

**Relationships & Sex Education**

Subject	Theme	Criterion	Year 7	Year 8	Year 9	Year 10	Year 11	
Relationships & Sex Education	Families	that there are different types of committed, stable relationships			English: Jane Eyre	Religious Studies: Christian/Islam beliefs and practices	Religious Studies: Relationships and Families	
		how these relationships might contribute to human happiness and their importance for bringing up children.	Geog: Wonderful World	Religious Studies: Utopia and Dystopia				
		what marriage is, including their legal status e.g. 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.					Religious Studies: Relationships and Families	
		why marriage is an important relationship choice for many couples and why it must be freely entered into.		English: Romeo and Juliet		English: An Inspector Calls		
		the characteristics and legal status of other types of long-term relationships.				History: Harvey Milk profile	Religious Studies: Relationships and Families	
		the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	English: Oliver Twist	English: Romeo & Juliet, Jane Eyre		English: An Inspector Calls		
	how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	English: Oliver Twist	English: Sherlock Holmes		English: An Inspector Calls			
	Respectful relationships, including friendships	the characteristics of positive and healthy friendships (in all contexts, including online) including: 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.	Computing: online relationships			Geog: Globalisation	ICT: AI	Geog: Economic world, imbalance of powers
		practical steps they can take in a range of different contexts to improve or support respectful relationships.	Religious Studies: Philosophical discussions			Religious Studies: Ethical Dilemmas		
		how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	Computing: laws relating to online behaviour	English: Of Mice and Men	Religious Studies: Gender and Religion	English: Macbeth		
		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.	Computing: laws relating to online behaviour	English: Sherlock Holmes		English: An Inspector Calls		
		about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Computing: cyberbullying		Geog: Inequalities			
		that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	English: Oliver Twist Computing: online behaviour laws	English: Sherlock Holmes		English: An Inspector Calls	Religious Studies: Crime and Punishment	
		what constitutes sexual harassment and sexual violence and why these are always unacceptable.	English: Oliver Twist Computing: online behaviour laws	English: Of Mice and Men		English: An Inspector Calls		
	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.			Geog: Gender equality		Religious Studies: Relationships and Families		
	Online and media	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Computing: Digital footprint	Computing: Digital footprint Drama: Gender and Suffrage	Religious Studies: Technology and Religion	ICT: Cyber Security	Religious Studies: Crime and Punishment	
		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.	Computing: Digital footprint	Computing: Digital footprint				
		not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Computing: Digital footprint	Computing: Digital footprint				
		what to do and where to get support to report material or manage issues online.	Computing: Online safety			ICT: Cyber Security		
		the impact of viewing harmful content.	Computing: Online safety					
		that specifically sexually explicit material e.g. 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.						
		that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Computing: Online behaviour laws					
	how information and data is generated, collected, shared and used online.	Computing: Online behaviour laws	Computing: Computer security Maths: data handling, reliability	Maths: comparative data	Geog: fieldwork analysis Maths: data sampling	Geog: fieldwork analysis		
	Intimate and sexual relationships, including sexual health	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.	English: Oliver Twist	English: Sherlock Holmes		English: An Inspector Calls	English:	
		that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.						
		the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.				English: An Inspector Calls	Biology: Fertility, IVF and hormones	
		that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.		English: Hacker			Religious Studies: Religion and Life	
		that they have a choice to delay sex or to enjoy intimacy without sex.				Religious Studies: Christian/Islamic beliefs and practices	Biology: contraception	
		the facts about the full range of contraceptive choices, efficacy and options available.	Science: The process of reproduction				Religious Studies: Religion and Life	
		the facts around pregnancy including miscarriage.	History: The Tudors				Religious Studies: Religion and Life	
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).					English: An Inspector Calls	Religious Studies: Religion and Life		
how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.				Science: microbes and pathogens	Biology: microbes and pathogens			
about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.				Science: microbes and pathogens	Biology: microbes and pathogens			
how the use of alcohol and drugs can lead to risky sexual behaviour.					Religious Studies: Crime and Punishment			
how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.								
Being safe	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, domestic abuse, rape, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.	English: Oliver Twist	English: A Midsummer Night's Dream	English: Jane Eyre	English: An Inspector Calls			
	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).				English: An Inspector Calls			

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Health Education	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.				English: Macbeth	
		common types of mental ill health (e.g. anxiety and depression).	English: Oliver Twist	English: Sherlock Holmes	English: Jane Eyre	English: An Inspector Calls	
		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.					
	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.			Computing: Body image, digital retouching and social media	English: Language Paper 2	English: Language Paper 2
		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.	Computing: online behaviour laws				
	Healthy Eating	how to maintain healthy eating	Food Tech: food nutrition & health Science: nutrition	Food Tech: food nutrition & health	Food Tech: food nutrition & health	Biology: Nutrients within food Catering, GCSE PE, Health & Fitness	Catering, GCSE PE, Health & Fitness
		the links between a poor diet and health risks, including tooth decay and cancer	Food Tech: food nutrition & health Science: malnutrition	Food Tech: food nutrition & health	Food Tech: food nutrition & health	Catering, GCSE PE, Health & Fitness	Catering, GCSE PE, Health & Fitness
	Physical Health and Fitness	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	PE: Fitness units	PE: Fitness units	PE: Fitness units	GCSE, Health & Fitness: Fitness, effects of exercise	GCSE, Health & Fitness: Fitness, effects of exercise
		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.	PE: Fitness units	PE: Fitness units	PE: Fitness units	Biology: non-communicable diseases (e.g. cancer) GCSE, Health & Fitness: Fitness, effects of exercise	GCSE, Health & Fitness: Fitness, effects of exercise
		about the science relating to blood, organ and stem cell donation.				Biology: Blood, organ and stem cell donation	
	Drugs & Alcohol	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.	Science: Effects of drugs	English: Sherlock Holmes		GCSE PE: Performing enhancing drugs	GCSE PE: Performing enhancing drugs
		the law relating to the supply and possession of illegal substances.		English: Sherlock Holmes		GCSE PE: Steroids	GCSE PE: Steroids
		the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.			Drama: Too Much Punch for Judy	GCSE PE: Effects of alcohol	GCSE PE: Effects of alcohol
		the physical and psychological consequences of addiction, including alcohol dependency.		English: Of Mice and Men			
		awareness of the dangers of drugs which are prescribed but still present serious health risks.	Science: Effects of drugs				
	Health and Prevention	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Food Tech: food safety PE: personal hygiene/cleanliness Science: health and disease	Food Tech: food safety Science: bacteria and yeast	Food Tech: food safety Science: microbes and pathogens	Catering: food safety Science: microbes and pathogens	Biology: STIs
		about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.					
		the benefits of regular self-examination and screening ( <i>late secondary</i> )					
		the facts and science relating to immunisation and vaccination.			Science: microbes, pathogens and immunisation	Science: microbes, pathogens and immunisation	
		the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.				Health & Fitness: impact of sleep	
	Basic First Aid	basic treatment for common injuries.		History: Medical Revolutions		GCSE PE: Injuries and treatment	GCSE PE: Injuries and treatment
		life-saving skills, including how to administer CPR.					
		the purpose of defibrillators and when one might be needed.					
	Changing Adolescent Body	key facts about puberty, the changing adolescent body and menstrual wellbeing.		Science: Menstruation			
		the main changes which take place in males and females, and the implications for emotional and physical health					

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Citizenship	Key Stage 3 subject content	1	the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch	History: Rule and Power of the Monarch	Religious Studies: Hobbes			
		2	the operation of Parliament, including voting and elections, and the role of political parties	History: Civil War Parliamentary rights	Religious Studies: Hobbes	English: Jane Eyre		
		3	the precious liberties enjoyed by the citizens of the United Kingdom	Geography: My local area	Drama: Apartheid in South Africa	History: Migration and Britain		
		4	the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals		English: Hacker	Religious Studies: Rules and Rebels		
		5	the roles played by public institutions & voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities	English: Oliver Twist	Geog: Africa	Religious Studies: Technology and Religion		
		6	the functions and uses of money, the importance and practice of budgeting, and managing risk.	Maths: Financial skills	Geog: Middle East			
	Key Stage 4 subject content	1	parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press				History: Elizabeth I and Parliament	
		2	the different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond				History: USA	
		3	other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom				History: Nazi Germany	
		4	local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world					Business: Marketing and Production
		5	the legal system in the UK, different sources of law and how the law helps society deal with complex problems				GCSE Computing: Ethical, legal, cultural and environmental issues.	Religious Studies: Crime and Punishment
		6	human rights and international law				History: Nazi Germany	ICT: Cybersecurity
		7	diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding					
		8	the different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity				History: USA	Religious Studies: Religion and Life
		9	income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.				Maths: Rates of Change	