

**Norton Hill School and Somervale School
Relationships and Sex Education (RSE)
Updated January 2021**

By the end of secondary school

Families

| Criteria | Where covered |
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| That there are different types of committed, stable relationships | PB Year 8 'Journey of life' PB PSHE Year 8 RSE- Relationships PSHE Year 9 RSE- Relationships 'I think...' Tutor Time Year 10- Relationships |
| 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 |

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| <p>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>PSHE Year 8 RSE- Relationships 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 |
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| <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> |

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| <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 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> |

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| <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'</p> <p>PSHE Year 7 Stepping up to secondary school</p> <p>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> <p>The 7 Character Strengths (Assemblies, ethos, tutor time activities)</p> <p>PB Year 8 Living Faiths Trip. Visits include Bristol Hindu Temple, St Mary Redcliffe Church and Shal Jalal Mosque</p> <p>PB Christmas Assemblies (Rotation: Unity, Homelessness, Ageism, Poverty, Peace)</p> <p>PB Speakers- Humanist Association(Year 9), Welton Baptist Church (Year 10), Midsomer Norton Methodist Church (Year 10)</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>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> |

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| <p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p> | <p>PSHE Year 8 RSE- What is a healthy relationship? PSHE Year 8 Consent PSHE Year 7 Digital Citizenship PSHE Year 8 Relationships PSHE Year 9 Consent PSHE Year 8 How are we protected from discrimination? PSHE Year 9 What are the consequences of sexting PSHE Year 9 Managing conflict PSHE Year 9 FGM PSHE Year 9 CSE PSHE Year 9 Where to go for help PSHE Year 10 FGM PSHE Year 10 CSE PSHE Year 10 Forced Marriage and Honour based violence PSHE Year 10 Stalking and Harassment Tutor Time Year 10 Spiralling Tutor Time Year 11 Personal Safety and Stalking PSHE Year 11 Building Ethical Relationships</p> |
| <p>What constitutes sexual harrassment and sexual violence and why these are always unacceptable</p> | <p>PSHE Year 7 Citizenship- Cyberbullying PSHE Year 8 RSE- What is a healthy relationship? PSHE Year 9 'Relationships... I think....' PB Year 10 Year 10 'I never said yes' Tutor Time Year 10 'Characteristics of Positive Relationships' Tutor Time Year 10 'Spiralling' Year 9 PSHE Image Sharing Year 11 Tutor Time Personal Safety and Stalking PSHE Year 11 Revenge porn, upskirting, sexting</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

PSHE Year 7 Citizenship 'What makes an outstanding Learner'
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)
The 7 Character Strengths (Assemblies, ethos, tutor time activities)
PB Year 8 Living Faiths Trip. Visits include Bristol Hindu Temple, St Mary Redcliffe Church and Shal Jalal Mosque
PSHE Year 8 Challenging Stereotypes
PSHE/ PB Year 8 Celebrating Differences Day (LGBTQ+, disability awareness, Emotional Health Awareness, Bollywood Dancing, African Drumming, Human Rights)
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

Online and Media

| Criteria | Where covered |
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| <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' PSHE Year 10 Digital Romance, including online sexual harassment</p> |

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| <p>What to do and where to get support to report material or manage issues 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 'Sexting' PSHE Year 10 Digital Romance, including online sexual harassment PB Year 10 'I never said yes'</p> |
| <p>The impact of viewing harmful content</p> | <p>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</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>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</p> |
| <p>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>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</p> |
| <p>How information and data is generated, collected, shared and used online</p> | <p>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</p> |

Being safe

| Criteria | Where covered |
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| <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> |

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

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| <p>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>PSHE Year 8 RSE- What is a healthy relationship? PSHE Year 8 RSE- Consent PSHE Year 9 RSE- What is sex? PSHE Year 9 RSE- What is good sex? 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 Screwball PSHE Year 10 Building Ethical Relationships</p> |
| <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> | <p>PSHE Year 8 Pregnancy PSHE Year 8 School Nurse Visit PSHE Year 9 STI's PSHE Year 11 STI's PSHE Year 11 School Nurse Visit PSHE Year 10 Fertility and reproductive health</p> |
| <p>That there are a range of strategies for identifying and managing sexual pressure, including peer pressure, resisting pressure and not pressurising others</p> | <p>Year 7 Citizenship Being Assertive PSHE Year 8 RSE- What is a healthy or unhealthy relationship? PSHE Year 8 RSE- Consent 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 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> |

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| <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 transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</p> | <p>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 PSHE Year 11 School Nurse Visit</p> |

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| <p>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p> | <p>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</p> |
| <p>How the use of alcohol and drugs can lead to risky sexual behaviour</p> | <p>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</p> |
| <p>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p> | <p>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</p> |

The Law

| Criteria | Where covered |
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| <p>Marriage</p> | <p>PB Year 8 Journey of Life Scheme of Learning Year 11 Marriage and the Family Scheme of Learning</p> |
| <p>Consent, including the age of consent</p> | <p>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?'</p> |

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| Violence against women and girls | <p>PSHE Year 8 RSE- What is a healthy or unhealthy relationship?</p> <p>PSHE Year 9 'Relationships... I think...'#</p> <p>Tutor Time Year 10 Spiralling (Domestic Violence)</p> <p>PB Year 11 Gender Prejudice</p> <p>PSHE Privilege, power and prejudice</p> <p>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</p> <p>PSHE Year 9 'The impact of the internet'</p> <p>PSHE Year 9 'Sexting'</p> <p>PSHE Year 10 Digital Romance, including online sexual harassment</p> <p>PSHE Year 11 Online Safety</p> |
| Pornography | <p>PSHE Year 7 Staying Safe Online</p> <p>PSHE Year 9 'The impact of the internet'</p> <p>PSHE Year 9 'Sexting'</p> <p>PSHE Year 9 What is the danger of pornography?'</p> <p>PSHE Year 10 Digital Romance, including online sexual harassment</p> <p>PB Year 11 Planet Porn vs Planet Reality</p> |
| Abortion | <p>PSHE Year 9 RSE- Where to go for help</p> <p>Tutor Time Year 10 RSE- Where to go for help</p> <p>Tutor Time Year 11 RSE- Where to go for help</p> <p>PSHE Year 11 School Nurse Visit</p> <p>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+)</p> <p>PSHE Year 8 RSE LGBTQ+</p> <p>PSHE Year 8 RSE Gender Stereotypes</p> <p>PSHE Year 9 LGBTQ+ and HBT bullying</p> <p>PB Year 9 Prejudice and Discrimination Identity, Perception, Stereotype, Prejudice, Discrimination</p> <p>PB Year 9 Prejudice and Discrimination Homosexuality</p> <p>PB Year 9 Prejudice and Discrimination</p> |

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| Gender identity | PSHE Year 8 Celebrating Differences Day PSHE Year 9 LGBT PSHE Year 9 HBT Bullying |
| Substance misuse | PSHE Year 7 Drugs Scheme of Learning PSHE Year 8 Drugs Scheme of Learning PSHE Year 9 Drugs Scheme of Learning PB Year 10 Alcohol and Drugs Tutor Time Year 10 What is addiction? Tutor Time Year 10 NPS Tutor Time Year 11 Psychosis |
| Violence and exploitation by gangs | PSHE Year 9 County Lines PB Year 10 Crime and Punishment County Lines PB Year 10 Knife Crime |
| Extremism and radicalisation | PB Year 9 Prejudice and Discrimination Scheme of Learning, What is the difference between moderate and radical Islam? What is radicalisation? Terrorism. Islamophobia. Tutor Time Year 11: Extremism, where is the line? PSHE Year 9 Radicalisation and extremism |
| Criminal exploitation (for example, through gang involvement or 'county lines' drugs operations) | PSHE Year 9 County Lines PB Year 10 Crime and Punishment County Lines PSHE Year 10 Knife Crime PSHE Year 9 Knife Crime |
| Hate crime | PSHE/ PB Year 8 Celebrating Differences Day Assembly from the charity SARI on Hate Crime PB Year 9 Prejudice and Discrimination Scheme of Learning |
| Female Genital Mutilation (FGM) | Year 8 Journey of Life 'Brit Milah', What is the difference between male and female circumcision PSHE Year 8 FGM PB Year 10 What is FGM? |

Physical Health and Mental Wellbeing

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| <p>Mental Wellbeing: 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 PSHE Year 7 Mood Swings PSHE Year 7 Surviving Puberty Celebrating Differences Day (Mindfulness mandalas, Celebrating Emotions) 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</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), 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> |

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| <p>Physical Health and fitness: 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 Celebrating Differences Day (Mindfulness mandalas, Celebrating Emotions) 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>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, the 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 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 PSHE Drugs and alcohol at festivals and parties</p> |

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| <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>(late secondary) the benefits of regular self-examination and screening</p> <p>the facts and science relating to immunisation and vaccination</p> <p>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</p> <p>PSHE Year 8 What exactly is cancer? Can we do anything to prevent it</p> <p>PSHE Year 8 Health choices: vaccinations, blood and organ donation, stem cells and hygiene</p> <p>PSHE Year 10 Self Examination</p> <p>School Nurse Visit Year 8</p> <p>School Nurse Visit Year 11</p> <p>Year 7 RSE The Importance of sleep</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>PSHE Year 7 Safe Leisure Time Scheme of Learning</p> <p>PSHE Year 9 First Aid Scheme of Learning, including primary survey, recovery position, resuscitation, first aid kit, bleeding and shock, allergic reaction</p> <p>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</p> <p>PSHE Year 7 Periods</p> <p>PSHE Year 7 Mood swings</p> |