

Core Theme:	Students need to know:	How it is covered in PSHE			How it is covered in other curriculum areas:		
		KS3	KS4	KS5	KS3	KS4	KS5
SEX AND RELATIONSHIPS EDUCATION							
Families	that there are different types of committed, stable relationships.	Yr 7 HT2 Friendships and friendship groups	Yr 9 HT 3 Equal relationships Yr 10 HT1 Relationship expectations Yr 11 HT 4 analysis of different types of relationships	Yr 12 HT Relationship values Yr 13 HT 3 Relationships in work	English Y8 – Noughts and Crosses text exploring the different family arrangements across two diverse groups of characters and exploring what creates stability.	English Y9 – HT1 – Fiction Frenzy – looking at short story regarding family disintegration and thinking about what constitutes family relationships Y9 Drama HT2 Improvisation- students explore identification of relationships between friends/family/colleagues etc. Y9 H&SC HT1– types of relationships (family, intimate, friends) and	Y12 Drama HT2-4 Theatre Workshop – students develop characters with a focus on clearly presenting relationships on stage Y12 H&SC – types of relationships, impact on social and emotional development

						impact on social development English Y10 HT2 – An Inspector Calls – Birling family / family relationships / money within families English – Y10/11 - Language Paper 2 – Comparison of Viewpoints and Perspectives: text and context specific (E.g. Jay Rayner and Henry with their fathers.) Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships different family types	
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	<p>how these relationships might contribute to human happiness and their importance for bringing up children.</p>		<p>Yr 9 HT 5- Parenting Yr 10 HT 2 Relationship expectations Yr 11 HT 2 how to communicate personal values in relationships</p>	<p>Yr 12 HT 2 Relationship values</p>	<p>English Y8 – Noughts and Crosses – exploration of the family dynamic in across two diverse groups and identifying how these relationships impact on the younger generations.</p>	<p>English Y9 – HT1 – Fiction Frenzy – family disintegration and thinking about what constitutes family relationships Y10 Drama HT1+2 Vision for Performance – students look at the text Hard to Swallow and discuss the protagonists struggle in relation to her upbringing Y9 H&SC HT1 – attachment and bonding and influences on it. English Y10 HT2 – An Inspector Calls</p>	<p>Y12 H&SC – attachment and bonding theories, types and impact on development. Y12 Psychology – theories of attachment, research into types of attachment and effects of secure and insecure attachment and deprivation. Law – Discussion of cases involving crime within domestic abuse scenarios</p>
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						<p>– Birling family / family relationships / money within families</p> <p>Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships where we look at the importance for religious believers of bringing up children within their faith</p>	
	<p>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.</p>		<p>Yr 9- Strong relationships including marriage Yr 10 HT 5 Break ups and divorce Forced marriages Yr 11 HT 4 Different types of relationships</p>	<p>Yr 13 – How to manage relationships ending</p>		<p>English Yr 9 HT 3 – Biblical Allusions – Porphyria's Lover – looking at martial relationships and how that plays into power</p>	<p>Y12 Drama HT2-4 Theatre Workshop – exploration of set text which is centred around the legal status of marriage Law – some discussion around</p>

						<p>English Y10 HT2 – An Inspector Calls – marriage of Gerald and Sheila / affair and Sheila’s options as a woman</p> <p>Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships where we look at the nature of marriage compared to cohabitation.</p>	<p>the legal rights of a married couple. Particularly around ownership and rape.</p>
	<p>why marriage is an important relationship choice for many couples and why it must be freely entered into.</p>		<p>Yr 10 HT 5 Marriage and divorce</p> <p>Yr 11 HT 4 Different types of relationships</p>		<p>English Y8– Noughts and Crosses – considering the impact of a marriage breakdown.</p>	<p>English Year 10 HT 2 – An Inspector Calls – thinking about engagement of Sheila and Eric after clear infidelity</p>	<p>Y12 Drama HT 2-4 Theatre Workshop – exploration of set text which highlights freedom within a marriage.</p> <p>Law – Some discussion of forced</p>

						<p>London – poetry ‘London’ - thinking about impact of prostitution on institution of marriage Y9 HT2 – expected life events, impact of marriage on development English Y10 HT2 – An Inspector Calls – marriage and affair</p> <p>Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships and reasons for marriage.</p>	<p>marriage and intention.</p>
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	the characteristics and legal status of other types of long-term relationships.		Yr 10 HT 5 Marriage and divorce Yr 11 HT4 Families			Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships marriage and cohabitation.	Law – discussion of legal status of cohabating couples.
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.		Yr 10 HT 5 importance of parenting skills Yr 11 HT4 Parenting skills		English Year 9 – Biblical Allusions HT3 – thinking about what is considered “normal” in terms of parents taking care of children English Y8 Noughts and Crosses – looking at the parent/child relationships and the impact of parenting styles and non-existent parenting.	Y9 H&SC – development during infancy and childhood, typical development and activities to promote it English Y10 HT2 – An Inspector Calls parents and their relationship with their children – thinking about honesty and influence of parents on children	Y12 H&SC – development in infancy and childhood, theories of development, typical development patterns Y12 Psychology – attachment styles, behaviours that promote secure attachment. Psychopathology – theories of family dysfunction influencing disorder development

						Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships where we look at parents raising children within their religious faith.	
	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.	Yr Yr 8 HT 5- online relationships/ grooming	Yr 9 HT 5- rights in relationships, abuse in relationships Yr 10 HT 5 Forced marriages , how to seek advice Yr 11 HT2 how to access sexual health services	Yr 12 HT Relationships online- - manipulation Yr 13 HT Different levels of relationships	Yr 7,8&9 assembly- Prevent Duty ICT Yr7 and 8 E safety – relationships, grooming and child sexual exploitation.	Yr 9,10 &11 assembly Prevent Duty English Year 9 – Disturbed Voices poetry – discussion of unhealthy intimate relationships and identification of 'warning signs' that show things are not right. Drama: Throughout the key stage when students	Yr 12 &13 – Prevent Duty Assembly Drama: Throughout the course when students are developing drama and evaluating theatre H&SC – whistleblowing and complaints procedures

						are developing drama and evaluating theatre	
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.	Yr 7 HT2 Maintaining friendships and rumours Yr 8 HT 5 healthy and unhealthy relationships	Yr 10 HT 5 – Long term relationships Yr 11 HT 4 different types of relationships	Yr 13 HT2 Different levels of relationships	Yr 7,8 – Bullying assembly Year 7 – Music; musicals, stereotypical relationships between characters. English Y8 – Noughts and Crosses – exploration of the development of friendships and the importance of trust and honesty; looking at what happens when those things are lost. English Y8 – Of Mice & Men: George and Lennie / Candy and his dog. Analysis of	Yr 9,10 &11 Bullying assembly English Year 10 HT 2 – An Inspector Calls – thinking about engagement of Sheila and Eric after clear infidelity Y9 Drama HT5-6 Theatre Makers and Performance Project – students explore FACE/DNA and discuss respectful relationships between	Y12 Drama HT2-4 Text in Performance – sex text exploration where protagonist has a series of unhealthy relationships

					<p>friendship, companionship, responsibility and trust.</p> <p>CT – YR7&8 E Safety – Online grooming, child sexual exploitation, online relationships. How to report concerns</p>	<p>friendships groups</p> <p>Y9 H&SC – social development including types of relationships, social factors influencing development</p>	
	<p>practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>	<p>Yr 7 HT2 Friendships , compassion for peers</p>	<p>Yr 9- HT4/ 5 Consent Rights and abuse in relationships Yr 10 HT Respect diversity in relationships</p>		<p>ICT – YR7&8 E Safety – Online grooming, child sexual exploitation, online relationships.</p>		<p>Y12 Drama HT1 Introduction to Theatre Practitioners – students explore Forum Theatre to promote social change</p>
	<p>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</p>	<p>Yr7 HT 4- gender differences, sexual orientation</p>	<p>Yr9 HT5 – Equal relationships, discrimination Yr 10 HT Respect diversity in relationships</p>	<p>Yr 13 HT2 Different faiths and cultural views on relationships</p>	<p>Yr 7&8 British values assembly Y 7& 8 assembly- LGBTQ + celebrating differences</p>	<p>Yr 9,10&11 British values assembly YR 9,10 &11 Assembly – LGBTQ+</p>	<p>Yr12 &13 British values assembly YR 12&13</p>

	behaviour or encourage prejudice).				<p>Year 7 Music; African music, Year 8 Samba and blues.</p> <p>English Y8– Noughts and Crosses – the main theme of the text is stereotypes and race. Students explore the impact of discrimination on family relationships and friendships which extend beyond social boundaries.</p> <p>RS - Y8 – HT2/3 – We do a topic on ‘prejudice and discrimination’ including looking at stereotypes, gender</p>	<p>celebrating differences</p> <p>Yr9 – HT 3 – Biblical Allusions – the origin of patriarchy and stereotypical views of gender</p> <p>English Year 9 – Disturbed Voices poetry – stereotypes based on gender can be damaging and recognition of the effect this may have.</p> <p>Yr 10 – HT 2 – An Inspector Calls – the impact of patriarchal concerns on the treatment of women.</p>	<p>Assembly LGBTQ+ celebrating differences</p> <p>Yr12 &13 British values assembly</p> <p>Year 12 Drama HT 2-4</p> <p>Text in Action - Patriarchal concerns relating to the maltreatment of women in the 1920’s</p> <p>Y13 H&SC – social and cultural barriers to receiving care</p> <p>Law – Discussion of the impact of other cultures on intent in crime. Discussion of honor killings.</p>
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					<p>discrimination, racism, religious discrimination. ICT – Yr7&8 E safety – online grooming and concerning online behaviours. How to report concerns.</p>	<p>Y10 H&SC – social and cultural barriers to receiving care Y9 H&SC – social and cultural factors influencing development</p> <p>Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and relationships where we look at gender equality and gender prejudice and discrimination.</p>	
	<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</p>	<p>Yr7 HT 2 Empathy and compassion Yr 8 HT</p>	<p>Yr9 HT2- Stereotypes/ Self concept Yr 10 HT Respect diversity in relationships</p>	<p>Yr 13 HT2 Different faiths and cultural views on relationships</p>	<p>Yr 7&8 assembly- respect for all- Remembrance English Y8 – Noughts and Crosses – this</p>	<p>Yr 9,10&11- Assembly- Respect for all- Remembrance</p>	<p>Yr 12 &13 – assembly- respect for all- Remembrance Drama: Throughout the course during</p>

	authority and due tolerance of other people's beliefs.				<p>theme is explored in the school setting within the play.</p> <p>Y7 RS HT1-4, students look at a topic on 'why are people religious?' and 'comparison of religious beliefs'. Y8 RS HT look at religious prejudice.</p> <p>ICT – Yr 7&8 E Safety – information posted online and the implications of posting personal beliefs and comments.</p>	<p>Yr 9,10 &11 LGBTQ + assembly Drama: Throughout the course during devising when students create theatre and justify choices</p> <p>Y11 H&SC – care values in practice</p>	<p>devising when students create theatre and justify choices</p> <p>H&SC – equality laws in workplaces, diversity and discrimination</p> <p>Law – Discussion of the Equality Act and also the rule of law.</p>
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to	Yr 7 HT 2 Bullying Loneliness and isolation		Yr 12 HT 5 Negative influences- forms of abuse	Year 7&8 assembly- Anti bullying week Year 8 Music; loops and	Yr 9,10 &11- Assembly anti bullying Year 9 Drama HT 3+6	Yr 12 &13 – Anti Bullying assembly Law – discussion of when bullying can be harassment or

	report bullying and how and where to get help.	Yr 8 HT 2 prejudice and discrimination			samples online safety. English Y8– Noughts and Crosses – this theme is explored in the school setting within the play. ICT – YR7&8 – E-safety – cyberbullying in different situation. What to do to prevent it and how to get help	Performance Skills and Project – students study two plays which offer opportunity to discuss bullying and how to seek help	assault. Also looking at the new cyber-crimes that have changed the definition of bullying and harassment
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.		Yr 9 Rights in relationships, consent, relationship safety, Harassment Yr 10 HT 2 How to respond to harrasment	Yr 12 HT 2 Extremism and radicalisation	English Y8 – Noughts and Crosses – this theme is explored in the school setting within the play. ICT – Yr7&8 – online grooming and unhealthy online relationships. 4 stages of	English Year 10 HT 2 / Year 11 throughout – An Inspector Calls – thinking about engagement of Sheila and Eric after clear infidelity; thinking about abuse of power, sexual abuse	Y12 Drama HT 2-4 Text in Action – throughout Machinal thinking about the power struggles between man and women Law – Discussion of crimes, intent and what the consequences are.

					grooming and coercive behaviors and where to get help.	London – poetry ‘London’ - thinking about impact of prostitution on institution of marriage	
	what constitutes sexual harassment and sexual violence and why these are always unacceptable.	Yr 8 HT 5 – Sexting	Yr 9 Rights in relationships, consent, relationship safety, Harassment Yr 10 HT 2 Harrassment			Year 10 HT2 / Yr 11 throughout – An Inspector Calls – sexual abuse of female character by 3 male characters Yr10/11 Recruitment and selection processes, human resources and issues at work.	Discussion of sex related crimes including rape, sexual assault, sexual harassment.
	the legal rights and responsibilities regarding equality (particularly with	Yr 8 HT 2 Stereotypes ,	Yr 10 HT 5 Diversity and discrimination	Yr 12 HT 3 Careers in the global economy	English Y8 – Noughts and Crosses – the	Y11 Drama HT1-3	Y12 Drama HT2-4

	reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	prejudice and discrimination Promoting diversity		Yr 13 HT 3 Employment law	main theme of the text is stereotypes and race. Students explore the impact of discrimination on family relationships and friendships which extend beyond social boundaries – analysis of the morals displayed by the characters in relation to human rights.	Devising Drama – developing from stimulus material where equality is a focus Y11 H&SC – care values in H&SC settings Yr10/11 Business – Equality act in regards to recruitment and selection.	Text in Action – reference to legal rights and the importance of striving for equality particularly between genders Y13 H&SC – equality act in H&SC settings, codes of practice, workplace policies and procedures Yr 13 BTEC Business – unit 8 recruitment and selection. Law – Discussion of the Equalities Act 2010
Online and media	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Yr 7, 8 HT1 Office 365 Yr 7 Ht2 Cyberbullying	Yr 9,10&11 Office HT1 365	Yr 12 &13 HT1 Office 365 Yr 12 HT 2&3 – Use of online and employment	Yr7&8 ICT – E safety, how to stay safe when online and rights and responsibilities.	Yr10/11 DIT rights and responsibilities of online behaviors.	Yr 13 IT – Internet of everything, online responsibilities when designing and using online systems and hardware.

	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.	Yr 7 HT2 Bullying online Yr 8 HT1 Managing online presence	Yr 10 HT 3 Personal safety online	Yr 12 HT 3 Employment and the use of social media	Yr7&8 ICT – E safety – data security and use of personal data.	Yr9,10,11 – DIT GDPR, esafety recap, cloud computing.	Y12 Drama HT5-6 Text in Performance – exploration of the set text ‘Chatroom’ Yr13 IT – Mobile devices, data sharing and storage.
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Yr 8 HT 5 boundaries , managing conflict online	Yr 10 HT 3 Personal safety online	Yr 12 HT Employment and the use of social media	Yr7&8 ICT – E safety – data security and use of personal data.	Y11 H&SC – role plays demonstrating confidentiality in practice KS4 DIT – E safety – data security and use of personal data. GDPR	Y13 H&SC – GDPR in H&SC work settings Yr13 IT – Mobile devices, data sharing and storage. GDPR
	what to do and where to get support to report material or manage issues online.	Yr 8 HT 5 Managing conflict	Yr 10 HT Personal safety where to seek support		Yr7&8 ICT E Safety module – online images, receiving inappropriate images, where and how to report content.		

	the impact of viewing harmful content.		Yr 9 HT 9- Abuse online Yr 10 HT 2 Impact of pornography		Yr7&8 ICT E Safety module – online images, receiving inappropriate images, where and how to report 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.		Yr 10 HT 2 Impact of Pornography	Yr 13 HT 4 Exploitation	Yr7&8 ICT E Safety module – online images, receiving inappropriate images, where and how to report content. Online Body Image lessons and impact of social media.		
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.		Yr 9 HT 5- Abuse online and how to deal with it	Yr 12 2 perspectives shared on social media	Y7&8 ICT E safety module – E safety, online grooming, sex offenders, child sexual exploitation.		
	how information and data is generated, collected, shared and used online.		Yr 10 HT 3 Legal consequences of data used online	Yr 12 HT Employment law	Year 7/8 Maths: Retaining Hegarty Maths	Year 10/11 Music; BTEC Unit 2.	Y13 H&SC – GDPR regulations in H&SC settings

				Yr 13 HT3 Employment law	password. Ensuring it remains personal to themselves. Yr7&8 – ICT – Understanding computer systems module	Y10/11 Drama Performing from a Text – exploration of set text 'Girls Like That' Y11 H&SC – care values including confidentiality in practice Yr 11 DIT – Spreadsheet unit – use of data collection. Cloud computing and data storage.	
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.	Yr 7 HT 5 Consent Yr 8 HT5 Law and consent	Yr 10 HT 2 Coercion , abuse online	Yr 12 HT HT 5 Honour based violence Yr 13 HT 2 Prejudice and discrimination in relationships	Yr7&8 ICt e safety – Child sexual exploitation lesson, grooming and online 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).	Yr 7 HT 5 Consent Yr 8 HT5 Law and consent	Yr 10 HT 2 When to give or not give consent Yr 11 HT 2 Respect and equity in relationships	Yr 13 HT2 rights and responsibilities in relationships			
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.	Yr 7 HT 2 What makes a good friend?	Yr 9 HT 3 Intimacy in relationships YR 10 HT 2- relationship expectations Yr 11 HT 2 How to communicate in relationships	Yr 12 HT Yr 13 HT 2 rights and responsibilities in relationships		Year 10 HT 2 / Year 11 throughout – An Inspector Calls consent of Eva Smith – issues of rape / manipulation Y9 H&SC – social development, types of relationships, life events – marriage / living with a partner	Y12 H&SC – social development, types of relationships
	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical,	Yr7 HT2 Making and maintaining friendships	Yr 9 HT 3 Different types of emotional and physical		English Year 9 – Disturbed Voices poetry – the extremely	Y10 & Y11 H&SC – lifestyle choices and the	

	emotional, mental, sexual and reproductive health and wellbeing.	Yr8 HT 5 Features of healthy and unhealthy relationships	consequences in relationships		damaging effects from a negative relationship e.g. Havisham, Salome, Medusa.	impact on P.I.E.S. development	
	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.		Yr 11 HT 4 Fertility over time	Yr 12 HT 4 Changes to fertility	Science Yr 7 HT3 – Human reproduction Science Yr 8 HT1 – Breathing (Effects of smoking)	Science Y10 HT 1.2 - Menstrual cycle, IVF, infertility and contraception. Year 9HT3.2/10 HT 1.1 - Sexually transmitted diseases and effects on fertility.	Y12 H&SC – development in early adulthood including pregnancy
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others		Yr 10 HT 2 peer pressure and support Yr 11 HT 2 managing expectations	Yr 13 HT2 Different levels of emotional intimacy	Yr7&8 ICT Child Sexual exploitation.		
	that they have a choice to delay sex or to enjoy intimacy without sex.		Yr 10 HT 2 2 peer pressure and support	Yr 12 HT			Y12 Drama HT2-4

			Yr 11 HT 2 managing expectations	Yr 13 HT2 Different levels of emotional intimacy			Text in Action – exploration of set text where female chooses to delay intimacy
	the facts about the full range of contraceptive choices, efficacy and options available.		Yr 9 HT 4 Contraception and parenthood Yr 11 HT 2 effectively choose and use contraception	Yr 12 HT 4 Contraception and pregnancy		Y10 HT 1.2 - Contraceptives types and the scientific basis of how they work and efficacy.	
	the facts around pregnancy including miscarriage.		Yr 9 HT 5 Pregnancy and parenthood Yr 11 HT 4 Pregnancy and miscarriage – where to seek support	Yr 12 HT 4 Contraception and pregnancy	Science Yr 7 HT3 Human reproduction (Pregnancy)	Y10 HT 1.2 - The menstrual cycle and conception.	Y12 H&SC – development in early adulthood including pregnancy
	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).		Yr 9 HT 5 Pregnancy and parenthood Yr 11 HT 4 Where to seek support	Yr 12 HT HT 4 Contraception and pregnancy	Y7 Geog HT2 China 1 child policy?	English – Yr 10 HT 2 / Year 11 throughout – An Inspector Calls – loss of baby/ character	Philosophy and Ethics – topic on Paper 2 on sexual ethics

						unable to seek support	
	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.		Yr 9 HT3 Specific STI's Yr 11 HT 2 Sexual Health services – local and National	Yr 12 HT HT 4 How to reduce the risk of STI's Yr 13 HT4 Monitoring personal health		Y10 H&SC – lifestyle choices including unprotected sex Y11 Philosophy and Ethics – We look at religious and ethical issues for and against abortion	
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.		Yr 9 HT3 Where to seek support for treatment Yr 11 HT 2 Sexual Health Services	Yr 12 HT 4 How to reduce the risk of STI's Yr 13 HTHT4-monitoring personal health		Year 9HT3.2/10 HT 1.1 - Some sexually transmitted diseases (transmission, pathogen type and treatments for gonorrhoea)	
	how the use of alcohol and drugs can lead to risky sexual behaviour.		Yr 10 HT 1&3 Decision making Substance misuse	Yr 12 HT 6 To manage alcohol and drug use affecting		English – Yr 10 HT 2 / Year 11 throughout – An Inspector Calls – Eric and	Y12 H&SC – effect of lifestyle factors, including alcohol, on development

				personal decisions		his drinking problem leading to sexual assault Y10 H&SC – lifestyle choices – alcohol and misuse of drugs	
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.		Yr 10 HT 5- support services available Yr 11 HT 2 Contraception explore sexual health services	Yr 12 HT 4 Where and how to access local national advice diagnosis and treatment Yr 13 HT5 How to register with health services in new locations			
Mental wellbeing	that mental wellbeing is a normal part of daily life, in the same way as physical health.	Yr 7&8 HT1 Return to school after Lockdown Yr 7- HT 3- impact of exercise on Mental Health	Yr 11 HT 1 & 5 mental health concerns	Yr 12 HT 1 recognise common mental health issues and strategies to cope with them	English Y8 – Noughts and Crosses – the play explores the concept of mental health and the impact that this can	Y10/11 Drama Exploration of set text Hard to Swallow Y10 H&SC – physical and emotional development,	Y12 Psychology – Psychopathology; depression and OCD, theories of cause and associated treatments

		Yr 8 HT 6 exercise impact on mental health		Maintaining work life balance Yr 13 HT1 recognise common mental health issues and strategies to cope with them Maintaining work life balance	have on a family and on the individual themselves – the theme of suicide is tackled in the text. English Year 9 – Disturbed Voices poetry – deep exploration of mental health issues in all poems.	Y10/11 GCSE PE: Mental health and well-being, reducing stress and tension, release of feel good hormones during exercise, able to control emotions	Y12 H&SC – depression and OCD, causes and treatments Y12 BTEC Sport Unit 2 Positive lifestyle factors and their effects on health and well-being Psychological benefits of activity (relieves stress, reduces depression, improves mood)
	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.	Yr 7& 8 HT1 Mental Health – range of emotions	Yr 9,10 & 11 HT1 Mental Health – range of emotions	Yr 12 HT 1 Mental health and well being Yr 13 HT 1 Mental Health and Well being	Year HT 6 Geography – Geography of happiness. How people feel around the world English Y8– Noughts and Crosses – the play explores the concept of mental health	English – Y10 HT1 and Y11 Throughout – Poetry – complexity of human emotion Year 11 Music; BTEC Unit 4 Composition Drama: throughout the	Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed Y12 H&SC – emotional development

					<p>and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text.</p> <p>Y7 Food – increased fruit & vegetables for mental as well as bodily health</p>	<p>course where students analyse and create character with clear characteristics and emotions displayed</p> <p>Year 10 HT 1 Geography – Urban issues, how different areas can make people feel</p> <p>Y9 H&SC – emotional development</p>	
	<p>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.</p>	<p>Yr 7 &8 HT1 Mental Health – range of emotions</p> <p>Yr 7- HT4 managing feelings</p>	<p>Yr 9,10&11 HT1 Mental Health – range of emotions</p>	<p>Yr 12 HT 1 Mental Health and well being</p> <p>Yr 13 HT Mental Health and well being</p>	<p>Year 9 – HT 1 Fiction Frenzy – building vocabulary for human emotion</p> <p>English Y8 – Noughts and Crosses – the play explores the concept of mental health and the impact</p>	<p>Year 11 Music; BTEC Unit 4 Composition</p> <p>Drama: throughout the course where students analyse and create character with clear characteristics</p>	<p>Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed</p> <p>Y12 BTEC Sport</p> <p>Unit 2:</p>

					that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text. Yr7&8 ICT esafety – discussion about feelings and attitudes towards staying safe online in different situations.	and emotions displayed	Stress management techniques: assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques, meditation, alternative therapies, changes to work-life balance.
	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Yr 7 HT 1 Self concept Yr 8 HT1- Managing decisions	Yr 10 HT 3 How to behave legally and ethically	Yr 12 HT Mental Health and well being Yr 13 HT1 Mental Health and well being			Y12 & Y13 Psychology – symptoms of common disorders, diagnosis
	the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	Yr 7 HT 2 Being a Good citizen in school and	Yr 9,10 &11 HT 1 Mental Health and Well being	Yr 12 HT Mental Health and well being	Yr 7 &8 Physical education lessons	Yr 9,10 &11 Physical Education lessons	Yr 12 &13 Assembly- Healthy lifestyles Y12 BTEC Sport Unit 2:

		wider community	Yr 9,10 &11 HT2 12 Days of Christmas	Yr 13 HT 1 Mental Health and well being	Yr 7&8 assembly- Healthy Lifestyles Science Year 8 HT1 – Breathing Science Yr 8 HT2 – Respiration Effect of exercise)	Yr 9,10 &11 Assembly- Healthy Lifestyles Y10/11 Drama Exploration of set text Hard to Swallow Y9 & Y10 H&SC – PIES benefits of exercise, health improvement planning Y10/11 GCSE PE Release of serotonin during exercise (feel good hormones) Y9 Food – food and activity diary – review Eatwell and Government guidelines and make pledges	Exercise/physical activity: physical (strengthens bones, improves posture, improves body shape), reduces risk of chronic diseases (CHD, cancer, type 2 diabetes), psychological (relieves stress, reduces depression, improves mood), social (improves social skills, enhances self-esteem), economic (reduces costs to National Health Service, reduces absenteeism from work).
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						for improvement (self-reflection and case studies)	
	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Yr 7 HT1 – Self care, self confidence	Yr 9,10&11 HT1 Menatl and Physical Well being	Yr 12 HT1 Mental Health and well being Yr 13 HT 1 Mental health and well being	YR 7&8 assembly- Healthy lifestyles	Yr 9,10&11 Assembly- Healthy lifestyles Y9 H&SC – physical, social, emotional and intellectual development	Y12 H&SC - physical, social, emotional and intellectual development. Societal effects of ageing and how to deal with them
	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Yr 7 HT2 Where to seek help and support	Yr 9,10 &11 Mental Health services available		English Yr 9 HT 1 – Fiction Frenzy - ‘Compass and Torch’ stories about effects of loneliness on child English Y8 Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the	Y10/11 Drama Exploration of set text Hard to Swallow Y9 H&SC – factors impacting on development Y10 H&SC – identifying factors influencing health	

					individual themselves – the theme of suicide is tackled in the text.		
	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Yr 7 HT 2 How to recognise bullying in all its forms Yr 8 HT 1 Mental Health services available	Yr 9,10 &11 HT 1 HT Mental Health services available		Yr 7&8 Assembly- Anti Bullying – including online Yr7&8 ICT – E safety cyber bullying and sexting.	Yr 9,10 &11 assembly- Anti bullying including online	Yr 12 &3 Anti bullying assembly Y12 Drama HT5-6 Text in Action – exploration of set text ‘Chatroom’
	where and how to seek support (including recognising the triggers for seeking support), 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).	Yr 7 HT 2 Friendship support and bullying Yr 8 HT Mental Health services available	Yr 10 HT 1 Mental Health services available Yr 11 HT 1 Mental Health services available	Yr 12 HT1 Mental Health and well being Yr 13HT 1 Analyse and evaluate the support available to manage mental Health	English Y8– Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text.		

	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.	Yr 7 HT1 Mental Health services available Yr 8 HT 1 Mental Health services available	Yr 9 Ht 1 Mental Health services available Yr 10 HT 1 Mental Health services available Yr 11 HT 1 Mental Health services available	Yr 12 HT 1 Mental Health and well being Yr 13 HT 1 Analyse and evaluate the support available to manage mental Health	English Y8 – Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text.	Y10/11 Drama Exploration of set text Hard to Swallow and the character Patricia Y11 H&SC: H&SC services	Y12 & Y13 Psychology: Psychopathology, treatments for disorders. Y13 H&SC: H&SC services
Internet safety and harms	that for most people the internet is an integral part of life and has many benefits.	Yr 7 HT5 Rights online	Yr 10 HT Yr 11 HT	Yr 12 HT 1 Managing time online and assessing risks associated with it Yr 13 HT1/ 5 Managing time online and assessing risks associated with it	Yr7&8 ICT E safety Module	Yr9,10 and 11 DIT – Safety and staying safe online, types of devices and health risks when online.	

	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	Yr 7 HT 5 Boundaries of friendships online Yr 8 HT 5 images posted online how to report concerns	Yr 10 HT 3 risks spending time online	Yr 12 HT 1 managing time online Yr 13 HT1 managing time online HT5 Social media and risks associated	Yr 7&8 ICT E safety Module	Yr 9,10 and 11 DIT – Safety and staying safe online, types of devices and health risks when online.	
	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.	Yr 7 HT 2 Communicating safely online Yr 8 HT 5 Relationships online	Yr 10 HT 3 Risky situations online and how to deal with them Yr 11 HT 5 Personal safety online	Yr 12 HT2 keeping safe online Yr 13 HT5 Social media and risks associated		Y10/11 Drama Performing from a Text – exploration of text 'Girls Like That'	
	why social media, some computer games and online gaming, for example, are age restricted.	Yr 7 HT2 Yr 8 HT 5	Yr 11 HT 5 Gaming online	Yr 13 HT 5 assess and manage risks with regard to social media	Yr7 & 8 ICT Games design and e safety		
	that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place,	Yr 7 HT2 Bullying Yr 8 HT 5 Where to seek support when	Yr 10 HT 4 Positive online presence	Yr 12 HT 1 Mental health – impact of time spent online	Yr 7 & 8 E safety module – cyber bullying .	Y10/11 Drama Performing from a Text – exploration of	Y12 Drama HT5-6 Text in Action – exploration of set text 'Chatroom'

	which can have a negative impact on mental health	problems occur online		Yr 13 HT1 Keeping safe online		text 'Girls Like That'	
	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.		Yr 10 HT5 Strategies to avoid online fraud Yr 11 HT5 Cybercrime and where to seek support	Yr 12 HT 2 Critical consumer of online information Yr 13 HT workplace confidentiality and security / data protection		KS4 BTEC Enterprise/GCS E Business – consumer protection, E commerce and M commerce.	BTEC Business/A Level Economics – consumer protection, E commerce and M commerce.
	where and how to report concerns and get support with issues online.	Yr 7 HT 1 &2	Yr 10 HT2/5 Abuse online Yr 11 HT5 Cybercrime and where to seek support	Yr 12 HT 2 New relationships personal safety when meeting online Yr 13 HT HT 1 / 2 Managing relationships online	Y7&8 E safety Module	KS4 DIT – Online safety	
Physical health and fitness	the characteristics and mental and physical benefits of an active lifestyle.	Yr 7 HT 3 Daily well being	Yr 10 HT	Yr 12 HT 1 strategies used to maintain	Yr 7&8 assembly- Healthy Lifestyles	Yr 9,10 &11- Healthy Lifestyles	Yr 12 &13 – Healthy Lifestyles

			Yr 11 HT 3 Healthy lifestyle choices	positive mental health Yr 13 HT 1 Mental Health and well being support available , recognising changes in mood	Y7 Food Eatwell guide & Government healthy lifestyle aims Y8 Food lifestyle choices, nutrition, deficiencies and excesses linked to lifestyle and diet	Y9 & Y10 H&SC: PIES development through life, influence of lifestyle factors and health improvement planning Y9 Food - life stages, health, nutrition and self-reflection of own lifestyle Y10/11 Food menu planning based on energy needs	Y12 H&SC: PIES development throughout life and the influence of lifestyle factors BTEC Sport Unit 1: Physical benefits of participation in sport: Positive adaptations to the skeletal, muscular, cardiorespiratory, energy 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.	Yr 7 HT 3 Exercise choices Yr 8 HT 6 Importance of Physical exercise		Yr 12 HT1 – Importance of exercise to reduce stress Yr 13 HT1 Importance of exercise to reduce stress	Yr 7 ,8 &9 PE Importance of regular exercise and the physical and mental benefits	Y10 H&SC: government guidelines for exercise, types of exercise, health improvement planning Y10/11 GCSE PE	

						Physical, mental and social well-being under reasons for participation in physical activity – improved levels of health and fitness	
	the risks associated with an inactive lifestyle (including obesity).	Yr 7 HT 3 Inactive lifestyle- obesity	Yr 11 HT 1 Support available	Yr 12&13 HT 1 Importance of regular exercise Importance of regular exercise- stress reduction	Yr 7 & 8 Food malnutrition – excesses and deficiencies – UK health concerns	Year 10 HT 1 – Geography – mapping obesity levels in Newcastle and how the link to other urban issues Y10 H&SC: short- and long-term effects of lack of exercise Y10/11 GCSE PE: Consequences of sedentary lifestyle and obesity and	Y12 H&SC: physical development and common disorders Yr12 economics – lifestyle choices, inequality

						<p>how it may affect performance in physical activity and sport.</p> <p>Obesity and health impact (mental, physical, social)</p> <p>Year 9/10/11 Consequences of lifestyle choice diet related illnesses & menu planning for medical need</p>	
	<p>how and when to seek support including which adults to speak to in school if they are worried about their health.</p>	YR 7 HT 3	<p>Yr 10 HT 1 Mental Health / personal wellbeing support</p> <p>Yr 11 HT 1 – Anxiety Support services</p> <p>HT2 Sexual Health services</p>	Yr 13 HT 1 support available in school HT 5- Registering with health services in new locations			

Healthy eating	what constitutes a healthy diet (including understanding calories and other nutritional content).	Yr 7 HT 3 Healthy Diets Yr 8 HT 6- Balanced Diets	Yr 11 HT 3 Healthy lifestyle choices	Yr 13 HT 5 Healthy diet	Science Year 8 HT1 – Digestion (Balanced Diet) Y7 Food – Eatwell guide, macro and micro nutrients, excesses and deficiencies through life stages Y8 Food - Eatwell guide, macro and micro nutrients, excesses and deficiencies through life stages	Year 11 HT1 Geography – distribution of food resources Y19 & Y10 H&SC: government guidelines for healthy eating, health improvement planning Y10/11 GCSE PE: - Energy use - Nutrition – reasons for having a healthy, balanced diet, role of macro/micro nutrients - Importance of hydration Year 9/10/11 Food Eatwell guide, macro and micro	Y12 BTEC Sport Unit 2:Balanced diet: eatwell plate (food groups), benefits of a healthy diet (improved immune function, maintenance of body weight, reduces risk of chronic diseases – diabetes, osteoporosis, hypertension, high cholesterol), fluid intake requirements (moderation of caffeine intake), strategies for improving dietary intake (timing of meals, eating less/more of certain food groups, five a day, reducing salt intake, healthy alternatives).
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						nutrients, excesses and deficiencies through life stages	
	the principles of planning and preparing a range of healthy meals.	Yr 7 HT3 Healthy meals Yr 8 HT 6 Healthy diets	Yr 11 HT3 healthy lifestyles	Yr 13 HT 5 preparing meals away from home	Y7 /8 food practical's and underpinning theory	Y10 H&SC: health improvement planning, including short- and long-term targets to improve diet Y9/10/11 food practicals and underpinning theory	
	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).	Yr 7 HT 6 Peer influence , smoking drugs , energy drinks	Yr 11 HT how to manage a healthy lifestyle including diet	Yr 12 HT 6 alcohol abuse Yr 13 HT 5 diet on a restricted budget	Science Year 8 HT1 – Digestion (Balanced diet) Y7 Food HT1 – dangers of poor diet e.g. hidden sugars linked to tooth decay/diabetes	Year 11 HT1 Geography – distribution of food resources Y10 H&SC: short and long term effects of a poor diet Y9 HT 2.2 Non-communicable	

					Y8 Food HT1 – lifestyle choices and dietary related diseases linked to malnutrition (excess western diet) HT6 making wise choices, takeaway reviews	disease, heart disease, diabetes, some cancers linked to lifestyle. Y9 Food – HT1 Nutrition – deficiencies and excesses – UK related issues/health concerns. HT6 menu planning based on need.	
Drugs, alcohol and tobacco	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Yr 7 HT 6 Dangers of certain substances Yr 8 HT 3 Drugs and alcohol misuse	Yr 11 HT Access to Health services including Dentists smoking cessation	Yr 12 HT6 Managing drug and alcohol use. Effects on decision making and personal safety – travel and drink spiking Yr 13 Managing alcohol use in long term Personal safety alcohol affecting	English Yr 7 HT 3 Ruby in the Smoke – use of opium and its effects Science Yr 8 HT 1 – Breathing (Smoking)	Y9 Drama HT2 Improvisation-directed creation of performance with TIE messages when ‘Joyriding’ due to illegal substances Y9 & Y10 H&SC: effect of lifestyle on	Y12 H&SC: PIES effects of lifestyle choices Y12 BTEC Sport Unit 2: Smoking: health risks associated with smoking (CHD, cancer, lung disease, bronchitis, infertility). Alcohol: health risks associated with excessive alcohol consumption (stroke,

				decision making		development. Government guidelines for alcohol, short- and long-term effects of smoking, alcohol and misuse of drugs Y9 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle.	cirrhosis, hypertension, depression). • Stress: health risks associated with excessive stress (hypertension, angina, stroke, heart attack, stomach ulcers, depression). • Sleep: problems associated with lack of sleep (depression, overeating). • Sedentary lifestyle: health risks associated with inactivity.
Health and prevention	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		Yr 10 HT 1 Physical and mental Health illness Yr 11 HT	Yr 13 HT1 self harming/ restricting food intake HT 4- idealised images of bodies and pressures to conform	Y7/8 Food life stages malnutrition. Y8 Maths BMI calculations in substitution.	Y10 H&SC: physiological and lifestyle health indicators Y9 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle.	

						Y9/10/11 Food life stages malnutrition GCSE Foundation Maths. BMI calculations	
	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.		Yr 11 HT 3 Over exposure to sun self examination and screening services	Yr 13 HT 4 monitoring personal health and well being including sun safety			
	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Yr 7 HT 3 Healthy sleeping habits	YR 10 HT 1 Personal Health	Yr 12 HT1 Managing work life balance and importance of sleep Yr 13 HT 1 importance of regular sleep	Y7/8 Eatwell guide/ government 8 tips healthy lifestyle	Y9 & 10 H&SC: Factors influencing PIES development	Y12 H&SC: Circadian rhythms
	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Yr 7 HT 3 Dental Hygiene	Yr 11 HT 3 – Dental services				

	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	Yr 7 Return to school -Covid hygiene Yr 8 Return to school -Covid hygiene HT3 personal hygiene	Yr 9 Return to school -Covid hygiene Yr 10 HT Return to school -Covid hygiene Yr 11 HT Return to school -Covid hygiene	Yr 12 HT Return to school -Covid hygiene Yr 13 HT Return to school -Covid hygiene	Y7 /8 personal hygiene / food hygiene – staphylococcus aureus and food borne related illnesses	Y9 & Y10 H&SC: personal hygiene practices, impact of poor practices on development	
	the facts and science relating to immunisation and vaccination	Yr 7 HT 6 Travel immunization and vaccination		Yr 13 HT 5 Travel around Uk and abroad illness that can affect young adults		Y9/10/11 Food borne related illness and the importance of personal hygiene for food safety/health	
Basic first aid	how to make a clear and efficient call to emergency services if necessary.	Yr 7 HT6 Emergency services	Yr 10 HT3 First aid and life saving skills	Yr 13 HT 5 evaluate when to call for emergency services irrespective of legal implications			

	concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Yr 7 HT6 CPR basic first aid	Yr 10 HT3 First aid and life saving skills		Science Year 7 and 8 throughout – response section in risk assessments		
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.	Yr 7 HT1 Self awareness body changes			Science Year 7 HT 3 Human reproduction (puberty) Y7/8 Food Nutritional needs – links with sufficient protein for growth and lack of iron -anaemia – teenage girls through menstrual cycle	Y9 H&SC: physical and emotional development in adolescence Y9/10/11 Food life stage nutrition – protein, iron needs	Y12 H&SC: physical and emotional development in adolescence
	about menstrual wellbeing including the key facts about the menstrual cycle.	Yr 7 HT4 Menstrual well being			Science Year 7 HT3 Human reproduction (Menstrual cycle)	Y9 H&SC: physical development in adolescence	