education, and social care that may be helpful for families.
5. **North Tyneside Domestic Abuse Support Service:** Available to support young people who may be experiencing or witnessing abuse in relationships. Visit [www.ntw.nhs.uk](http://www.ntw.nhs.uk) or call 0191 278 7820.
6. **North Tyneside Alcohol Support Service:** Provides support to individuals affected by alcohol use. Call 0191 643 7888 or visit [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk).
7. **Drinkaware:** A national charity offering advice on alcohol-related issues. Visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk) for information and resources.
8. **Talk to Frank:** A confidential helpline that provides advice on alcohol and other substances. Call 0300 123 6600 or visit [www.talktofrank.com](http://www.talktofrank.com).

## Year 9

### 1. Relationships, Sexual Health, and Contraception

We will provide students with comprehensive information on relationships, sexual health, and contraception, including the following:

- **Healthy and Unhealthy Relationships:** Students will learn about what constitutes a healthy, respectful relationship and the signs of an unhealthy or abusive relationship. The focus will be on understanding boundaries, communication, and respect.
- **Consent:** The lesson will cover the importance of consent in all aspects of relationships, including the legal framework around consent and how to communicate openly with partners.
- **Prevention of STIs:** Students will be educated on the different types of sexually transmitted infections (STIs), how they can be prevented, and the importance of regular testing and communication with partners.
- **Contraception:** We will discuss all forms of contraception, including barrier methods (e.g., condoms), hormonal methods, and long-term methods, ensuring students are informed about the options available to prevent unplanned pregnancies and STIs.
- **Unplanned Pregnancy and Fertility:** We will explore the different options available in the case of an unplanned pregnancy, including the impact on fertility and the importance of making informed choices.
- **C-Card Scheme:** We will introduce students to the C-Card scheme, which provides young people with free condoms and sexual health advice. The C-Card is a confidential service available to students who choose to sign up and is an important tool for promoting sexual health and well-being.

### Support and Guidance in North Tyneside

We understand that these topics may raise questions, and we want to ensure that students have access to the support they need. Please encourage your child to seek help if they have concerns or would like to talk further about any of the topics discussed. The following services are available for support:

- **School Counsellor / Support Team:** Available for confidential support within school hours.
- **Childline:** A free, confidential helpline for young people to talk about anything that worries them. Call 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk).
- **The Mix:** A free, confidential helpline offering support for young people aged 13-25. Call 0808 808 4994 or visit [www.themix.org.uk](http://www.themix.org.uk).
- **North Tyneside Sexual Health Services:** Offers confidential sexual health advice and services, including testing for STIs and contraception. Call 0191 643 7878 or visit [www.northynteside.gov.uk](http://www.northynteside.gov.uk).

## **C-Card Scheme**

The C-Card scheme is a free, confidential service available to young people aged 13-24 in North Tyneside. By signing up for the C-Card, students can access free condoms and sexual health information. It's an important resource for promoting responsible sexual health choices. To sign up, students can visit the following locations in North Tyneside:

- **Local Youth Centres and Health Clinics including the One to One Centre in Shiremoor:** Information on signing up for the C-Card can be found by contacting your local youth centre or sexual health clinic.
- **Our Student Support Worker Ruth Law or Mr Harrison – Guidance Manager**

## **Further Support for Sexual Health and Well-being**

- **Talk to Frank:** A confidential helpline for advice on all aspects of sexual health and substances. Call 0300 123 6600 or visit [www.talktofrank.com](http://www.talktofrank.com).
- **Brook:** A national sexual health charity providing advice and support for young people. Visit [www.brook.org.uk](http://www.brook.org.uk) for more information.
- **NHS Sexual Health:** For information on sexual health, contraception, and STI testing, visit [www.nhs.uk](http://www.nhs.uk).

## **Key Stage 4 Health Education Lessons**

### **Year 10**

Year 10 will focus on Careers in preparation for Work Experience and will swap to Health Education after February half term.

### **Year 11**

Year 11 will focus on Careers for the rest of the year.