

Relationships, Sex & Health Education Policy

September 2020

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Associated Documents & Links to:	
<ul style="list-style-type: none"> • Safeguarding and Child Protection Policy • Behaviour Policy • Whistleblowing policy • Data protection policy • E-safety policy • Anti-Bullying policy 	<p>Statutory DfE guidance: https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education</p> <ul style="list-style-type: none"> • PHSE, Science, LOOL • Visitors Policy

Approved by the Standards and Outcomes Committee of the Trust Board, June 2020

Our Vision

We have one core purpose:

To have the biggest positive impact in the varied communities we serve through ensuring top drawer education for our learners. #TransformingLives

How do we ensure this across our trust?

In all we do we are:

1. Ethical to the core, ensuring that education is always front and centre
2. Futures focused system leaders – never simply followers
3. Collaborative in every endeavour
4. Resolutely learner centred.

What does this look like across our Trust?

Education

We are:

1. Ruthlessly ambitious for all who learn and work with us
2. Unwaveringly inclusive – determined on eradicating barriers to educational success
3. Committed to excellent teaching
4. Determined upon academic excellence for all in our communities
5. Compassionate, ethical and caring advocates for all in our communities
6. Outwardly facing and globally conscious

Operations

We are:

1. Committed to the very best people development and empowerment
2. Determined to shout loudly and share proudly our successes
3. The best professional and technical experts (supporting education) in the sector
4. Committed to the very best understanding and management of risk

Financial

We are:

1. Providing the best possible public service for the best possible value
2. Determined to supplement our public income with shrewd income generation
3. Building financially sustainable models of educational improvement in our communities
4. Demonstrably efficient in all we do

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1. Aims

The aims of relationships and sex education (RSE) at our academy are to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty and adulthood, give them an understanding of sexual development and the importance of both physical and mental health and hygiene so that they can make their own informed decisions.
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships including helping students to create healthy, nurturing relationships of all kinds.
- Teach students the correct vocabulary to describe themselves and their bodies

2. Our values

- We will work inclusively within our communities, embracing the varied localities we serve while sharing our common vision and values.
- We will develop the very best leaders of the future, working to improve education and transform lives.
- We will adhere unwaveringly to the 'Nolan Principles' of Public Service, which is made clear in our commitment to Ethical Leadership.

3. Statutory requirements

As a secondary academy we must provide RSE to all students as per s.34 [Children and Social Work Act \(2017.\)](#)

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in s.403 [Education Act \(1996\)](#).

At The Nicholas Hamond Academy we teach RSE as set out in this policy.

4. Policy development

This policy has been developed in consultation with staff, students and parents. The consultation and policy development process involved the following steps:

1. Review – the Assistant Principal, Director of Pastoral Care and teacher of LOOL pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all academy staff were given the opportunity to look at the policy and make recommendations through the PSHE lead. A scheduled discussion regarding the policy and feedback is scheduled in whole academy briefing.
3. Student consultation – we investigated what exactly students want from their RSE by questionnaires after Curriculum Days.
4. Student reflection – we will ask students for feedback on the RSE sessions once they have been completed during the academic year and use this feedback to further inform future sessions. We will do this by questionnaires to the students.

5. Parent/stakeholder consultation – Parents are made aware by text, and social media of the PSHE overview, policy and information letter on The Nicholas Hamond Academy website and invited to give feedback electronically.
6. Ratification – once amendments were made, the policy was shared with governors and ratified.

5. Definition

RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity and relevant legislation, so that they are able to make their own, informed decisions throughout their lives.

RSE involves a combination of sharing information and exploring issues and values in an open safe non-judgemental developmentally appropriate environment.

RSE is NOT about the promotion of sexual activity.

6. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary to meet the needs of our students and our community or issues that are highlighted nationally.

We have developed the curriculum in consultation with support from a Local Authority Advisor, parents, students and staff, taking into account the age, needs and feelings of students. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that students are fully informed and don't seek answers online or their peers which may not provide a true reflection of reality or explore related ethical issues the way in which a teacher can. This may include signposting students to a safe and reliable sources of information such as Brook or Academy Nursing teams where appropriate.

7. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum at tutor time and Curriculum Days, as well as through LOOL lessons delivered to all Year groups. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education in Years 7 and Year 8.

We deliver a range of sessions which are age and ability appropriate, interactive, engaging and designed to create a space for critical thinking and healthy discussion.

A number of sessions are delivered by professional partners from the sexual health services sector who also offer services, advice and guidance to young people outside academy hours.

Students have the opportunity to reflect on their learning and acknowledge the importance of protective behaviours.

RSE is also included in our assembly rota and forms part of our peer on peer bullying themes. Our special educational needs students access RSE lessons which are adapted to reach their levels of understanding and ability.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health
- For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

8. Roles and responsibilities

The local academy committee (LAC)

The LAC will monitor the implementation of this policy on behalf of Trustees, whose responsibility it is to approve.

The Principal

The principal is responsible for ensuring that RSE is taught consistently across the academy, and for managing requests to withdraw students from non-statutory/non-science components of RSE (see section 9).

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students
- Supporting the review and reflection process for student feedback after taught units.
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE
- Make students aware that if anything that is said during these sessions raises any concerns about themselves or about someone that they know they should talk to a trusted member of staff about it as per our safeguarding policy.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.

Staff Name	Job Title	Aspect of RSE
Kate Warnes	Director of Pastoral Care	PHSE
Martha Ball	Teacher of LOOL	PSHE

Students

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity. Failure to behave appropriately will be dealt with in accordance to the Behaviour Policy.

If gaining a wider awareness of positive relationships versus negative relationships causes any concern to any student about themselves or someone they know, they are encouraged to share these concerns with a trusted member of staff who will deal with them in accordance to the safeguarding policy.

Students with an additional need including students with SEND and EAL

We aim to ensure that the curriculum is accessible for all students and are mindful that this is particularly the case for students with special educational needs and disabilities who may, due to their need, be more vulnerable to exploitation, bullying and other issues specific to their additional need.

We are mindful of the preparing for adulthood outcomes (as set out in the SEND Code of Practice); where relevant, the curriculum will be adapted to meet the specific developmental needs of SEND students to ensure that curriculum taught to SEND students is sensitive, age and developmentally appropriate and delivered with reference to the law. As part of this, we will work with the academy SENCO, family and the student.

9. Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE (not relationship education) up to and **until 3 terms before the child turns 16**. After this point, if the child wishes to receive sex education rather than being withdrawn, the academy is required by law to arrange this. Sex Education is defined as being content such as "Intimate and sexual relationships, including sexual health" and "pornography" (noted under Online and Media) in a PSHE/RSHE classroom environment

Requests to withdraw children from statutory aspects of RSE are unlawful and will not be granted, this includes Relationship and Health Education (including puberty) and curriculum taught as part of the Science National Curriculum.

Requests for withdrawal should be put in writing detailing the reasons that you want to withdraw your child and addressed to the Principal. Wherever possible, a meeting will take place between a representative of the academy and family to address any concerns raised.

A copy of withdrawal requests will be placed in the student's educational record. The Principal will discuss the request with parents and take appropriate action and record the viewpoint of both parties as well as the outcome of the discussion.

Alternative work will be given to students who are withdrawn from sex education.

10. Training

Staff are trained on the delivery of RSE and it is included in our continuing professional development calendar.

The Principal will also invite visitors from outside the academy, such as academy nurses or sexual health professionals, to provide support and training to staff teaching RSE in line with the academy's Visitors Policy.

11. Monitoring arrangements

The delivery of RSE is monitored by Kate Warnes (Director of Pastoral care) through: planning scrutinies, learning walks, quality assurance and student voice via questionnaires.

Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Kate Warnes bi-annually or sooner if as a result of student feedback, consultation feedback or a change in guidance from the DfE. At every review, the policy will be approved by the Trustees.

PSHE Curriculum at THNA



Term	Tutor time	LOOL	Curriculum days
Autumn Term 1	<p>Organisation</p> <p>Mental Health: Positivity Resilience Body Image</p> <p>Prevent: What is stereotyping? What are acts of terrorism?</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Black British Icons</p>	<p>Transition and friendship Mental health Healthy relationships and social media First Aid Learn to Learn</p>	<p>Smoking/Vaping Puberty: An introduction to include personal hygiene, germs, bacteria and how they are spread.</p> <p>Exercise/healthy eating</p>
Autumn Term 2	<p>Organisation</p> <p>British Values: Identity Cohesion Criminal Justice system Basics of religion</p> <p>Anti-bullying week 1: What are the types of bullying?</p>	<p>Project based Learning PSHE Topics</p> <p>Based Learning (RS)</p>	
Spring Term 1	<p>Organisation</p> <p>County Lines/Gangs/knife crime: Gangs</p> <p>LGBTQAI+ LGBTQAI+ and sexuality introduction</p> <p>Prejudice/discrimination and the protected characteristics: Prejudice and discrimination</p>	<p>Sleep Knife crime Human Rights</p>	<p>Medicines and drugs</p> <p>Puberty – periods (girls) Puberty – the male body (boys)</p> <p>Exercise/healthy eating</p>

	Anti-bullying week 2: Banter or bullying?		Knife crime - introduction
Spring Term 2	Kindness FGM: FGM: What is it? Prejudice/discrimination and the protected characteristics: Research Project: Famous Women	Racism Bullying or Banter Depression Anger Management Aspiration Diversity and Identity Family Love and Relationships	
Summer Term 1	Kindness Relationships: Relationships Healthy Living: Healthy lifestyle – food Anti-bullying week 3: Prejudice/discrimination and the protected characteristics: Research Project: Language we use every day and its implications to disabled people	Plastic Pollution	Drugs: Ethics and morality Careers /finance Exercise/healthy eating
Summer term 2	Kindness Families: Family Life e-Safety: Internet safety Online Safety	Film 'Wonder' Stereotyping Bullying Friendship Inclusion Diversity	

Year 7 PSHE curriculum

Term	Tutor time	LOOL	Curriculum days
Autumn Term 1	Resilience Mental Health: Stress Confidence, achievement and behaviour Social Anxiety Prejudice/discrimination and the protected characteristics: Research Project: The importance of the Incas/Aztecs/Egyptians to modern life Prevent: Extremism – what it looks like and the dangers of stereotyping.	The Criminal Justice System Learn to Learn	Substance abuse: Class B drugs STIs and sexual health Exercise/healthy eating
Autumn Term 2	Resilience British Values: Democracy Diversity Extremism Anti-bullying week 1: What are the types of bullying and how to deal with it	Project Based Learning PSHE Topic	
Spring Term 1	Resilience County Lines/Gangs/knife crime: Knife Crime County Lines LGBTQAI+ Relationship types Antibullying week 2: Am I normal? Prejudice/discrimination and the protected characteristics: Ageism and prejudice and discrimination	Consent	Substance Abuse: Class A drugs Exercise/healthy eating
Spring Term 2	Respect FGM: FGM; How does it affect girls and women around the world?	Relationship Break ups Internet Safety – Digital Footprint Social Media and self esteem Role Models and Self esteem	

	<p>Grooming: Online grooming and staying safe online</p> <p>Prejudice/discrimination and the protected characteristics: Research project: Issue tree for International Women’s week</p>	<p>Mental Health – Mindfulness Alcohol Awareness Prejudice and Stereotyping Peer Pressure Conflict at Home</p>	
<p>Summer Term 1</p>	<p>Respect</p> <p>Relationships: Healthy relationships</p> <p>Healthy Living: Consequences of not living a healthy life</p> <p>Anti-bullying week 3:</p> <p>Prejudice/discrimination and the protected characteristics: Research project: How do towns and our Academy cater for those with disabilities</p>	<p>Charities</p>	<p>Alcohol</p> <p>Love and dating including when it is right have sex and feelings of arousal.</p> <p>Exercise/healthy eating</p> <p>Checking for testicular and breast cancer</p>
<p>Summer term 2</p>	<p>Respect</p> <p>Families: Family types, marriage and diversity</p> <p>e-Safety: Social media and self-esteem</p>	<p>Film ‘Bend it Like Beckham’ Stereotyping Prejudice Marriage</p>	

Y8 PSHE curriculum

Term	Tutor time	LOOL	Curriculum days
Autumn Term 1	<p>Living without harm</p> <p>Mental Health: Self-esteem Growth mindset Stress</p> <p>Prejudice/discrimination and the protected characteristics: Research project: Black sport's role models</p> <p>Prevent: How to tackle extremism</p>	Mental Health – Body Image Equality and diversity	<p>Addiction</p> <p>Contraception and STIs</p> <p>Exercise/healthy eating</p> <p>Knife crime</p>
Autumn Term 2	<p>Living without harm</p> <p>British Values: Monarchy Radicalisation Religious extremism</p> <p>Anti-bullying week 1: What are the types of bullying and how to deal with it</p>	Project Based learning	
Spring Term 1	<p>Living without harm</p> <p>County Lines/Gangs/knife crime: County Lines and drugs</p> <p>LGBTQAI+: Gender and Language</p> <p>Antibullying: Don't @ me</p> <p>Prejudice/discrimination and the protected characteristics: Prejudice, Teens and the Media</p>	<p>Gambling</p> <p>Drugs, risk and the law</p> <p>Perseverance</p> <p>Personal development and self-discipline</p> <p>Stress</p>	<p>Drugs Education: Peer Pressure</p> <p>Sex, pleasure and masturbation</p> <p>Exercise/healthy eating</p>
Spring Term 2	<p>Initiative</p> <p>FGM: FGM: Fact or Myth</p>	<p>Teenage Pregnancy</p> <p>Same sex relationships</p> <p>Sexism and gender prejudice</p> <p>British Values</p> <p>Multiculturalism</p>	

	<p>Grooming: Online grooming: Breck Bednar</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Inequality data of girls receiving education and the impact of this.</p>	<p>Carbon Footprint – Sustainability Revenge Porn Consent and rape</p>	
<p>Summer Term 1</p>	<p>Initiative</p> <p>Relationships: Respect, healthy relationships and bullying</p> <p>Healthy Living: Exercise, food, sleep, medical care and hygiene</p> <p>Anti-bullying week 3: Sexting</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: How technology has enhanced the lives of those with a disability</p>	<p>Project Based Learning</p>	<p>Drugs education: CBD oils</p> <p>Careers /finance First Aid Exercise/healthy eating</p>
<p>Summer term 2</p>	<p>Families: Fertility</p> <p>e-Safety: Smartphone addiction Fake news and trolling</p>	<p>Film ‘Seven Pounds’ Guilt Organ transplantation</p>	

Y9 PSHE curriculum

Term	Tutor time	LOOL	Curriculum days
Autumn Term 1	<p>Leadership</p> <p>Mental Health: Depression Male body image Eating disorders</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: The impact of WW1 and WW2 on blacks and their future</p> <p>Prevent: Identifying extremism and how to deal with it. Extremism through history.</p>	Extremism	<p>Drugs: Festivals and parties</p> <p>Consent, rape and the Law</p> <p>Pregnancy pathways including abortion and law</p> <p>Careers /finance</p> <p>Exercise/healthy eating</p>
Autumn Term 2	<p>Leadership</p> <p>British Values: Law and Parliament Final extremism lessons Religious tolerance</p> <p>Anti-bullying week 1: What are the types of bullying and how to deal with it</p>	How can we prevent Radicalisation and Extremism	
Spring Term 1	<p>Leadership</p> <p>County Lines/Gangs/knife crime: The Criminal Justice system</p> <p>LGBTQAI+: Same sex relationships Transgender</p> <p>Antibullying week 2: Behind the bully</p>	<p>Sleep</p> <p>Knife crime</p> <p>Animal Rights</p>	Work Experience placement

	Prejudice/discrimination and the protected characteristics: The Equality Act 2010 and discrimination		
Spring Term 2	<p>Communication</p> <p>FGM: Campaigning against FGM</p> <p>Grooming: Online gaming: Grooming and addiction</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Inequality data on pay gaps and its impact</p>	Personal Finance	
Summer Term 1	<p>Communication</p> <p>Relationships: Conflict management</p> <p>Healthy Living: Body positivity and obesity Energy Drinks</p> <p>Anti-bullying week 3: Upskirting</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Research of people with a disability and how they have succeeded in life</p>	<p>Conflict Management</p> <p>Forced Management/Arranged marriage</p> <p>Mental health and social Anxiety</p>	<p>Y10 Drugs Education</p> <p>Dangers of Porn</p> <p>Exercise/healthy eating</p>
Summer term 2	<p>Communication</p> <p>Families: Parenthood and choices</p>	<p>Mental Health and suicide</p> <p>Consent and rape</p> <p>Plastic Pollution and sustainability</p>	

	Teenage Pregnancies and choices e-Safety: The dark web Cyber crime		
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Y10 PSHE Curriculum

Term	Tutor time	LOOL	Curriculum days
Autumn Term 1	Mental Health: Time management, confidence and achievement Anxiety Mindfulness Self-harm Stress and coping with exams	Personal Statements	Drugs and the Law CV writing/how to do an interview Stress and coping with exams

	<p>Prevent: Imagery and extremism</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Black Lives Matter movement</p>		<p>Apprenticeships workshop</p> <p>UEA workshop</p>
Autumn Term 2	<p>British Values: Overview of the British values</p> <p>Antibullying: Recap on forms of bullying and places for help</p>	Revision skills	
Spring Term 1	<p>County Lines/Gangs/knife crime: Summary of County Lines, where to access help and the signs of someone involved</p> <p>LGBTQAI+: Homophobia and LGBTQAI+ rights LGBTQAI+ Quiz</p> <p>Prejudice/discrimination and the protected characteristics: Refugees, migration and human rights</p>	Revision skills	<p>Date Rape/Drugs and sexual assault</p> <p>Eating and exams</p> <p>E-safety</p> <p>Pregnancy pathways including teenage pregnancies and being a parent.</p> <p>Families: Forced marriages and child marriages</p> <p>e-Safety:</p>
Spring Term 2	<p>FGM: FGM and the law</p> <p>Grooming:</p>		

	Grooming and sexual abuse Prejudice/discrimination and the protected characteristics: Research Project: Action groups and their work for gender inequality		Indecent images and the Law
Summer Term 1	Relationships: Domestic violence and abuse and relationships Healthy Living: Labels and food		Exams period
Summer term 2			

Y11 PSHE/ CEIAG curriculum

Appendix 2: By the end of secondary academy students should know

TOPIC	STUDENTS SHOULD KNOW
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • 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 • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • 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
Respectful relationships, including friendships	<ul style="list-style-type: none"> • 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 • Practical steps they can take in a range of different contexts to improve or support respectful relationships • 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) • That in academy 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 • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • 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

TOPIC	STUDENTS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • 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 • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • 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 • How information and data is generated, collected, shared and used online • 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.
Being safe	<ul style="list-style-type: none"> • 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 • 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)

TOPIC	STUDENTS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • 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 • 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 • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • 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) • 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 • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Topic	Students Should know
Mental Wellbeing	<ul style="list-style-type: none"> • 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.
Physical Health, Fitness and Healthy Eating	<ul style="list-style-type: none"> • 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 cardiovascular ill-health. • About the science relating to blood, organ and stem cell donation. • How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. • About 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. • The benefits of regular self-examination and screening (late secondary) • 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. • 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.

Topic	Students Should know
Basic First Aid	<ul style="list-style-type: none"> • Basic treatment for common injuries. • Life-saving skills, including how to administer CPR • The purpose of defibrillators and when one might be needed
Drugs Alcohol and Tobacco	<ul style="list-style-type: none"> • 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.