

Critchill School RELATIONSHIPS AND SEX EDUCATION (RSE) Procedure /Curriculum Overview – January 2021

At our Critchill School, we believe that pupils should understand the facts about human reproduction before they leave school. Sex education ‘should ensure that both boys and girls are prepared for the changes that adolescence brings (puberty) and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born’.

At our school, puberty is taught as a statutory requirement of Health Education and covered by our own programme of specific RSHE days (see programme below), through profoundly personalised PLIMs, The ‘Critchill Code’ and through a range of curriculum subjects as appropriate.

We recognise that quality RSHE is an integral part of preparation for adulthood.

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” DfE Guidance p.17

We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this.



	Autumn		Spring		Summer	
Early years and KS1 year 1	<p>Mental Health: Mental wellbeing is a normal part of daily life, in the same way as mental health That there is a normal range of emotions and the scale of emotions that all humans experience in relation to different</p>	<p>Caring friendship: How important friendships are in making us feel happy and secure and how people choose and make friends.</p> <p>Online relationships: That the same principles apply to online</p>	<p>Physical health, fitness and healthy eating: What constitutes a healthy diet The importance of building regular exercise into daily and weekly routines and how to achieve this: for example</p>	<p>Families and people who care for the pupil: That families are important for children growing up because they can give love, security and stability</p> <p>Being safe:</p>	<p>Respectful relationships: The conventions of courtesy and manners The importance of respecting others even when they are very different (for example physically in character, personality or backgrounds) or make</p>	<p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer The importance of sufficient good quality sleep for good health</p>

	<p>experiences and situations</p> <p>Mental Health: The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.</p>	<p>relationships as to face to face relationships including the importance of respect for others online including when we are anonymous.</p>	<p>walking and cycling to school, a daily active mile or other forms or regular vigorous exercise.</p>	<p>Where to get advice e.g family, school and or other sources How to report concerns or abuse and the vocabulary and confidence needed to do so What sort of boundaries are appropriate in friendships, with peers and others (including in a digital context)</p>	<p>different choice or have different preferences or beliefs</p> <p>Internet safety and harms: That for most people the internet is an integral part of life and has many benefits</p>	<p>and that a lack of sleep can effect weight, mood and ability to learn About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist</p>
<p>Early years and KS1 year 2</p>	<p>Mental Health: How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>Mental Health: The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.</p>	<p>Caring friendship: How important friendships are in making us feel happy and secure and how people choose and make friends.</p> <p>Online relationships: That sometimes people behave differently online including by pretending to be someone they are not</p>	<p>Physical health, fitness and healthy eating: What constitutes a healthy diet The importance of building regular exercise into daily and weekly routines and how to achieve this: for example walking and cycling to school, a daily active mile or other forms or regular vigorous exercise.</p>	<p>Families and people who care for the pupil: The characteristics of healthy family life commitment to each other including in times of difficulty; protection and care for children and other family members; the importance of spending time together and sharing each other's lives</p> <p>Being safe: Where to get advice e.g family, school and or other sources How to report concerns or abuse and the vocabulary and confidence needed to do so About the concept of privacy and the implications of it for both children and adults including that it isn't</p>	<p>Respectful relationships: The conventions of courtesy and manners</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>Internet safety and harms: About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others physical wellbeing</p>	<p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist</p>

				always right to keep secrets if they relate to being safe		
Early years and KS1 year 3	<p>Mental Health How to judge whether what they're feeling and how they're behaving is appropriate and proportionate.</p> <p>Mental Health: The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.</p>	<p>Caring friendship: How important friendships are in making us feel happy and secure and how people choose and make friends.</p> <p>Online relationships: That the same principles apply to online relationships as to face to face relationships including the importance of respect for others online including when we are anonymous.</p>	<p>Physical health, fitness and healthy eating: What constitutes a healthy diet The importance of building regular exercise into daily and weekly routines and how to achieve this: for example walking and cycling to school, a daily active mile or other forms or regular vigorous exercise.</p>	<p>Families and people who care for the pupil: That other families either in school or in the wider world sometimes look different from the family but that they should respect those differences and know that other children's families are also categorised by love and care</p> <p>Being safe: Where to get advice e.g family, school and or other sources How to report concerns or abuse and the vocabulary and confidence needed to do so That each person's body belongs to them and the difference between appropriate and inappropriate or unsafe physical and other contact</p>	<p>Respectful relationships: The conventions of courtesy and manners The importance of self respect and how this links to their own happiness</p> <p>Internet safety and harms: How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p>	<p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist</p>
KS2 year 1	<p>Mental health Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>	<p>Caring friendships The characteristics of friendship including mutual respect truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interest and experiences and support</p>	<p>Physical health, fitness and healthy eating: The principles of planning and preparing a range of healthy meals The characteristics of a poor diet and risks associated with unhealthy eating</p>	<p>Families and people who care for the pupil: That stable, caring relationships that may be of different types are at the heart of happy families and are important for children's security as they grow up</p> <p>Being safe:</p>	<p>Respectful relationships: The conventions of courtesy and manners That in school and in wider society they can expect to be treated with respect by others and that in turn they should show due respect to</p>	<p>Year 6 Drugs, alcohol and tobacco: The facts about legal and illegal harmful substances and associated risks including smoking alcohol use and drug taking</p>

		<p>with problems and difficulties.</p> <p>Online relationships: The rules and principles for keeping safe online how to recognise risk, harmful content and contact and how to report them.</p>	<p>(including for example obesity and tooth decay) and other behaviours (e.g the impact of alcohol on diet and health)</p>	<p>Where to get advice e.g family, school and or other sources How to report concerns or abuse and the vocabulary and confidence needed to do so How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know</p>	<p>others including those in positions of authority</p> <p>Internet safety and harms: Why social media, sme computer games and online gaming for example are age restricted</p>	<p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body</p>
KS2 year 2	<p>Mental health That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p>	<p>Caring friendships That healthy friendships and positive and welcoming towards others and do not make others feel lonely or excluded.</p> <p>Online relationships: How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p>	<p>Physical health, fitness and healthy eating: The principles of planning and preparing a range of healthy meals The characteristics and mental and physical benefits of an active lifestyle</p>	<p>Families and people who care for the pupil: That marriage (available to both opposite and same sex couples) and civil partnerships represent a formal and legally recognised commitment of 2 people to each other which is intended to be life long</p> <p>Being safe: Where to get advice e.g family, school and or other sources</p>	<p>Respectful relationships: The conventions of courtesy and manners About different types of bullying including cyber bullying, the impact of bullying, responsibility of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Internet safety and harms: That the internet can also be a negative place where online abuse, trolling and</p>	<p>Year 6 Drugs, alcohol and tobacco: The facts about legal and illegal harmful substances and associated risks including smoking alcohol use and drug taking</p> <p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer</p>

				<p>How to report concerns or abuse and the vocabulary and confidence needed to do so</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult</p>	<p>bullying and harassment can take place which can have a negative impact on mental health</p>	<p>The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn</p> <p>About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist</p> <p>How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body</p>
KS2 year 3	<p>Mental health Where and how to seek support (including recognising the triggers for support) including whom in school they should speak to if they're worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p>	<p>Caring friendships That most friendships have ups and down and that these can often be worked through so that the friendship is repaired or even strengthened and that resulting to violence in never right.</p> <p>Online relationships: How information and data is shared and used online.</p>	<p>Physical health, fitness and healthy eating: The principles of planning and preparing a range of healthy meals</p> <p>The risks associate with an inactive lifestyle (including obesity)</p>	<p>Families and people who care for the pupil: How to recognise if family relationships are making them feel uphappy or unsafe and to seek help or advice from others if needed.</p> <p>Being safe: Where to get advice e.g family, school and or other sources</p> <p>How to report concerns or abuse and the vocabulary and confidence needed to do so</p> <p>How to ask for advice or help for themselves or others and to keep try until they are heard</p>	<p>Respectful relationships: The conventions of courtesy and manners</p> <p>What a stereotype is and how a stereotype can be unfair, negative or destructive</p> <p>Internet safety and harms: How to be a discerning consumers of information online including understanding that information including that from search engines is ranked, seletcted and targeted</p>	<p>Year 6 Drugs, alcohol and tobacco: The facts about legal and illegal harmful substances and associated risks including smoking alcohol use and drug taking</p> <p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer</p> <p>The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn</p>

						<p>About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist</p> <p>How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body</p>
KS2 year 4	<p>Mental Health It's common for people to experience mental ill health. For many who do, the problems can be resolved if the right support is made available.</p>	<p>Caring friendships How to recognise who to trust and who not to trust how to judge when a friendship is making them feel unhappy or uncomfortable managing conflict how to manage the situations and how to seek help and advice from others if needed.</p> <p>Online relationships: The rules and principles for keeping safe online how to recognise risk, harmful content and contact and how to report them.</p>	<p>Physical health, fitness and healthy eating: The principles of planning and preparing a range of healthy meals</p> <p>How and when to seek support including which adults to speak to in school if they are worried about their health</p>	<p>Families and people who care for the pupil: That other families either in school or in the wider world sometimes look different from the family but that they should respect those differences and know that other children's families are also categorised by love and care</p> <p>Being safe: Where to get advice e.g family, school and or other sources How to report concerns or abuse and the vocabulary and confidence needed to do so How to ask for advice or help for themselves or others and to keep try until they are heard</p>	<p>Respectful relationships: The conventions of courtesy and manners The importance of permission seeking and giving in relationships with friends, peers and adults</p> <p>Internet safety and harms: Where and how to report concern and get support with issues online</p>	<p>Year 6 Drugs, alcohol and tobacco: The facts about legal and illegal harmful substances and associated risks including smoking alcohol use and drug taking</p> <p>Health and prevention: About safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn About dental health and the benefits of good oral hygiene and dental flossing including regular check ups at the dentist</p>

						How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body
KS3 year 1	<p>Mental Health How to talk about their emotions accurately and sensitively, using appropriate vocabulary.</p> <p>Basic First Aid: basic treatment for common injuries, life-saving skills, including how to administer CPR, the purpose of defibrillators and when one might be needed.</p>	<p>Respectful relationships including friendships</p> <p>The characteristics of positive and healthy friendships, in all contexts including online, such as: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict; reconciliation and ending relationships, this includes different (nonsexual) types of relationship</p>	<p>Health and Fitness</p> <p>The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress,</p> <p>Drugs, alcohol and tobacco: the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions, the law relating to the supply and possession of illegal substances, the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood,</p> <p>The Law: Violence and exploitation by gangs</p>	<p>Families</p> <p>That there are different types of committed, stable relationships</p> <p>How these relationships might contribute to human happiness and their importance for bringing up children</p>	<p>Online and Media/ Internet safety and harms</p> <p>Online and Media: Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>Internet Safety and harms: The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image)</p>	<p>Changing Adolescent body: key facts about puberty, the changing adolescent body and menstrual wellbeing, the main changes which take place in males and females, and the implications for emotional and physical health.</p> <p>Intimate and sexual relationships, including sexual: How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</p> <p>The law: Sexuality</p>
KS3 year 2	<p>Mental Health That happiness is linked to being connected to others</p>	<p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p>	<p>Health and Fitness</p> <p>The positive associations between physical activity and promotion of mental wellbeing, including as</p>	<p>Families</p> <p>That there are different types of committed, stable relationships</p>	<p>Online and Media: Their rights, responsibilities and opportunities online, including that the same expectations of behaviour</p>	<p>Changing Adolescent body: key facts about puberty, the changing adolescent body and menstrual wellbeing, the</p>

			<p>an approach to combat stress,</p> <p>Health and Prevention: Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist</p>	<p>The law: marriage</p> <p>Being safe: The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>The Law: Female Genital Mutilation</p>	<p>apply in all contexts, including online</p> <p>Online and Media: About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</p>	<p>main changes which take place in males and females, and the implications for emotional and physical health</p> <p>The Law: Gender identity</p> <p>Intimate and sexual relationships, including sexual health: That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause</p>
KS3 year 3	<p>Mental health How to recognise the early signs of mental wellbeing concerns, common types of mental ill health (e.g. anxiety and depression)</p>	<p>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</p>	<p>Health and Fitness The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress,</p> <p>Health and Prevention: the facts</p>	<p>Families That there are different types of committed, stable relationships</p> <p>Being safe How people can actively communicate and recognise consent from</p>	<p>Online and Media: Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online What to do and where to get support to report</p>	<p>Changing Adolescent body: key facts about puberty, the changing adolescent body and menstrual wellbeing, the main changes which take place in males and females, and the implications for</p>

		<p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</p> <p>The law: Extremism and radicalisation</p>	<p>and science relating to immunisation and vaccination the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</p>	<p>others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online</p>	<p>material or manage issues online</p> <p>The Law: Online behaviours including image and information sharing (including ‘sexting’, youth-produced sexual imagery, nudes, etc)</p> <p>Physical health and wellbeing: Online safety and harms: 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.</p>	<p>emotional and physical health</p> <p>The law: gender identity</p> <p>Intimate and sexual relationships, including sexual health: That there are a range of strategies for identifying and managing sexual pressure, including peer pressure, resisting pressure and not pressurising others</p>
KS4 year 1	<p>Mental Health how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health</p> <p>Basic First Aid: basic treatment for common injuries, life-saving skills, including how to administer CPR · the purpose of defibrillators and when one might be needed.</p>	<p>How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice)</p> <p>The Law: hate crime</p> <p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p>	<p>Health and Fitness the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health, about the science relating to blood, organ and stem cell donation.</p> <p>Drugs, alcohol and tobacco: the physical and psychological consequences of</p>	<p>Families What marriage is, including their legal status - for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</p> <p>Being safe: The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape,</p>	<p>Online and Media: Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>The impact of viewing harmful content</p> <p>Physical health and wellbeing: Online safety and harms: how people may curate a specific image of their life online, over-reliance on</p>	<p>Intimate and sexual relationships, including sexual health: That they have a choice to delay sex or to enjoy intimacy without sex</p> <p>Intimate and sexual relationships, including sexual health: The facts about the full range of contraceptive choices, efficacy and options available</p>

		<p>The Law: Violence against women and girls</p>	<p>addiction, including alcohol dependency, awareness of the dangers of drugs which are prescribed but still present serious health risks, the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</p> <p>The Law: Substance misuse</p>	<p>domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>The Law: Female Genital Mutilation (FGM)</p>	<p>online relationships including social media,</p>	
KS4 year 2	<p>Mental Health the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</p>	<p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</p> <p>The Law: hate crime The law: Extremism and radicalisation</p> <p>What constitutes sexual harassment and sexual violence and why these are always unacceptable</p>	<p>Health and Fitness the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health, about the science relating to blood, organ and stem cell donation.</p> <p>Health and Prevention: the benefits of regular self-examination and screening</p>	<p>Families Why marriage is an important relationship choice for many couples and why it must be freely entered into.</p> <p>Being safe How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online.</p> <p>The Law: Consent, including the age of consent</p>	<p>Online and Media: Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>That specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</p> <p>The law: Pornography</p>	<p>Intimate and sexual relationships, including sexual health:The facts around pregnancy including miscarriage.</p> <p>Intimate and sexual relationships, including sexual health:That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</p> <p>The Law: Abortion</p>

<p>Post 16 year 1</p>	<p>Mental health How to recognise the early signs of mental wellbeing concerns, common types of mental ill health (e.g. anxiety and depression)</p> <p>Mental Health how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health</p>	<p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p>	<p>Health and Fitness the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health, about the science relating to blood, organ and stem cell donation.</p> <p>Drugs, alcohol and tobacco: the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions, the law relating to the supply and possession of illegal substances, the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood,</p> <p>The Law: Criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)</p>	<p>Families The characteristics and legal status of other types of long-term relationships</p> <p>Being safe: The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>The Law: Female Genital Mutilation</p>	<p>Online and Media That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</p> <p>The Law: Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc)</p>	<p>Intimate and sexual relationships, including sexual health: How the different sexually transmitted infections (STIs), including HIV and AIDs are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</p> <p>Intimate and sexual relationships, including sexual health: About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p>
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<p>Post 16 year 2</p>	<p>Mental health How to recognise the early signs of mental wellbeing concerns, common types of mental ill health (e.g. anxiety and depression)</p> <p>Mental Health the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</p>	<p>What constitutes sexual harassment and sexual violence and why these are always unacceptable</p>	<p>Health and Fitness the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health, about the science relating to blood, organ and stem cell donation.</p> <p>Health and Prevention: the benefits of regular self-examination and screening</p>	<p>Families The roles and responsibilities of parents with respect of raising children, including the characteristics of successful parenting</p> <p>Being safe How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online</p>	<p>Online and Media How information and data is generated, collected, shared and used online</p> <p>Physical health and wellbeing: Online safety and harms: the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online</p>	<p>Intimate and sexual relationships, including sexual health: How the use of alcohol and drugs can lead to risky sexual behaviour</p> <p>The Law: Violence and exploitation by gangs</p>
<p>Post 16 year 3</p>	<p>Mental health How to recognise the early signs of mental wellbeing concerns, common types of mental ill health (e.g. anxiety and depression)</p> <p>Mental Health how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health</p>	<p>The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</p>	<p>Health and Fitness the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health, about the science relating to blood, organ and stem cell donation.</p> <p>Basic First Aid: basic treatment for common injuries, life-saving skills, including how to administer CPR · the purpose of defibrillators</p>	<p>Families How to determine whether other children, adults or sources are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships), how to seek help or advice, including reporting concerns about others, if needed</p> <p>Being safe: The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based</p>	<p>Online and Media That specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</p> <p>The Law: pronography</p>	<p>Intimate and sexual relationships, including sexual health: How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p>

			and when one might be needed.	violence and FGM, and how these can affect current and future relationships		
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