



## DROP-DOWN SCHEDULE 2024-25

Drop downs	Y7	Y8	Y9	Y10	Y11
<p><b>1. Thursday 12th September 2024</b></p> <p>Period 3 and 4</p> <p>WHICKHAM QUALITIES</p>	<p><u>Whickham Qualities</u></p> <ul style="list-style-type: none"> <li>• Launch of the qualities</li> <li>• Equal Rights: protected characteristics and how we can protect vulnerable groups.</li> <li>• Use of language- basic respect between students and teachers.</li> </ul>	<p><u>Whickham Qualities</u></p> <ul style="list-style-type: none"> <li>• Reminder of the qualities</li> <li>• Target setting and future aspirations</li> <li>• Appropriate language choices</li> <li>• Evaluating how far we demonstrate the qualities</li> </ul>	<p><u>Whickham Qualities</u></p> <ul style="list-style-type: none"> <li>• Reminder of the qualities</li> <li>• Respecting ourselves, our school and our community</li> <li>• The power of language</li> <li>• Derogatory terms and the importance of language context.</li> </ul>	<p><u>Whickham Qualities</u></p> <ul style="list-style-type: none"> <li>• Reminder of the qualities</li> <li>• Use of language</li> <li>• Sexual harassment</li> </ul>	<p><u>Whickham Qualities</u></p> <ul style="list-style-type: none"> <li>• Reminder of the qualities</li> <li>• Aspiration and resilience working towards assessments</li> </ul>
<p><b>2. Wednesday 2nd October 2024</b></p> <p>Period 3 and 4</p> <p>MENTAL HEALTH</p>	<p><u>Mental Health</u></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing &amp; Resilience</li> <li>• Challenging misconceptions</li> <li>• Reframing disappointment</li> <li>• Five ways to wellbeing</li> <li>• <u>Anti-bullying</u></li> </ul>	<p><u>Mental Health</u></p> <ul style="list-style-type: none"> <li>• Warning signs</li> <li>• Unhelpful coping strategies</li> <li>• Self harm &amp; eating disorders</li> <li>• Positive coping strategies</li> <li>• <u>Anti-bullying</u></li> </ul>	<p><u>Mental Health</u></p> <ul style="list-style-type: none"> <li>• Promoting positive mental health</li> <li>• Strategies to manage anxiety</li> <li>• The impact of external events</li> <li>• <u>Anti-bullying</u></li> </ul>	<p><u>Mental Health</u></p> <ul style="list-style-type: none"> <li>• 9 Characteristics and the impact of stigma (links to <u>anti-bullying</u>)</li> <li>• Identifying ways to cope with anxiety</li> <li>• Reframing negative thinking</li> <li>• helpful &amp; unhelpful coping strategies</li> </ul>	<p><u>Mental Health</u></p> <ul style="list-style-type: none"> <li>• Common Mental Illnesses</li> <li>• Supporting friends (link to <u>empathy</u>)</li> <li>• Mental Health beyond school: Promoting emotional wellbeing and coping with stress</li> <li>• helpful &amp; unhelpful coping strategies</li> </ul>
<p><b>3. Friday 29th November 2024</b></p> <p>Period 3 and 4</p> <p>PHYSICAL HEALTH</p>	<p><u>Physical Health</u></p> <ul style="list-style-type: none"> <li>• The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.</li> <li>• The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight,</li> </ul>	<p><u>Physical Health</u></p> <ul style="list-style-type: none"> <li>• How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</li> <li>• The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</li> </ul>	<p><u>Physical Health</u></p> <ul style="list-style-type: none"> <li>• About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.</li> <li>• About dental health and the benefits of good oral hygiene</li> </ul>	<p><u>Physical Health</u></p> <ul style="list-style-type: none"> <li>• the benefits of regular self-examination and screening.</li> <li>• The facts and science relating to immunisation and vaccination.</li> <li>• The importance of sufficient good quality sleep for good health and how a lack of sleep</li> </ul>	<p><u>First aid</u></p> <ul style="list-style-type: none"> <li>• Basic treatment for common injuries</li> <li>• Life saving skills, including how to administer CPR.</li> <li>• Purpose of defibrillators and when you might use one.</li> </ul>

	including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.		and dental flossing, including healthy eating and regular check-ups at the dentist.	can affect weight, mood and ability to learn.	
<b>4. Tuesday 17th December 2024</b>  Period 3 and 4  SHAPING IDENTITIES THROUGH SOCIAL MEDIA AND THE INTERNET	<u>Stereotypes and Equality</u> <ul style="list-style-type: none"> <li>How stereotypes based on gender, sex, race, religion, sexual orientation or disability can cause damage</li> <li>Respect in and outside of school and how they should be respected</li> <li>Right and responsibilities regarding equality</li> </ul>	<u>Internet safety</u> <ul style="list-style-type: none"> <li>How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.</li> <li>Staying safe on social media and creating an online 'self'</li> </ul>	<u>Internet safety</u> <ul style="list-style-type: none"> <li>Relationships online</li> <li>Digital footprint</li> <li>The risks of social media</li> <li>Body image online</li> <li>Snapchat- keeping yourself safe</li> </ul>	<u>Internet safety</u> <ul style="list-style-type: none"> <li>Body image, Body Shaming and keeping safe on Snapchat and TikTok</li> <li>Cyberbullying-</li> <li>Snapchat- keeping yourself safe</li> <li>the impact of unhealthy or obsessive comparison with others online</li> <li>how people may curate a specific image of their life online</li> <li>over-reliance on online relationships including social media</li> </ul>	<u>Internet Safety.</u> <ul style="list-style-type: none"> <li>Pornography: information, stereotypes and pressure</li> <li>Online Peer pressure and looking after friends</li> <li>the risks related to online gambling and advertising</li> </ul>
<b>5. Friday 17th January 2025</b>  Period 3 and 4  RELATIONSHIPS & SEX EDUCATION OR SMOKING, VAPING, ALCOHOL AND DRUGS	<u>Smoking &amp; Vaping</u> <ul style="list-style-type: none"> <li>General risks</li> <li>Risks of smoking for young people and impact of development</li> <li>Finances of smoking</li> <li>Addiction</li> <li>The law</li> </ul>	<u>Alcohol</u> <ul style="list-style-type: none"> <li>Dangers and health risks</li> <li>Impact on development</li> <li>Addiction</li> <li>The law</li> </ul>	<u>Illegal drugs</u> <ul style="list-style-type: none"> <li>What are they?</li> <li>The law</li> <li>Focus on cannabis and its effects</li> <li>Addiction</li> <li>County Lines</li> </ul>	<u>EXTERNAL AGENCY: MARY ASHLEY BLUE SKY</u>  <u>Contraception, Sexual health including STIs and effects of sex</u> <ul style="list-style-type: none"> <li>Contraceptive</li> <li>Facts around pregnancy including miscarriage</li> <li>Choices relating to pregnancy-keeping baby, abortion, adoption and where to get further help</li> <li>STIs and how they can be transmitted and the facts about testing</li> <li>Prevalence of STIs and key facts about treatment</li> <li>Further advice and where to find it and where to find sexual and reproductive health advice and treatment</li> </ul>	<u>EXTERNAL AGENCY: MARY ASHLEY BLUE SKY Sex and the law.</u> <ul style="list-style-type: none"> <li>Concepts and laws relation to sexual consent, exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM. How these affect future relationships.</li> <li>Actively communicate and recognise consent from others and how consent can be withdrawn</li> <li>Violent behaviour and coercive behaviour</li> <li>Sexual harassment and sexual violence and why these are always unacceptable</li> </ul>
<b>6. Wednesday 26th March 2025</b>	<u>Relationships (EXTERNAL NOT NEEDED)</u> <ul style="list-style-type: none"> <li>Different types of families</li> <li>Important to bringing up children</li> </ul>	<u>EXTERNAL AGENCY: MARY ASHLEY BLUE SKY Sex, pressures and staying safe</u>	<u>EXTERNAL AGENCY: MARY ASHLEY BLUE SKY Sex and the internet including porn</u>	<u>'Legal highs'</u> <ul style="list-style-type: none"> <li>What are they?</li> <li>Abuse</li> <li>Addiction</li> </ul>	<u>Spiking and alcohol abuse</u> <ul style="list-style-type: none"> <li>Risks to development</li> <li>How to stay safe</li> <li>Health risks</li> </ul>

<p>Period 3 and 4 RELATIONSHIPS &amp; SEX EDUCATION OR SMOKING, VAPING, ALCOHOL AND DRUGS</p>	<ul style="list-style-type: none"> <li>• Marriage- what it is and legal status</li> <li>• Long term relationships + legal status</li> <li>• Roles and responsibilities of parenthood</li> <li>• Unsafe in families and determining whether other children, other adults are trustworthy and judging when a relationship is safe or unsafe</li> <li>• What is a positive and healthy friendship including online. Not just sexual relationships.</li> <li>• Steps to take to improve respectful relationships</li> </ul>	<ul style="list-style-type: none"> <li>• What are the positive and healthy aspects of one-to-one intimate relationships- respect, consent, loyalty, trust, shared interests, sex and friendship.</li> <li>• All aspects of health can be affected by choice made in sex and relationships both positive and negative e.g. mental, physical, emotional, sexual, reproductive, wellbeing</li> <li>• Reproductive health including fertility</li> <li>• Identifying and managing sexual pressure</li> <li>• Choice to delay sex</li> </ul>	<ul style="list-style-type: none"> <li>• Being responsible online</li> <li>• Reminder of the laws around sharing nude images</li> <li>• Online risks including risks of posting things online and how can be difficult to remove</li> <li>• Not provide material to others that they would not want shared</li> <li>• What to do and how to report material or issues online</li> <li>• Viewing harmful content</li> <li>• How sexually explicit imagery affects teens/ distorts reality</li> </ul>	<ul style="list-style-type: none"> <li>• Health risks and how alcohol and drugs can lead to risky sexual behaviour</li> <li>• County Lines</li> </ul>	<ul style="list-style-type: none"> <li>• Abuse and addiction</li> <li>• Prescription drugs</li> </ul>
<p><b>7. Tuesday 24th June 2025</b></p> <p>Period 3 and 4</p> <p>KS3- PUBERTY YEAR 9- FIRST-AID YEAR 10- STAYING SAFE/ MANIPULATION</p>	<p><u>Puberty</u></p> <ul style="list-style-type: none"> <li>• Key facts about puberty, the changing adolescent body and menstrual wellbeing.</li> <li>• The main changes which take place in males and females, and the implications for emotional and physical health.</li> </ul>	<p><u>Puberty</u></p> <ul style="list-style-type: none"> <li>• Key facts about puberty, the changing adolescent body and menstrual wellbeing.</li> <li>• The main changes which take place in males and females, and the implications for emotional and physical health.</li> </ul>	<p><u>An introduction to first-aid- knife crime</u></p> <ul style="list-style-type: none"> <li>• Basic treatment for common injuries</li> <li>• Life saving skills, including how to administer CPR.</li> <li>• Purpose of defibrillators and when you might use one.</li> </ul>	<p><u>Knife crime and staying safe online (incels and grooming)</u> Toxic Masculinity</p> <ul style="list-style-type: none"> <li>• Incel culture</li> <li>• Knife crime</li> </ul>	
<p><b>8. Thursday 17th July 2025</b></p> <p>Period 3 and 4</p> <p>SUMMER SAFETY</p>	<ul style="list-style-type: none"> <li>• Knife crime</li> <li>• Summer safety</li> <li>• Life guards</li> <li>• Watergate</li> <li>• Beach safety</li> <li>• Travelling by public transport</li> <li>• Peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Knife crime</li> <li>• Summer Safety</li> </ul>	<ul style="list-style-type: none"> <li>• Summer safety</li> </ul>	<p><u>Staying safe /Keeping safe - alcohol / drugs / water safety / contraception / saying no</u></p>	