

PHSE – Including RSE(Relationship and Sex education) and Health education statutory content.

Please note delivery is through a combination of PSHE lessons, timetabled theme days, cross curricular lessons such as RE, Science and ICT and Pastorally during form time and assemblies.

	Relationship Education	Intimate Relationships and Sexual Health	Physical Health and Mental Well Being	Online and the Media	Citizenship Education
KS 3 Year 7/8	Types of relationships Family life and marriage Friendships and bullying Stereotyping The Equality Act	Scientific facts about reproductive health, fertility, pregnancy	Characteristics of a healthy lifestyle Facts about puberty, adolescent body and menstrual wellbeing Facts about drugs, alcohol and tobacco Healthy eating and consequences of a poor diet Basic food hygiene Good oral health Making a call to emergency services	Rights and responsibilities online Sharing information online Cyberbullying Online image Social media, online gaming and gambling The Law	Parliament and democracy Voting and elections Political parties Human rights Laws and the justice system Active citizenship Functions and use of money
KS 3 Year 9	Types of stable relationships inc LGBT, marriage & parenting Keeping safe: boundaries, consent and conflict Stereotyping and prejudice Bullying Relationships and the law Sexuality and gender identity	Different types of Intimate relationships Effects of sexual relationships on physical, emotional and mental health Peer pressure Consent and the law Contraception, pregnancy and STI's Abortion and miscarriage FGM	Mental health and wellbeing Emotions and self care Effects of drugs and alcohol on behaviour Benefits of regular self-examination and screening Safe and unsafe exposure to the sun	Cyberbullying Media and body image Impact of viewing harmful content Inc. pornography The law Sharing information online	Laws and the justice system Role of the police Courts and tribunals Active citizenship
KS 4	Healthy family life Types of relationships Marriage and parenting Divorce	Characteristics of healthy intimate relationships Reproductive health, fertility, pregnancy and miscarriage Contraception and STI's Choices in pregnancy	Characteristics of a healthy lifestyle Puberty and the adolescent body Substance misuse Calories and nutrients Risks of an unhealthy diet Personal hygiene and bacteria Treatment, prevention and use of antibiotics Basic first aid including CPR	Sharing information online Cyberbullying	Parliamentary democracy Role of government Role of citizens Free press Other forms of government Relationship with the EU, commonwealth and united nations Human rights and international law The legal system Active citizenship
Whole school	Characteristics of healthy/unhealthy relationships Treating people with respect Bullying		Mental health and wellbeing Emotions and self care Community participation	Rights and responsibilities online Sharing information and the law Consent Harmful behaviour online	Extremism and radicalisation British values Democracy Multi cultural UK, respect and understanding