

	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 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>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 families are important for children growing up because they can give love, security and stability</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 What sort of boundaries are appropriate in friendships, with peers and others (including in a digital context)</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 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>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>

<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</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>

				implications of it for both children and adults including that it isn't 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</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 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>

				That each person's body belongs to them and the difference between appropriate and inappropriate or unsafe physical and other contact		
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 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>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 (including for example obesity and tooth decay) and other behaviours (e.g the impact of alcohol on diet and health)</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: 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</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 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>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</p>

				encounter (in all contexts including online) whom they do not know		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
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</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>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:</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</p>

		awareness of the risks associated with people they have never met.		<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 recognise and report feelings of being unsafe or feeling bad about any adult</p>	That the internet can also be a negative place where online abuse, trolling and bullying and harassment can take place which can have a negative impact on mental health	<p>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 3	<p>Mental health Where and how to seek support (including recognising the triggers for support) including</p>	<p>Caring friendships That most friendships have ups and down and that these can often be worked through so that the</p>	<p>Physical health, fitness and healthy eating: The principles of planning and preparing a range of healthy meals</p>	<p>Families and people who care for the pupil: How to recognise if family relationships are making them feel uphappy or</p>	<p>Respectful relationships: The conventions of courtesy and manners What a stereotype is and how a</p>	<p>Year 6 Drugs, alcohol and tobacco: The facts about legal and illegal harmful substances and</p>

	<p>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>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>The risks associate with an inactive lifestyle (including obesity)</p>	<p>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 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>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, selected and targeted</p>	<p>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 How to recognise early signs of physical illness, such as weight loss or</p>
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						unexplained changes to the body
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</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</p>

				try until they are heard		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
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</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</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</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. Intimate and sexual relationships, including sexual: How to recognise the</p>

		includes different (nonsexual) types of relationship	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 Law: Violence and exploitation by gangs		obsessive comparison with others online (including through setting unrealistic expectations for body image)	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 The law: Sexuality
KS3 year 2	Mental Health That happiness is linked to being connected to others	Practical steps they can take in a range of different contexts to improve or support respectful relationships	Health and Fitness The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress,	Families That there are different types of committed, stable relationships The law: marriage Being safe: The concepts of, and laws relating to, sexual consent, sexual exploitation,	Online and Media: Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online Online and Media: About online risks, including that any	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>Health and Prevention: Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics</p> <p>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>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>material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</p>	<p>emotional and physical health</p> <p>The Law: Gender identity</p> <p>Intimate and sexual relationships, including sexual: 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>
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<p>KS3 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>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>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>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 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>Families That there are different types of committed, stable relationships</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: 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 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</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>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>
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					support, if they have been affected by those behaviours.	
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>The Law: Violence against women and girls</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 addiction, including alcohol dependency, awareness of the dangers of drugs which are</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, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</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 online relationships including social media,</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>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>The Law: Female Genital Mutilation (FGM)</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 cardiovascular ill-health, about the science relating to blood, organ and stem cell donation.</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>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</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</p>

			<p>Health and Prevention: the benefits of regular self-examination and screening</p>	<p>The Law: Consent, including the age of consent</p>	<p>how they behave towards sexual partners</p> <p>The law: Pornography</p>	<p>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>
Post 16 year 1	<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>	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control	<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 cardiovascular 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</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,</p>

			<p>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>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>
Post 16 year 2	<p>Mental health How to recognise the early signs of mental</p>	What constitutes sexual harassment and sexual violence	<p>Health and Fitness</p>	<p>Families The roles and responsibilities of</p>	<p>Online and Media How information and data is generated,</p>	<p>Intimate and sexual relationships,</p>

	<p>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>and why these are always unacceptable</p>	<p>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 cardiovascular 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>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>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>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>
Post 16 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>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)</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</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'</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</p>	<p>Intimate and sexual relationships, including sexual health: How to get further advice, including how and where to</p>

	<p>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>and that everyone is unique and equal</p>	<p>lifestyle and ill health, including cancer and cardiovascular 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 and when one might be needed.</p>	<p>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 violence and FGM, and how these can affect current and future relationships</p>	<p>how they behave towards sexual partners</p> <p>The Law: pronography</p>	<p>access confidential sexual and reproductive health advice and treatment</p>
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