

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	Y10 Drama HT2 Improvisation-students explore identification of relationships between friends/family/colleagues etc. Y10 H&SC HT1– types of relationships (family, intimate, friends) and impact on social development English Y10 HT2 – An Inspector Calls – Birling family / family relationships / money within families	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

						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	
	how these relationships might contribute to human happiness and their importance for bringing up children.	Yr 9 HT 5- Parenting	Yr 10 HT 2 Relationship expectations Yr 11 HT 2 how to communicate personal values in relationships	Yr 12 HT 2 Relationship values	English Y8 – Noughts and Crosses – exploration of the family dynamic in across two diverse groups and identifying how these relationships	Y10 Drama HT1+2 Vision for Performance – students look at the text Hard to Swallow and discuss the protagonists struggle in	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

					<p>impact on the younger generations. English Y9 – HT1 – Fiction Frenzy – family disintegration and thinking about what constitutes family relationships</p> <p>English Yr 9 HT 3 – Biblical Allusions – Porphyria's Lover – looking at martial relationships and how that plays into power</p>	<p>relation to her upbringing</p> <p>Y10 H&SC HT1 – attachment and bonding and influences on it. English Y10 HT2 – An Inspector Calls – 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>insecure attachment and deprivation. Law – Discussion of cases involving crime within domestic abuse scenarios</p>
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	<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</p>	<p>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 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>Y12 Drama HT2-4 Theatre Workshop – exploration of set text which is centred around the legal status of marriage</p> <p>Law – some discussion around 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. English Y9 HT2 – expected life</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>

					events, impact of marriage on development	<p>London – poetry ‘London’ - thinking about impact of prostitution on institution of marriage 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>	Law – Some discussion of forced marriage and intention.
	the characteristics and legal status of other types of long-term relationships.		<p>Yr 10 HT 5 Marriage and divorce</p> <p>Yr 11 HT4 Families</p>			<p>Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships marriage and cohabitation.</p>	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.	Y10 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 Philosophy and Ethics (Y11 HT1 & Y10 HT6) – families and relationships where we look at parents	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

						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. English Year 9 – Disturbed Voices poetry – discussion of unhealthy intimate relationships and identification of 'warning signs' that show things are not right	Yr10 &11 assembly Prevent Duty Drama: Throughout the key stage when students are developing drama and evaluating theatre	Yr 12 &13 – Prevent Duty Assembly Drama: Throughout the course when students are developing drama and evaluating theatre H&SC – whistleblowing and complaints procedures
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	Yr 7 HT2 Maintaining friendships and rumours Yr 8 HT 5 healthy and	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 &9 – Bullying assembly Year 7 – Music; musicals, stereotypical relationships	Yr 10 &11 Bullying assembly English Year 10 HT 2 – An Inspector Calls – thinking	Y12 Drama HT2-4 Text in Performance – sex text exploration where protagonist has a series of unhealthy relationships

	relationships. This includes different (non-sexual) types of relationship.	unhealthy relationships			<p>between characters.</p> <p>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.</p> <p>English Y8 – Of Mice & Men: George and Lennie / Candy and his dog. Analysis of friendship, companionship, responsibility and trust.</p> <p>CT – YR7,8&9</p> <p>E Safety – Online grooming, child sexual exploitation,</p>	<p>about engagement of Sheila and Eric after clear infidelity</p> <p>Y10 Drama HT5-6 Theatre Makers and Performance Project – students explore FACE/DNA and discuss respectful relationships between friendships groups</p> <p>Y10 H&SC – social development including types of relationships, social factors influencing development</p>	
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					online relationships. How to report concerns		
	practical steps they can take in a range of different contexts to improve or support respectful relationships.	Yr 7 HT2 Friendships , compassion for peers Yr 9- HT4/ 5 Consent Rights and abuse in relationships	Yr 10 HT Respect diversity in relationships		ICT – YR7&8 E Safety – Online grooming, child sexual exploitation, online relationships.		Y12 Drama HT1 Introduction to Theatre Practitioners – students explore Forum Theatre to promote social change
	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).	Yr7 HT 4- gender differences, sexual orientation Yr9 HT5 – Equal relationships, discrimination	Yr 10 HT Respect diversity in relationships	Yr 13 HT2 Different faiths and cultural views on relationships	Yr 7,8 &9 British values assembly Y 7,8 &9 assembly- LGBTQ + celebrating differences Year 7 Music; African music, Year 8 Samba and blues.	Yr10&11 British values assembly YR10 &11 Assembly – LGBTQ+ celebrating differences Yr 10 – HT 2 – An Inspector Calls – the impact of patriarchal concerns on	Yr12 &13 British values assembly YR 12&13 Assembly LGBTQ+ celebrating differences Yr12 &13 British values assembly Year 12 Drama HT 2-4 Text in Action -

					<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 discrimination, racism, religious discrimination.</p> <p>ICT – Yr7&8 E safety – online grooming and concerning</p>	<p>the treatment of women.</p> <p>Y10 H&SC – social and cultural barriers to receiving care</p> <p>Y10 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>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>online behaviours. How to report concerns. Yr9 – HT 3 – Biblical Allusions – the origin of patriarchy and stereotypical views of gender English Year 9 – Disturbed Voices poetry – stereotypes based on gender can be damaging and recognition of the effect this may have.</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 authority and due tolerance of other people’s beliefs.</p>	<p>Yr7 HT 2 Empathy and compassion Yr9 HT2- Stereotypes/ Self concept</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 &9 assembly- respect for all- Remembrance English Y8 – Noughts and Crosses – this theme is explored in the school setting within the play.</p>	<p>Yr 10&11- Assembly- Respect for all- Remembrance Yr 10 &11 LGBTQ + assembly Drama: Throughout the course during devising</p>	<p>Yr 12 &13 – assembly- respect for all- Remembrance Drama: Throughout the course during devising when students create theatre and justify choices</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>when students create theatre and justify choices</p> <p>Y11 H&SC – care values in practice</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>
	<p>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</p>	<p>Yr 7 HT 2 Bullying Loneliness and isolation</p> <p>Yr 8 HT 2 prejudice and discrimination</p>		<p>Yr 12 HT 5 Negative influences- forms of abuse</p>	<p>Year 7,8 &9 assembly- Anti bullying week</p> <p>Year 8 Music; loops and samples online safety.</p> <p>English Y8– Noughts and</p>	<p>Yr10 &11- Assembly anti bullying</p> <p>Year 10 Drama HT 3+6 Performance Skills and Project – students study</p>	<p>Yr 12 &13 – Anti Bullying assembly</p> <p>Law – discussion of when bullying can be harassment or assault. Also looking at the new cyber-crimes that have changed the</p>

					<p>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</p>	<p>two plays which offer opportunity to discuss bullying and how to seek help</p>	<p>definition of bullying and harassment</p>
	<p>that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.</p>	<p>Yr 9 Rights in relationships, consent, relationship safety.</p>	<p>Harassment Yr 10 HT 2 How to respond to harassment</p>	<p>Yr 12 HT 2 Extremism and radicalisation</p>	<p>English Y8 – Noughts and Crosses – this theme is explored in the school setting within the play. ICT – Yr7,8&9 online grooming and unhealthy online relationships. 4 stages of grooming and coercive behaviors and</p>	<p>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 London – poetry ‘London’ - thinking about</p>	<p>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.</p>

					where to get help.	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	Harassment Yr 10 HT 2 Harassment			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 reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	Yr 8 HT 2 Stereotypes , prejudice and discrimination Promoting diversity	Yr 10 HT 5 Diversity and discrimination	Yr 12 HT 3 Careers in the global economy Yr 13 HT 3 Employment law	English Y8 – Noughts and Crosses – the main theme of the text is stereotypes and race. Students	Y11 Drama HT1-3 Devising Drama – developing from stimulus material where	Y12 Drama HT2-4 Text in Action – reference to legal rights and the importance of striving for equality

					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.	equality is a focus Y11 H&SC – care values in H&SC settings Yr10/11 Business – Equality act in regards to recruitment and selection.	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 &9 HT1 Office 365 Yr 7 HT2 Cyberbullying	Yr,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 &9 ICT – E safety – data security and use of personal data.	Yr,10,11 – DIT GDPR, e-safety 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 Yr 13 HT3 Employment law	Year 7/8 Maths: Retaining Hegarty Maths password. Ensuring it remains personal to themselves.	Year 10/11 Music; BTEC Unit 2. Y10/11 Drama Performing from a Text – exploration of	Y13 H&SC – GDPR regulations in H&SC settings

					Yr7&8 – ICT – Understanding computer systems module	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	Yr 7 HT 5 Consent Yr 8 HT5 Law and consent	Yr 10 HT 2 When to give or not give consent	Yr 13 HT2 rights and responsibilities in relationships			

	when consent can be withdrawn (in all contexts, including online).		Yr 11 HT 2 Respect and equity 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 Y10 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, emotional, mental, sexual and reproductive health and wellbeing.	Yr7 HT2 Making and maintaining friendships Yr8 HT 5 Features of healthy and			English Year 9 – Disturbed Voices poetry – the extremely damaging effects from a negative relationship e.g.	Y10 & Y11 H&SC – lifestyle choices and the impact on P.I.E.S. development	

		unhealthy relationships Yr 9 HT 3 Different types of emotional and physical consequences in relationships			Havisham, Salome, Medusa.		
	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) Year 9HT3.2/10 HT 1.1 - Sexually transmitted diseases and effects on fertility.	Science Y10 HT 1.2 - Menstrual cycle, IVF, infertility and contraception.	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 13 HT2 Different levels of emotional intimacy	Yr7, 8 ICT Child Sexual exploitation.		

			Yr 11 HT 2 managing expectations				
	that they have a choice to delay sex or to enjoy intimacy without sex.		Yr 10 HT 2 2 peer pressure and support Yr 11 HT 2 managing expectations	Yr 12 HT Yr 13 HT2 Different levels of emotional intimacy			Y12 Drama HT2-4 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	Yr 9 HT 5 Pregnancy	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 –	Philosophy and Ethics – topic on

	information on all options, including keeping the baby, adoption, abortion and where to get further help).	and parenthood				An Inspector Calls – loss of baby/ character unable to seek support	Paper 2 on sexual ethics
	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	Science 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 personal decisions		English – Yr 10 HT 2 / Year 11 throughout – An Inspector Calls – Eric and his drinking problem leading to sexual assault Y10 H&SC – lifestyle choices – alcohol and misuse of drugs	Y12 H&SC – effect of lifestyle factors, including alcohol, on development
	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	Yr 11 HT 1 & 5 mental health concerns	Yr 12 HT 1 recognise common	English Y8 – Noughts and Crosses – the	Y10/11 Drama	Y12 Psychology – Psychopathology; depression and OCD,

		Return to school after Lockdown Yr 7- HT 3- impact of exercise on Mental Health Yr 8 HT 6 exercise impact on mental health		mental health issues and strategies to cope with them Maintaining work life balance Yr 13 HT1 recognise common mental health issues and strategies to cope with them Maintaining work life balance	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. English Year 9 – Disturbed Voices poetry – deep exploration of mental health issues in all poems.	Exploration of set text Hard to Swallow Y10 H&SC – physical and emotional development, Y10/11 GCSE PE: Mental health and well-being, reducing stress and tension, release of feel good hormones during exercise, able to control emotions	theories of cause and associated treatments 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 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	English – Y10 HT1 and Y11 Throughout – Poetry – complexity of human emotion	Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed

					<p>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.</p> <p>Y7 Food – increased fruit & vegetables for mental as well as bodily health</p>	<p>Year 11 Music; BTEC Unit 4 Composition</p> <p>Drama: throughout the 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>Y10 H&SC – emotional development</p>	Y12 H&SC – emotional development
	<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>	Yr10&11 HT1 Mental Health – range of emotions	<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</p>	<p>Year 11 Music; BTEC Unit 4 Composition</p> <p>Drama: throughout the course where students</p>	<p>Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed</p>

		Yr 9 Mental Health – range of emotions			<p>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.</p> <p>Yr7, 8 &9 ICT e-safety – discussion about feelings and attitudes towards staying safe online in different situations.</p>	analyse and create character with clear characteristics and emotions displayed	<p>Y12 BTEC Sport</p> <p>Unit 2: 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.</p>
	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

	<p>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p>	<p>Yr 7 HT 2 Being a Good citizen in school and wider community Yr 7,8&9 12 Days of Christmas</p>	<p>Yr10 &11 HT 1 Mental Health and Well being Yr10 &11 HT2 12 Days of Christmas</p>	<p>Yr 12 HT Mental Health and well being Yr 13 HT 1 Mental Health and well being</p>	<p>Yr 7,8 &9 Physical education lessons Yr 7,8 &9 assembly- Healthy Lifestyles Science Year 8 HT1 – Breathing Science Yr 8 HT2 – Respiration Effect of exercise)</p>	<p>Yr10 &11 Physical Education lessons Yr10 &11 Assembly- Healthy Lifestyles Y10/11 Drama Exploration of set text Hard to Swallow Y10 H&SC – PIES benefits of exercise, health improvement planning Y10/11 GCSE PE Release of serotonin during exercise (feel good hormones) Y10 Food – food and activity diary –</p>	<p>Yr 12 &13 Assembly- Healthy lifestyles Y12 BTEC Sport Unit 2: 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).</p>
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						review Eatwell and Government guidelines and make pledges 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 HT1 Mental and Physical Well being	Yr,10&11 HT1 Mental and Physical Well being	Yr 12 HT1 Mental Health and well being Yr 13 HT 1 Mental health and well being	YR 7,8 &9 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 Mental Health services available	Yr ,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	Y10/11 Drama Exploration of set text Hard to Swallow Y10 H&SC – factors impacting on development Y10 H&SC – identifying factors	

					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.	influencing health	
	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 Mental health services available	Yr10 &11 HT 1 HT Mental Health services available		Yr 7,8 &9 Assembly- Anti Bullying – including online Yr7&8 ICT – E safety cyber bullying and sexting.	Yr,10 &11 assembly- Anti bullying including online	Yr 12 &13 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	Yr 7 HT 2 Friendship support and bullying Yr 8 HT	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	English Y8– Noughts and Crosses – the play explores the concept of mental health and the impact		

	wellbeing or ability to control their emotions (including issues arising online).	Mental Health services available		available to manage mental Health	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	Yr7&8 ICT E safety Module	Yr10 and 11 DIT – Safety and staying safe online, types of devices and	

				Yr 13 HT1/ 5 Managing time online and assessing risks associated with it		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 &9 ICT E safety Module	Yr,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 Communicatin g 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	Yr 7 HT2 Yr 8 HT 5	Yr 11 HT 5 Gaming online	Yr 13 HT 5 assess and mange risks	Yr7 & 8 ICT Games design and e safety		

	gaming, for example, are age restricted.			with regard to social media			
	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	Yr 7 HT2 Bullying Yr 8 HT 5 Where to seek support when problems occur online	Yr 10 HT 4 Positive online presence	Yr 12 HT 1 Mental health – impact of time spent online Yr 13 HT1 Keeping safe online	Yr 7 & 8 E safety module – cyber bullying .	Y10/11 Drama Performing from a Text – exploration of text ‘Girls Like That’	Y12 Drama HT5-6 Text in Action – exploration of set text ‘Chatroom’
	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	Yr 12 HT 2 New relationships personal safety when meeting online	Y7,8 &9 E safety Module	KS4 DIT – Online safety	

			where to seek support	Yr 13 HT HT 1 / 2 Managing relationships online			
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 11 HT 3 Healthy lifestyle choices	Yr 12 HT 1 strategies used to maintain positive mental health Yr 13 HT 1 Mental Health and well being support available , recognising changes in mood	Yr 7,8 &9 assembly- Healthy Lifestyles Y7 Food Eatwell guide & Government healthy lifestyle aims Y8 Food lifestyle choices, nutrition, deficiencies and excesses linked to lifestyle and diet Y9 Food - life stages, health, nutrition and self-reflection of own lifestyle	Yr 10 &11- Healthy Lifestyles Y10 H&SC: PIES development through life, influence of lifestyle factors and health improvement planning Y10/11 Food menu planning based on energy needs	Yr 12 &13 – Healthy Lifestyles 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	Yr 7 HT 3 Exercise choices		Yr 12 HT1 – Importance of exercise to reduce stress	Yr 7 ,8 & 9 PE Importance of regular exercise and the physical	Y10 H&SC: government guidelines for exercise, types	

	walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Yr 8 HT 6 Importance of Physical exercise		Yr 13 HT1 Importance of exercise to reduce stress	and mental benefits	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	Y12 H&SC: physical development and common disorders Yr12 economics – lifestyle choices, inequality

						<p>Y10/11 GCSE PE: Consequences of sedentary lifestyle and obesity and how it may affect performance in physical activity and sport. Obesity and health impact (mental, physical, social)</p> <p>Year 10/11 Consequences of lifestyle choice diet related illnesses & menu planning for medical need</p>	
	how and when to seek support including which adults to speak to in school if they are worried about their health.	YR 7 HT 3	Yr 10 HT 1 Mental Health / personal wellbeing support	Yr 13 HT 1 support available in school			

			Yr 11 HT 1 – Anxiety Support services HT2 Sexual Health services	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 Y8/9 Food - Eatwell guide, macro and micro nutrients, excesses and deficiencies through life stages	Year 11 HT1 Geography – distribution of food resources 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	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

						- Importance of hydration Year 10/11 Food Eatwell guide, macro and micro nutrients, excesses and deficiencies through life stages	intake, healthy alternatives).
	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/ 9 food practical's and underpinning theory	Y10 H&SC: health improvement planning, including short- and long-term targets to improve diet Y10/11 food practical's 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	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	Science Year 8 HT1 – Digestion (Balanced diet)	Year 11 HT1 Geography – distribution of food resources	

	(e.g. the impact of alcohol on diet or health).			Yr 13 HT 5 diet on a restricted budget	Y7 Food HT1 – dangers of poor diet e.g. hidden sugars linked to tooth decay/diabetes Y8 Food HT1 – lifestyle choices and dietary related diseases linked to malnutrition (excess western diet) HT6 making wise choices, takeaway reviews	Y10 H&SC: short and long term effects of a poor diet Y10 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle. Y10 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	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	English Yr 7 HT 3 Ruby in the Smoke – use of opium and its effects Science Yr 8 HT 1 – Breathing (Smoking)	Y10 Drama HT2 Improvisation-directed creation of performance with TIE messages	Y12 H&SC: PIES effects of lifestyle choices Y12 BTEC Sport Unit 2: Smoking: health risks associated with

		alcohol misuse		<p>– travel and drink spiking</p> <p>Yr 13 Managing alcohol use in long term</p> <p>Personal safety alcohol affecting decision making</p>		<p>when ‘Joyriding’ due to illegal substances</p> <p>Y10 H&SC: effect of lifestyle on development. Government guidelines for alcohol, short- and long-term effects of smoking, alcohol and misuse of drugs</p> <p>Y10 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle.</p>	<p>smoking (CHD, cancer, lung disease, bronchitis, infertility). Alcohol: health risks associated with excessive alcohol consumption (stroke, 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.</p>
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 13 HT1 self harming/ restricting food intake	Y7/8 Food life stages malnutrition. Y8 Maths	Y10 H&SC: physiological and lifestyle	

				HT 4- idealised images of bodies and pressures to conform	BMI calculations in substitution.	health indicators Y10 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle. Y10/11 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	Yr 7 HT 3 Healthy sleeping habits	YR 10 HT 1 Personal Health	Yr 12 HT1 Managing work life balance and	Y7/8 Eatwell guide/ government 8	Y 10 H&SC: Factors influencing	Y12 H&SC: Circadian rhythms

	can affect weight, mood and ability to learn.			importance of sleep Yr 13 HT 1 importance of regular sleep	tips healthy lifestyle	PIES development	
	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	Yr 10 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		Y10/11 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) Y7/8/9 Food Nutritional needs – links with sufficient protein for growth and lack of iron -anaemia – teenage girls	Y10 H&SC: physical and emotional development in adolescence Yr10/11 Food life stage nutrition – protein, iron needs	Y12 H&SC: physical and emotional development in adolescence

					through menstrual cycle		
	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		