

**St Dunstan's School**  
**Relationships and Sex Education (RSE)**  
**Updated January 2021**

**By the end of secondary school**

**Families**

<b>Criteria</b>	<b>Where covered</b>
That there are different types of committed, stable relationships	PB Year 8 'Journey of life' PB PSHE Year 7 Friendships PSHE Year 8 RSE- Relationships PSHE Year 9 RSE- Relationships 'I think...' Tutor Time Year 10- Relationships PSHE Year 10 RSHE PSHE Year 11 RSHE
How these relationships might contribute to human happiness and their importance for bringing up children	PB Year 8 'Journey of Life' PSHE Year 8 Pregnancy PSHE Year 11 Pregnancy and Parenthood' Tutor Time Year 10 'Parenting'
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	PB Year 8 'Journey of Life' Marriage, Civil Weddings, Civil Partnerships, Cohabitation Divorce
Why marriage is an important relationship choice for many couples and why it must be freely entered into.	PSHE Year 8 RSE- What is a healthy or unhealthy relationship PB Year 8 'Journey of Life' PSHE Year 8 Consent PSHE Year 9 Consent PSHE Year 10 Consent PSHE Year 10 Forced Marriage and Honour Based Violence
The characteristics and legal status of other types of long-term relationships	PB Year 8 Journey of Life PSHE Year 8 Relationships PSHE Year 10 Relationships PSHE Year 11 Relationships
The roles and responsibilities of parents with respect of raising children, including the characteristics of successful parenting	Year 8 Pregnancy Tutor Time Year 10 'Parenting' What makes a good parent? PSHE Year 11 Pregnancy and Parenthood
How to determine whether other children,	PSHE Year 8 RSE- Relationships

<p>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>PSHE Year 7 Online Safety  PSHE Year 7 How do I build positive relationships  PSHE Year 8 Relationships and Boundaries  PSHE Year 8 RSE- Consent  PSHE Year 9 RSE- Consent  PSHE Year 9 RSE- Where to go for help  Tutor Time Year 10- Would you like a cup of tea?  PSHE Year 9 CSE  PSHE Year 10 CSE  Tutor time Year 10- Where to go for help  Tutor time Year 10- Characteristics of Healthy or unhealthy relationships  Tutor time Year 10 'The break up'</p>
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**Respectful relationships, including friendships**

Criteria	Where covered
<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 (non-sexual) types of relationship</p>	<p>PSHE Year 7 Citizenship- Online bullying  PSHE Year 7 Citizenship- How do I build positive relationships?  PSHE Year 8 Positive Relationships  PSHE Year 8 RSE- Managing conflict  PSHE Year 8 RSE- Consent  PSHE Year 9 RSE- What is sex?  PSHE Year 9 RSE  PSHE Year 9 RSE- Where to go for help  Tutor Time Year 10- Would you like a cup of tea?  PB Year 10- What does a healthy relationship look like?  Tutor time Year 10- Where to go for help  Tutor time Year 10- Digital Romance  Tutor time Year 10- Characteristics of Healthy or unhealthy relationships  Tutor time Year 10 'The break up'  PSHE Year 10 Year 10 CSE  PSHE Year 10 Screwball</p>
<p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p>	<p>PSHE Year 7 Online bullying  PSHE Year 7 How to build positive relationships  PSHE Year 7 Assertive behaviour  PSHE Year 8 - Positive relationships  PSHE Year 8 - Managing feelings Consent  PSHE Year 9- Relationships</p>

	<p>PSHE Year 9 - Consent  PSHE Year 9 - Where to go for help  Tutor Time Year 10- Consent  PSHE Year 10- Screwball  PSHE Year 10- -What does a Healthy Relationship look like?  Tutor time Year 10- Where to go for help  Tutor time Year 10- Digital Romance  Tutor time Year 10- Characteristics of Healthy or unhealthy relationships  PSHE Year 10 Relationships  PSHE Year 11 Relationships  PSHE Year 10 Sexual Harrassment  PSHE Year 10 Sexual Harrassment  Tutor time Year 10 'The break up'</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>PSHE Year 8 Challenging Stereotypes  PSHE Year 8 The Equality Act  PSHE/ PB Year 8 Celebrating Differences Day (LGBTQ+, disability awareness, Emotional Health Awareness)  PSHE Year 9 LGBTQ+ and HBT bullying  PSHE Year 10 Putting the Men in Mental Health  PB Year 9 Prejudice and Discrimination Identity, Perception, Stereotype, Prejudice, Discrimination  PB Year 9 Prejudice and Discrimination 'Homelessness'  PB Year 9 Prejudice and Discrimination 'Gender'  PB Year 9 Prejudice and Discrimination 'Islamophobia'  PB Year 9 'Gandhi'  PB Year 9 'Martin Luther King'  PSHE Year 9 What is worrying about pornography?  Year 9 What is radicalisation and extremism?  Year 10 Stalking and Harrassment  Year 11 PB Feminism and Sexism  Year 9 Image Sharing  Year 11 Sexual Images and the law</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>PSHE Year 7 'What makes an outstanding Learner'  PSHE Year 7 Stepping up to secondary school  PSHE/ PB Year 8 Celebrating Differences Day (LGBTQ+, disability awareness, Emotional Health Awareness, Bollywood Dancing, African Drumming, Human Rights, Emotional Wellbeing, Mandalas, Mandarin taster lessons)</p>

	The TRAK Values (Assemblies, ethos, tutor time activities)
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>PSHE Year 7 Bullying</p> <p>PSHE Year 7 Cyberbullying</p> <p>PSHE Year 7 How do I build positive relationships</p> <p>PSHE Year 7 Digital Citizenship</p> <p>PSHE Year 9 HBT Bullying</p> <p>PSHE Year 9 'Where to go for help'</p> <p>Tutor Time Year 10 'Where to go for help'</p> <p>Tutor Time Year 11 'Where to go for help'</p>
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control	<p>PSHE Year 8 RSE- What is a healthy relationship?</p> <p>PSHE Year 8 Consent</p> <p>PSHE Year 7 Digital Citizenship</p> <p>PSHE Year 8 Relationships</p> <p>PSHE Year 9 Consent</p> <p>PSHE Year 8 How are we protected from discrimination?</p> <p>PSHE Year 9 What are the consequences of sexting</p> <p>PSHE Year 9 Managing conflict</p> <p>PSHE Year 9 FGM</p> <p>PSHE Year 9 CSE</p> <p>PSHE Year 9 Where to go for help</p> <p>PSHE Year 10 FGM</p> <p>PSHE Year 10 CSE</p> <p>PSHE Year 10 Forced Marriage and Honour based violence</p> <p>PSHE Year 10 Stalking and Harassment</p> <p>Tutor Time Year 10 Spiralling</p> <p>Tutor Time Year 11 Personal Safety and Stalking</p> <p>PSHE Year 11 Building Ethical Relationships</p>
What constitutes sexual harassment and sexual violence and why these are always unacceptable	<p>PSHE Year 7 Citizenship- Cyberbullying</p> <p>PSHE Year 8 RSE- What is a healthy relationship?</p> <p>PSHE Year 9 'Relationships... I think....'</p> <p>PB Year 10 Year 10 'I never said yes'</p> <p>Tutor Time Year 10 'Characteristics of Positive Relationships'</p> <p>Tutor Time Year 10 'Spiralling'</p> <p>Year 9 PSHE Image Sharing</p> <p>Year 11 Tutor Time Personal Safety and Stalking</p> <p>PSHE Year 11 Revenge porn, upskirting, sexting</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>PSHE Year 7 Citizenship ‘What makes an outstanding Learner’  The TRAK Values (Assemblies, ethos, tutor time activities)  PSHE Year 8 Challenging Stereotypes  PSHE Year 8 The Equality Act  PSHE Year 8 The Equality Act- How are we protected against discrimination?  PSHE Year 9 LGBTQ+ and HBT bullying  PSHE Year 9 Putting the Men in Mental Health  PB Year 9 Prejudice and Discrimination Identity, Perception, Stereotype, Prejudice, Discrimination</p>
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### Online and Media

Criteria	Where covered
<p>Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p>	<p>PSHE Year 7 Citizenship- Bullying  PSHE Year 7 Citizenship- Cyberbullying and digital citizenship  PSHE Year 7 Citizenship- Friendship  PSHE Year 9 HBT Bullying  PSHE Year 9 ‘Sexting’  PSHE Year 9 ‘Where to go for help’  Tutor Time Year 10 ‘Where to go for help’  Tutor Time Year 10 ‘Digital Romance’  Tutor Time Year 11 ‘Where to go for help’  PSHE Year 11 Sexual Images and the law</p>
<p>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>PSHE Year 7 Citizenship- Bullying  PSHE Year 7 Citizenship- Cyberbullying  PSHE Year 7 Citizenship- Friendship  PSHE Year 7 Staying Safe Online  PSHE Year 9 ‘The impact of the internet’  PSHE Year 9 Image sharing  PSHE Year 9 Careers  PSHE Year 10 Digital Romance, including online sexual harassment  PSHE Year 11 Sexual Images and the law</p>
<p>Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</p>	<p>PSHE Year 7 Citizenship- Bullying  PSHE Year 7 Citizenship- Cyberbullying and digital citizenship  PSHE Year 7 Citizenship- Friendship  PSHE Year 7 Staying Safe Online  PSHE Year 9 ‘The impact of the internet’  PSHE Year 9 ‘Sexting’</p>

	PSHE Year 10 Digital Romance, including online sexual harassment
What to do and where to get support to report material or manage issues online	PSHE Year 7 Citizenship- Bullying PSHE Year 7 Citizenship- Cyberbullying PSHE Year 7 Citizenship- Friendship PSHE Year 7 Staying Safe Online PSHE Year 9 'The impact of the internet' PSHE Year 9 'Sexting' PSHE Year 10 Digital Romance, including online sexual harassment PB Year 10 'I never said yes'
The impact of viewing harmful content	PSHE Year 7 Staying Safe Online PSHE Year 9 'The impact of the internet' PSHE Year 9 What are the dangers of pornography? PSHE Year 9 Extremism and radicalisation PSHE Year 9 Gambling PSHE Year 11 Planet Porn vs Planet Reality PSHE Year 10 Fake News
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	PSHE Year 7 Staying Safe Online PSHE Year 9 'The impact of the internet' PSHE Year 9 What are the dangers of pornography? PSHE Year 11 Planet Porn vs Planet Reality
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	PSHE Year 7 Citizenship- Bullying PSHE Year 7 Citizenship- Cyberbullying PSHE Year 7 Citizenship- Friendship PSHE Year 7 Staying Safe Online PSHE Year 9 'The impact of the internet' PSHE Year 9 'Sexting' PSHE Year 10 Digital Romance, including online sexual harassment PSHE Year 11 Sexual Images and the law
How information and data is generated, collected, shared and used online	PSHE Year 7 Citizenship- Cyberbullying PSHE Year 7 Citizenship- Friendship PSHE Year 7 Staying Safe Online PSHE Year 9 'The impact of the internet' PSHE Year 9 'Sexting' PSHE Year 10 Digital Romance, including online sexual harassment PSHE Year 10 Fake News

## Being safe

Criteria	Where covered
<p>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>PSHE Year 8 RSE- What is a healthy or unhealthy relationship?            PSHE Year 8 RSE- Consent            PB Year 8 Journey of Life-Brit Milah ‘What is the difference between male and female circumcision            PB Year 8 Journey of Life- ‘What is the difference between arranged and forced marriage?’            PSHE Year 8 FGM            PSHE Year 9 RSE- What is sex?            PSHE Year 9 RSE- Consent Brook Sexual Advice, DO Consent Handshake            PSHE Year 9 RSE- Where to go for help            Tutor Time Year 10- Would you like a cup of tea?)            Tutor time Year 10- Where to go for help            Tutor time Year 10- Digital Romance            Tutor time Year 10- Characteristics of Healthy or unhealthy relationships            Tutor time Year 10 ‘The break up’            PSHE Year 10 ‘Child Sexual Exploitation’            PSHE Year 10 FGM            PSHE Year 10 Screwball            Tutor Time Year 11 Personal Safety and Stalking</p>
<p>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>PSHE Year 8 RSE- What is a healthy or unhealthy relationship?            PSHE Year 8 Consent            PB Year 8 Journey of Life-Brit Milah ‘What is the difference between male and female circumcision            PSHE FGM            PB Year 8 Journey of Life- Hindu Weddings ‘What is the difference between arranged and forced marriage?’            PSHE Year 9 RSE            PSHE Year 9 RSE- Consent Brook Sexual Advice, DO Consent Handshake            PSHE Year 9 RSE- Where to go for help            Tutor Time Year 10- Would you like a cup of tea?            PB Year 10- Spiraling (Domestic Violence)            Tutor time Year 10- Where to go for help            Tutor time Year 10- Digital Romance            Tutor time Year 10- Characteristics of Healthy or unhealthy relationships</p>

	<p>Tutor time Year 10 'The break up'</p> <p>PB Year 10 'Child Sexual Exploitation'</p> <p>PB Year 10 'I never said yes'</p> <p>PB Year 10 'Resisting pressure'</p> <p>PB Year 10 FGM</p> <p>PSHE Year 10 Healthy Relationships</p> <p>PSHE Year 10 Building Ethical Relationships</p> <p>PSHE Year 10 Screwball</p>
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### Intimate and sexual relationships, including sexual health

Criteria	Where covered
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>PSHE Year 8 RSE- What is a healthy relationship?</p> <p>PSHE Year 8 RSE- Consent</p> <p>PSHE Year 9 RSE- What is sex?</p> <p>PSHE Year 9 RSE- What is good sex? Consent</p> <p>Brook Sexual Advice, DO Consent Handshake</p> <p>PSHE Year 9 RSE- Where to go for help</p> <p>Tutor Time Year 10- Would you like a cup of tea?</p> <p>Tutor time Year 10- Where to go for help</p> <p>Tutor time Year 10- Digital Romance</p> <p>Tutor time Year 10- Characteristics of Healthy or unhealthy relationships</p> <p>Tutor time Year 10 'The break up'</p> <p>PSHE Year 10 Screwball</p> <p>PSHE Year 10 Building Ethical Relationships</p>
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>PSHE Year 8 Pregnancy</p> <p>PSHE Year 8 School Nurse Visit</p> <p>PSHE Year 9 STI's</p> <p>PSHE Year 11 STI's</p> <p>PSHE Year 11 School Nurse Visit</p> <p>PSHE Year 10 Fertility and reproductive health</p>
That there are a range of strategies for identifying and managing sexual pressure, including peer pressure, resisting pressure and not pressurising others	<p>Year 7 Citizenship Being Assertive</p> <p>PSHE Year 8 RSE- What is a healthy or unhealthy relationship?</p> <p>PSHE Year 8 RSE- Consent</p> <p>PSHE Year 9 RSE</p> <p>PSHE Year 9 RSE- Consent Brook Sexual Advice, DO Consent Handshake</p> <p>PSHE Year 9 RSE- Where to go for help</p> <p>Tutor Time Year 10- Would you like a cup of tea?</p>



	<p>PB Year 10- Spiraling (Domestic Violence)  Tutor time Year 10- Where to go for help  Tutor time Year 10- Digital Romance  Tutor time Year 10- Characteristics of Healthy or unhealthy relationships  Tutor time Year 10 'The break up'  PSHE Year 10 'Child Sexual Exploitation'  PSHE Year 10 Screwball  PSHE Year 11 Building Ethical Relationships  Tutor Time Year 11 Personal Safety and Stalking</p>
<p>That they have a choice to delay sex or to enjoy intimacy without sex</p>	<p>PSHE Year 8 RSE- What is a healthy or unhealthy relationship?  PSHE Year 8 RSE- Consent  PSHE Year 9 RSE- What is sex?  PSHE Year 9 RSE- Consent Brook Sexual Advice, DO Consent Handshake  PSHE Year 9 Safer Sex- Reasons to wait  PSHE Year 10 Sex and sexuality  PSHE Year 10 Screwball  PSHE Year 11 Building Ethical Relationships</p>
<p>The facts about the full range of contraceptive choices, efficacy and options available</p>	<p>PSHE Year 8 School Nurse Visit  PSHE Year 9 Safer Sex, including contraception  PSHE Year 11 Contraception  Year 11 School Nurse Visit  Tutor Time Year 11 Which Methods of Contraception would suit different people?  Year 9 Where to go for help  Year 10 tutor time Where to go for help  Year 11 tutor time Where to go for help</p>
<p>The facts around pregnancy including miscarriage</p>	<p>PSHE Year 8 Pregnancy  PSHE Year 9 Safer Sex  Year 10 Tutor Time Parenting  PSHE Year 11 Pregnancy and Parenthood  PSHE Year 10 Fertility and Reproductive Health</p>
<p>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>PSHE Year 9 RSE- Where to go for help  Tutor Time Year 10 RSE- Where to go for help  Tutor Time Year 11 RSE- Where to go for help  PSHE Year 8 Pregnancy  Year 10 Tutor Time Parenting  PSHE Year 11 Pregnancy and Parenthood  PSHE Year 10 Fertility and Reproductive Health  Year 11 PB- I'm pregnant, now what? What can I think about to help me decide? Where can they get further help?</p>
<p>How the different sexually transmitted infections (STIs), including HIV and AIDs are</p>	<p>PSHE Year 8 RSE School Nurse Visit  PSHE Year 9 RSE Safer Sex</p>

transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing	PSHE Year 9 RSE STI's PSHE Year 9 RSE HIV Tutor Time Year 11 STI's PSHE Year 11 STI's PSHE Year 11 School Nurse Visit
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	PSHE Year 8 RSE School Nurse Visit PSHE Year 9 RSE Safer Sex PSHE Year 9 RSE STI's PSHE Year 9 RSE HIV Tutor Time Year 11 STI's PSHE Year 11 STI's PB Year 11 School Nurse Visit
How the use of alcohol and drugs can lead to risky sexual behaviour	PSHE Year 8 Drugs 'Binge Drinking' PSHE Year 9 Drugs 'Alcohol' PSHE Year 9 Drugs 'Alcohol and the law' PSHE Year 10 Child Sexual Exploitation PSHE Year 11 Alcohol and Drugs at Clubs, festivals and parties
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	PSHE Year 8 School Nurse Visit PSHE Year 9 RSE- Where to go for help Tutor Time Year 10 RSE- Where to go for help Tutor Time Year 11 RSE- Where to go for help PSHE Year 11 School Nurse Visit In addition, we make frequent reference to the question 'where could someone at this school go for help if they were worried about themselves or someone else' to signpost at the end of every lesson

## The Law

Criteria	Where covered
Marriage	PB Year 8 Journey of Life Scheme of Learning Year 11 Marriage and the Family Scheme of Learning
Consent, including the age of consent	PSHE Year 8 Consent PSHE Year 9 Consent PB Year 10 Consent PB Year 10 Screwball PB Year 10 I never said yes Tutor Time 'Would you like a cup of tea?'
Violence against women and girls	PSHE Year 8 RSE- What is a healthy or unhealthy relationship?

	<p>PSHE Year 9 'Relationships... I think...'#  Tutor Time Year 10 Spiralling (Domestic Violence)  PB Year 11 Gender Prejudice  PSHE Privilege, power and prejudice  Year 10 Forced Marriage and Honour based violence, Stalking and Harassment</p>
Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc)	<p>PSHE Year 7 Staying Safe Online  PSHE Year 9 'The impact of the internet'  PSHE Year 9 'Sexting'  PSHE Year 10 Digital Romance, including online sexual harassment  PSHE Year 11 Online Safety</p>
Pornography	<p>PSHE Year 7 Staying Safe Online  PSHE Year 9 'The impact of the internet'  PSHE Year 9 'Sexting'  PSHE Year 9 What is the danger of pornography?'  PSHE Year 10 Digital Romance, including online sexual harassment  PB Year 11 Planet Porn vs Planet Reality</p>
Abortion	<p>PSHE Year 9 RSE- Where to go for help  Tutor Time Year 10 RSE- Where to go for help  Tutor Time Year 11 RSE- Where to go for help  PSHE Year 11 School Nurse Visit  Year 11 PB Matters of Life and Death- I'm pregnant, now what? What can I think about to help me decide? Where can they get further help?</p>
Sexuality	<p>PSHE/ PB Year 8 Celebrating Differences Day (LGBTQ+)  PSHE Year 8 RSE LGBTQ+  PSHE Year 8 RSE Gender Stereotypes  PSHE Year 9 LGBTQ+ and HBT bullying  PB Year 9 Prejudice and Discrimination Identity, Perception, Stereotype, Prejudice, Discrimination  PB Year 9 Prejudice and Discrimination Homosexuality  PB Year 9 Prejudice and Discrimination</p>
Gender identity	<p>PSHE Year 8 Celebrating Differences Day  PSHE Year 9 LGBT  PSHE Year 9 HBT Bullying</p>
Substance misuse	<p>PSHE Year 7 Drugs Scheme of Learning  PSHE Year 8 Drugs Scheme of Learning  PSHE Year 9 Drugs Scheme of Learning</p>

	<p>PB Year 10 Alcohol and Drugs</p> <p>Tutor Time Year 10 What is addiction?</p> <p>Tutor Time Year 10 NPS</p> <p>Tutor Time Year 11 Psychosis</p>
Violence and exploitation by gangs	<p>PSHE Year 9 County Lines</p> <p>PB Year 10 Crime and Punishment County Lines</p> <p>PB Year 10 Knife Crime</p>
Extremism and radicalisation	<p>PB Year 9 Prejudice and Discrimination Scheme of Learning, What is the difference between moderate and radical Islam? What is radicalisation? Terrorism. Islamophobia.</p> <p>Tutor Time Year 11: Extremism, where is the line?</p> <p>PSHE Year 9 Radicalisation and extremism</p>
Criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)	<p>PSHE Year 9 County Lines</p> <p>PB Year 10 Crime and Punishment County Lines</p> <p>PSHE Year 10 Knife Crime</p> <p>PSHE Year 9 Knife Crime</p>
Hate crime	<p>PB Year 9 Prejudice and Discrimination Scheme of Learning</p>
Female Genital Mutilation (FGM)	<p>Year 8 Journey of Life 'Brit Milah', What is the difference between male and female circumcision</p> <p>PSHE Year 8 FGM</p> <p>PB Year 10 What is FGM?</p>

### Physical Health and Mental Wellbeing

Criteria	Where covered
<p><b>Mental Wellbeing:</b> How to talk about their emotions accurately and sensitively, using appropriate vocabulary, that happiness is linked to being connected to others, how to recognise the early signs of mental wellbeing concerns, common types of mental ill health (e.g. anxiety and depression), 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, the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</p>	<p>PSHE Year 7 Managing Emotions</p> <p>PSHE Year 7 Mood Swings</p> <p>PSHE Year 7 Surviving Puberty</p> <p>Celebrating Differences Day (Mindfulness mandalas, Celebrating Emotions)</p> <p>PSHE Year 9 Mental Health Scheme of Learning (Emotional Wellbeing, Depression, Self Harm, Emotions, Stress, 5 Ways to wellbeing including being active, Putting the Men in Mental Health, Body Image)</p> <p>PB Year 10 Stress Management, Body Image</p> <p>PSHE Year 7 The Importance of Exercise</p>

<p><b>Internet Safety and harms:</b> 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), how people may curate a specific image of their life online, over-reliance on online relationships including social media, 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, 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>PSHE Year 7 Citizenship- Bullying  PSHE Year 7 Citizenship- Cyberbullying  PSHE Year 7 Citizenship- Friendship  PSHE Year 7 Staying Safe Online  PSHE Year 9 Mental Health Scheme of Learning (Emotional Wellbeing, Depression, Self Harm, Emotions, Stress, 5 Ways to wellbeing including being active, Putting the Men in Mental Health, Body Image)  PSHE Year 9 'The impact of the internet'  PSHE Year 9 'Sexting'  PSHE Year 10 Digital Romance, including online sexual harassment  PSHE Year 11 Cyber Safety and Online Fraud  PSHE Year 11 Digital Footprints</p>
<p><b>Physical Health and fitness:</b> the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress, 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>PSHE Year 7 Healthy Lifestyles  PSHE Year 7 Managing Emotions  PSHE Year 7 Mood Swings  PSHE Year 7 Puberty  PSHE Year 9 Mental Health Scheme of Learning (Emotional Wellbeing, Depression, Self Harm, Emotions, Stress, 5 Ways to wellbeing including being active, Putting the Men in Mental Health, Body Image)  PB Year 10 Stress Management, Body Image  PSHE Year 7 The Importance of Exercise, including the links between an inactive lifestyle and ill health.</p>
<p><b>Drugs, alcohol and tobacco:</b> 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, the</p>	<p>PSHE Year 7 Drugs Scheme of Learning  PSHE Year 8 Drugs Scheme of Learning  PSHE Year 9 Drugs Scheme of Learning  PB Year 10 Crime and Punishment, Drugs, Alcohol and Smoking  Tutor Time Year 10 Alcohol  Tutor Time Year 10 Drugs  Tutor Time Year 11 Psychosis  PSHE Year 9 Where to go for help  Tutor Time Year 10 Where to go for help  Tutor Time Year 11 Where to go for help</p>

<p>physical and psychological consequences of 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>PSHE Drugs and alcohol at festivals and parties</p>
<p><b>Health and Prevention:</b> 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  (late secondary) the benefits of regular self-examination and screening  the facts 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>PSHE Year 7 Healthy lifestyles unit  PSHE Year 8 What exactly is cancer? Can we do anything to prevent it  PSHE Year 8 Health choices: vaccinations, blood and organ donation, stem cells and hygiene  PSHE Year 10 Self Examination  School Nurse Visit Year 8  School Nurse Visit Year 11  Year 7 RSE The Importance of sleep</p>
<p><b>Basic First Aid:</b> 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>PSHE Year 7 Safe Leisure Time Scheme of Learning  PSHE Year 9 First Aid Scheme of Learning, including primary survey, recovery position, resuscitation, first aid kit, bleeding and shock, allergic reaction  Year 7 Safety</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>PSHE Year 7 Puberty  PSHE Year 7 Periods  PSHE Year 7 Mood swings</p>