

Relationships, Sex and Health Education Curriculum Map for Statutory Requirements (2020)

Core Theme:	Students need to know:	How it is covered in PSCH E:		How it is covered in other curriculum areas:	
		KS3	KS4	KS3	KS4
Sex and relationships education					
Families	that there are different types of committed, stable relationships.	Y7- HT2- Friendships Y8- HT4- Equal relationships		MFL- Y7 Talking about family	
	how these relationships might contribute to human happiness and their importance for bringing up children.	Y9- HT2- Pregnancy choices	Y10- HT2 Marriage & Family Y10- HT2- Parenting		
	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.		Y10- HT2 Marriage & Family	P&E- Y7 How they live HT5-6	
	why marriage is an important relationship choice for many couples and why it must be freely entered into.		Y10- HT2 Marriage & Family		
	the characteristics and legal status of other types of long-term relationships.		Y10- HT2 Forced/Arrange Marriage		
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.		Y10- HT2 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.	Y7- HT3 Online grooming Y7- HT3 CSE Y8- HT2 Rights in relationships Y8- HT2 Abuse in relationships	Y11 HT3- Relationship safety Y11 HT3- Stalking and harassment		
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.	Y7- HT2 Friendships Y7- HT2 Bullying Y7- HT2 Rumours	Y10- HT2 Divorce/end of relationships	MFL- Adjectives to describe friends	

	practical steps they can take in a range of different contexts to improve or support respectful relationships.	Y8- HT2 Rights in relationships Y8- HT2 Abuse in relationship	Y11- Relationship safety	PE- KS3 Team work	PE- KS4 Team work
	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).	Y8- HT2 Equal relationships Y8 HT2- LGBTQAI Y8- HT2 LGBT rights Y8- HT2 Discrimination Y8- HT2 Racism Y8- HT2 Equality Y8- HT2 Stereotyping Y8- HT3 Men's work, women's work Y9- HT3 Option choices	Y10- HT1 Racism Y10- HT1 Ageism	P&E- Y8 Identity HT3-4 Hi- Y9 Holocaust HT 2-3	
	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.	Y7- HT6 Community cohesion Y8- HT2 Equal relationships Y8 HT2- LGBTQAI Y8- HT2 LGBT rights Y8- HT2 Discrimination Y8- HT2 Racism Y8- HT2 Equality Y8- HT2 Stereotyping Y8- HT3 Men's work, women's work Y9- HT3 Option choices Y9- HT6 Cultural appropriation	Y10- HT1 Racism Y10- HT2 Ageism	P&E- Y8 Identity HT3-4 Hi- Y9 Holocaust HT 2-3	
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Y7- HT2 What is bullying? Y7- HT2 Bullying and feelings Y7 HT2- Cyber bullying Y7 HT2- Rumours	Y10- HT6 Rights and responsibilities in the workplace		

		Y7 HT2- Don't suffer in silence			
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Y7- HT2 CSE Y8- HT2 Rights in relationships Y8-HT2 Abuse in relationships Y9- HT2 Sex and pregnancy	Y11- HT3 Consent Y11- HT3 Relationship safety Y11- Stalking and sexual harassment		
	what constitutes sexual harassment and sexual violence and why these are always unacceptable.	Y7- HT2 CSE Y8- HT2 Rights in relationships Y8-HT2 Abuse in relationships	Y11- HT3 Consent Y11- HT3 Relationship safety Y11- Stalking and sexual harassment		
	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.	Y8- HT4 Equal relationships	Y11- HT3 Sexuality	P&E- Y8 Identity HT3-4	
Online and media	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Y7- HT2 Cyberbullying Y8- HT2 Internet safety		ICT- Year 7, 8, 9 HT1	
	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.	Y8- HT2 Internet safety Y8- Rights in relationships Y9- Revenge porn		ICT- Year 7, 8, 9 HT1	
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Y8- HT2 Internet safety Y8- Rights in relationships Y9- Revenge porn		ICT- Year 7, 8, 9 HT1	
	what to do and where to get support to report material or manage issues online.	Y7- HT2 cyber bullying Y7- HT3 CSE Y8- HT2 rights in relationships		ICT- Year 7, 8, 9 HT1	

		Y8- HT2 internet safety Y9- HT2 Revenge porn			
	the impact of viewing harmful content.	Y8- HT2 Internet safety Y9- HT2 Pornography Y9- HT2 Revenge porn		ICT- Year 7, 8, 9 HT1	ELD - S Factor Year 10
	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.	Y9- HT2 Pornography		ICT- Year 7, 8, 9 HT1	ELD - S Factor Year 10
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Y9- HT2 Pornography Y9- HT2 Revenge porn		ICT- Year 7, 8, 9 HT1	ELD - S Factor Year 10
	how information and data is generated, collected, shared and used online.			P&E- Y9 Media HT5-6 ICT- Year 7, 8, 9 HT1	
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.	Y7- HT3 Online grooming Y7- HT3 CSE Y8- Rights in relationships Y8- HT 2 Abuse in relationships Y8- HT2 FGM Y9- HT 2 Sex and pregnancy Y9- HT 2 Revenge porn	Y11- HT 3 Relationship safety Y11- HT3 Consent Y11- HT3 Sexual harassment and stalking		ELD - S Factor Year 10
	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).	Y9- HT2 Sex and pregnancy	Y11- HT3 Consent		ELD - S Factor Year 10
Intimate and sexual relationships,	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect,	Y7- HT3 Peer pressure and sex Y8- HT2 Rights in relationships	Y11- HT3 Consent		ELD - S Factor Year 10

including sexual health	consent, loyalty, trust, shared interests and outlook, sex and friendship.	Y8- HT 2Abuse in relationships			
	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.	Y7- HT3 Peer pressure and sex Y8- HT2 What is sex?			ELD - S Factor Year 10
	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Y9- HT2 Pregnancy choices	Y10- HT3 Fertility and reproductive health		ELD - S Factor Year 10
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Y7- HT3 Peer pressure and sex			ELD - S Factor Year 10
	that they have a choice to delay sex or to enjoy intimacy without sex.	Y7- HT3 Peer pressure and sex Y8- HT2 What is sex?	Y11- HT3 Consent		ELD - S Factor Year 10
	the facts about the full range of contraceptive choices, efficacy and options available.	Y9- HT2 Contraception	Y11- HT3 Contraception		ELD - S Factor Year 10
	the facts around pregnancy including miscarriage.	Y9- HT2 Sex and pregnancy	Y10- HT4 Fertility and reproductive health	Sci- Y7 reproduction	ELD - S Factor Year 10
	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).	Y9- HT2 Pregnancy choices		P&E- Y9 Abortion HT4	ELD - S Factor Year 10
	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.	Y9- HT2 STIs	Y11- HT3 STIs	Sci- Y9 Health and disease	Sci- Y11 Health and disease ELD - S Factor Year 10
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Y9- HT2 STIs	Y11- HT3 STIs		ELD - S Factor Year 10
	how the use of alcohol and drugs can lead to risky sexual behaviour.	Y8- HT2 The worst thing is I couldn't remember			ELD - S Factor Year 10

		Y9- HT5 A good night out			
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Y9- HT2 Contraception Y9- HT2 STIs	Y10- HT3 Fertility and reproductive health Y11- HT3 Contraception Y11- HT3 STIs		ELD - S Factor Year 10
Health education					
Mental wellbeing	that mental wellbeing is a normal part of daily life, in the same way as physical health.	Y9- HT4 Mental health			
	that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Y7- HT1 Intro to PSCHE Y7- HT1 How do you feel?			
	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.	Y7- HT1 How do you feel? Y9- HT4 Self-awareness			
	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Y9- HT4 Self-awareness		P&E- Y8 Nature of a person HT5-6	
	the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	Y8 HT6- Exercise		PE- KS3 Practical lessons	PE- KS4 Practical lessons PE- Y11 Body system, benefits of exercise
	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Y9 HT4- Mental Health Y9 HT4- Anxiety	Y11- Life Skills Day, Managing stress Y11- HT5- Managing social anxiety		
	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Y9 HT4- Mental Health	Y11- HT5- Managing social anxiety	P&E- Y8 Nature of a person HT5-6	
	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Y7- HT2 Bullying and feelings Y7- HT2 cyberbullying			
	where and how to seek support (including recognising the triggers for seeking support),	Y9- HT4 Mental health Y9- HT4 Anxiety	Y11- HT5 Managing social anxiety	House Assembly-	House Assembly-

	including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	Y9- HT4 Self-harm			
	it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Y9- HT4 Mental health Y9- HT4 Anxiety Y9- HT4 Self-harm			
Internet safety and harms	that for most people the internet is an integral part of life and has many benefits.			P&E- Y9 Media HT5-6 ICT- Year 7, 8, 9 HT1 MFL- Leisure, online activities	
	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' mental and physical wellbeing		Y11- HT5- Time management Y11- HT5- Screen time	P&E- Y9 Media HT5-6 ICT- Year 7, 8, 9 HT1	
	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.	Y8- HT2 Internet safety Y9- HT2 Rights in relationships Y9- HT2 Revenge porn		ICT- Year 7, 8, 9 HT1	
	why social media, some computer games and online gaming, for example, are age restricted.	Y8- HT2 Internet safety		P&E- Y9 Media HT5-6 ICT- Year 7, 8, 9 HT1	
	that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Y7- HT2- Cyberbullying Y8- HT2 Internet safety Y9- HT2 Revenge porn		P&E- Y9 Media HT5-6 ICT- Year 7, 8, 9 HT1	
	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.			P&E- Y9 Media HT5-6 ICT- Year 7, 8, 9 HT1	
	where and how to report concerns and get support with issues online.	Y7- HT2- Cyberbullying Y7- HT2 Online grooming Y7- HT2 CSE Y8- HT2 rights in relationships		ICT- Year 7, 8, 9 HT1	

		Y8- HT2 Internet safety Y9- HT2 Revenge porn			
Physical health and fitness	the characteristics and mental and physical benefits of an active lifestyle.	Y8- HT6 Exercise Y9- HT4 Mental health		PE- KS3 Practical lessons	PE- KS4 Practical lessons PE- Y11 Body systems
	the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Y8- HT6 Exercise		Learning Journal- KS3 record of activity PE- interhouse competitions	Learning Journal- KS4 record of activity PE- interhouse competitions
	the risks associated with an inactive lifestyle (including obesity).	Y8- HT6 Diet Y8- HT6 Exercise		Sci- Y8 Diet and disease Sci- Y9 Health and disease	PE- Y11 Body systems PE- Y10 Nutrition Sci- Y11 Health and disease
	how and when to seek support including which adults to speak to in school if they are worried about their health.			House Assembly- school nurse	House Assembly- school nurse
Healthy eating	what constitutes a healthy diet (including understanding calories and other nutritional content).	Y8- HT6 Diet		Y7, 8 and 9- Healthy eating practical sessions MFL- Food and Drink Sci- Y8 Diet	PE- Y10 Nutrition
	the principles of planning and preparing a range of healthy meals.	Y8- HT6 Diet		Y7, 8 and 9- Healthy eating practical sessions	PE- Y10 Nutrition, diet plan
	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 or health).	Y7- HT2 Personal hygiene Y8- HT6 Diet Y9- HT5 Alcohol	Y11- HT4 Energy drinks Y11- HT4 Alcohol awareness Y11 HT4- Binge drinking	Y7, 8 and 9- Healthy eating practical sessions Sci- Y8 Diet Sci- Y9 Health and disease	PE- Y10 Nutrition Sci- Y11 Health and disease
Drugs, alcohol and tobacco	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Y9 HT5- Smoking Y9 HT5- Alcohol Y9 HT5- Should all drugs be banned? Y9 HT5- Drugs and the law	Y11 HT4- Vaping, nicotine and addiction Y11 HT4- Alcohol awareness Y11 HT4- Binge drinking	Sci- Y9 Health and disease	Sci- Y11 Health and disease

		Y9 HT5- Drugs research	Y11 HT4- Class A, B, C Drugs Y11 HT4- Drugs and the law		
Health and prevention	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	Y8 HT6- Diet Y8 HT6- Eating disorders			
	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Y8 HT6- Body image	Y10 HT3- Cancer	Sci- Y9 Electromagnetic spectrum	Sci- Y11 Electromagnetic spectrum
	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Y8 HT6- Sleep			PE- Y11 reducing sports injuries
	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Y7 HT2- Personal hygiene			
	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	Y7 HT2- Personal hygiene		Sci- Y9 Health and disease	Sci- Y11 Health and disease
	the facts and science relating to immunisation and vaccination		Y10 HT3- Vaccinations, organ donation and stem cells Y10 HT3- Anti-vaxers	Sci- Y9 Health and disease	Sci- Y11 Health and disease
Basic first aid	how to make a clear and efficient call to emergency services if necessary.	Y7- Safety Awareness Day			
	concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Y7- Safety Awareness Day	Y10 HT3- Personal safety and 1 st aid Y10 HT3- CPR		PE- Y11 reducing sports injury
Changing adolescent body	key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Y7 HT3- Puberty		Sci- Y7 reproduction	
	about menstrual wellbeing including the key facts about the menstrual cycle.	Y7 HT3- Puberty Y7 HT3- Period and menstruation		Sci- Y7 reproduction	Sci- Y10/11 Animal co-ordination, control & homeostasis