

Bedford Free School PSHE Programme of Study 2021/22

Year 7

Lesson	Topic	Children will know
1	Mental Well Being	<ul style="list-style-type: none">• That mental wellbeing is a normal part of daily life, in the same way as physical health.• That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.• How to recognise and talk about their emotions accurately and sensitively, using appropriate vocabulary.• The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and that happiness is linked to being connected to others.• How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.• Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests.• 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.
2	Internet Safety and Harms	<ul style="list-style-type: none">• That for most people the internet is an integral part of life and has many benefits.• 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.• 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.• Where and how to report concerns and get support with issues online.
3	Physical Health and Fitness & Healthy Eating	<ul style="list-style-type: none">• The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.• The 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.• The risks associated with an inactive lifestyle (including obesity).• The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.• How and when to seek support including which adults to speak to in school if they are worried about their health.
4	Drugs, Alcohol and Tobacco	<ul style="list-style-type: none">• The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.

		<ul style="list-style-type: none"> • Awareness of the dangers of drugs which are prescribed but still present serious health risks. • The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
5	Health and Prevention	<ul style="list-style-type: none"> • The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. • What positively and negatively affects their physical, mental and emotional health such as diet and exercise. • Begin to understand the concept of a 'balanced lifestyle' • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • About personal hygiene and the importance of handwashing. • Treatment and prevention of infection and about antibiotics.
6	Families	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability. • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • 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.
7	Respectful Relationships Including Friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. • Practical steps they can take in a range of different contexts to improve or support respectful relationships. • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • The importance of self-respect and how this links to their own happiness. • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
8	Online and Media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.

		<ul style="list-style-type: none"> • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • What to do and where to get support to report material or manage issues online. • How information and data is generated, collected, shared and used online. • That people sometimes behave differently online, including by pretending to be someone they are not. • That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
9	Basic First Aid	<ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed.
10	Being Safe and the Law	<ul style="list-style-type: none"> • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • Staying safe at home and walking home safely. • How to respond safely and appropriately to adults they may encounter. • How to report abuse online if necessary.
11	Intimate and Sexual Relationships Including Sexual Health and the Changing Adolescent Body	<ul style="list-style-type: none"> • Key facts about puberty, the changing adolescent body and menstrual wellbeing. • The main changes which take place in males and females, and the implications for emotional and physical health. • The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. • The facts around pregnancy including miscarriage.

Year 8

Lesson	Topic	Children will know
1	Mental Well Being	<p><u>Recap from year 7</u></p> <ul style="list-style-type: none"> • That mental wellbeing is a normal part of daily life, in the same way as physical health. • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and that happiness is linked to being connected to others. • Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests. • 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. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • How to recognise the early signs of mental wellbeing concerns and common types of mental ill health (e.g. anxiety and depression).
2	Internet Safety and Harms	<p><u>Recap from year 7</u></p> <ul style="list-style-type: none"> • How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. • That for most people the internet is an integral part of life and has many benefits. • How to display respectful and safe behaviour online and keeping personal information private. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • 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.
3	Physical Health and Fitness & Healthy Eating	<p><u>Recap from year 7</u></p> <ul style="list-style-type: none"> • The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • The risks associated with an inactive lifestyle (including obesity). • How and when to seek support including which adults to speak to in school if they are worried about their health. <p><u>New Knowledge</u></p> <ul style="list-style-type: none"> • How to take increased responsibility for their own physical health and fitness.
4	Drugs, Alcohol and Tobacco	<p><u>Recap from year 7</u></p> <ul style="list-style-type: none"> • The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.

		<u>New Knowledge</u> <ul style="list-style-type: none"> • How to take increased responsibility for their own health regarding drugs, alcohol and tobacco.
5	Health and Prevention	<u>Recap from year 7</u> <ul style="list-style-type: none"> • The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. • What positively and negatively affects their physical, mental and emotional health such as diet and exercise. • Begin to understand the concept of a 'balanced lifestyle' • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • Treatment and prevention of infection and about antibiotics. <u>New Knowledge</u> <ul style="list-style-type: none"> • How to take increased responsibility for their own health and how to prevent illness. • About personal hygiene and germs including bacteria, viruses, how they are spread and treated.
6	Families	<u>Recap from year 7</u> <ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability. • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • 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. <u>New knowledge</u> <ul style="list-style-type: none"> • How these relationships might contribute to human happiness and their importance for bringing up children.
7	Respectful Relationships Including Friendships	<u>Recap from year 7</u> <ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • The importance of self-respect and how this links to their own happiness.

		<ul style="list-style-type: none"> • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. <u>New knowledge</u> <ul style="list-style-type: none"> • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). • That in 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.
8	Online and Media	<u>Recap from year 7</u> <ul style="list-style-type: none"> • 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. • What to do and where to get support to report material or manage issues online. <u>New knowledge</u> <ul style="list-style-type: none"> • How to take increased responsibility for their own online and media presence. • The impact of viewing harmful content.
9	Basic First Aid	<u>Recap from year 7</u> <ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed.
10	Being Safe and the Law	<u>Recap from year 7</u> <ul style="list-style-type: none"> • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • How to respond safely and appropriately to adults they may encounter. • How to report abuse online if necessary. <u>New knowledge</u> <p>The concepts of coercion and harassment in school and home settings.</p>
11	Intimate and Sexual Relationships Including Sexual Health and the Changing Adolescent Body	<u>Recap from year 7</u> <ul style="list-style-type: none"> • Key facts about puberty, the changing adolescent body and menstrual wellbeing. • The main changes which take place in males and females, and the implications for emotional and physical health. • The facts around reproductive health and pregnancy. <u>New knowledge</u> <ul style="list-style-type: none"> • Further changes in the adolescent body and what to expect physically and emotionally.

Year 9

Lesson	Topic	Children will know
1	Mental Well Being	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • What constitutes good mental health and strategies to achieve this. • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • How to recognise the early signs of mental wellbeing concerns and common types of mental ill health (e.g. anxiety and depression). <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • That self-esteem can change with personal circumstances such as those associated with family and friendships, achievements and employment. • Strategies for managing low self-esteem. • 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.
2	Internet Safety and Harms	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • That for most people the internet is an integral part of life and has many benefits. • How to display respectful and safe behaviour online and keeping personal information private. • 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. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), • How people may curate a specific image of their life online, over-reliance on online relationships including social media. • How to identify harmful behaviours online and how to report, or find support, if they have been affected by those behaviours.
3	Physical Health and Fitness & Healthy Eating	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • How to take increased responsibility for their own physical health and fitness. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • what constitutes a healthy diet (including understanding calories and other nutritional content). • 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)).

		<ul style="list-style-type: none"> • the principles of planning and preparing a range of healthy meals.
4	Drugs, Alcohol and Tobacco	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • How to take increased responsibility for their own health regarding drugs, alcohol and tobacco. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The law relating to the supply and possession of illegal substances. • The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
5	Health and Prevention	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • How to take increased responsibility for their own health and how to prevent illness. • About personal hygiene and germs including bacteria, viruses, how they are spread and treated. <p><u>New knowledge</u></p> <p>How to prevent infection and the purpose of vaccination. This will link with the girls HPV vaccine.</p>
6	Families	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • How these relationships might contribute to human happiness and their importance for bringing up children. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • Why marriage is an important relationship choice for many couples and why it must be freely entered into. <p>the characteristics and legal status of other types of long-term relationships.</p>
7	Respectful Relationships Including Friendships	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). • That in 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. • the characteristics of positive and healthy friendships <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • Further information about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
8	Online and Media	<p><u>Recap from year 8</u></p> <ul style="list-style-type: none"> • How to take increased responsibility for their own online and media presence. • The impact of viewing harmful content. <p><u>New knowledge</u></p>

		<ul style="list-style-type: none"> • 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. • What to do and where to get support to report material or manage issues online.
9	Basic First Aid	<u>Recap from year 8</u> <ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed.
10	Being Safe and the Law	<u>Recap from year 8</u> <ul style="list-style-type: none"> • The concepts of coercion and harassment in school and home settings. <u>New knowledge</u> the legal provision and responsibilities for their actions around: <ul style="list-style-type: none"> • gender identity. • substance misuse. • violence and exploitation by gangs.
11	Intimate and Sexual Relationships Including Sexual Health and the Changing Adolescent Body	<u>Recap from year 8</u> <ul style="list-style-type: none"> • The changing adolescent body. <u>New knowledge</u> <ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • That they have a choice to delay sex or to enjoy intimacy without sex. • The facts about the full range of contraceptive choices, efficacy and options available. • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Year 10

Lesson	Topic	Children will know
1	Mental Well Being	<p><u>Recap from year 9</u></p> <ul style="list-style-type: none"> • That self-esteem can change with personal circumstances such as those associated with family and friendships, achievements and employment. • Strategies for managing low self-esteem. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders. • How to recognise when they or others need help and sources of help and strategies for accessing it, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing.
2	Internet Safety and Harms	<p><u>Recap from year 9</u></p> <ul style="list-style-type: none"> • The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), • How people may curate a specific image of their life online, over-reliance on online relationships including social media. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
3	Physical Health and Fitness & Healthy Eating	<p><u>Recap from year 9</u></p> <ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • what constitutes a healthy diet (including understanding calories and other nutritional content). • 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). <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • About the science relating to blood, organ and stem cell donation. • The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.
4	Drugs, Alcohol and Tobacco	<p><u>Recap from year 9</u></p> <ul style="list-style-type: none"> • The law relating to the supply and possession of illegal substances. • The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

		<ul style="list-style-type: none"> • The law relating to the supply and possession of illegal substances <u>New knowledge</u> <ul style="list-style-type: none"> • The physical and psychological consequences of addiction, including alcohol dependency. • Awareness of the dangers of drugs which are prescribed but still present serious health risks.
5	Health and Prevention	<u>Recap from year 9</u> <ul style="list-style-type: none"> • How to prevent infection and the purpose of vaccination. This will link with the girls HPV vaccine. <u>New knowledge</u> <ul style="list-style-type: none"> • About cancer and cancer prevention, including healthy lifestyles acknowledging that childhood and adolescent cancers are rarely caused by lifestyle choices. • The importance of self-examination including breasts and testicles.
6	Families	<u>Recap from year 9</u> <ul style="list-style-type: none"> • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • Why marriage is an important relationship choice for many couples and why it must be freely entered into. • The characteristics and legal status of other types of long-term relationships. <u>New knowledge</u> <ul style="list-style-type: none"> • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
7	Respectful Relationships Including Friendships	<u>Recap from year 9</u> <ul style="list-style-type: none"> • Further information about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. <u>New knowledge</u> <ul style="list-style-type: none"> • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • What constitutes sexual harassment and sexual violence and why these are always unacceptable.
8	Online and Media	<u>Recap from year 9</u> <ul style="list-style-type: none"> • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including prison. • What to do and where to get support to report material or manage issues online.

		<u>New knowledge</u> <ul style="list-style-type: none"> • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including prison.
9	Basic First Aid	<u>Recap from year 9</u> <ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed.
10	Being Safe and the Law	<u>Recap from year 9</u> The legal provision and responsibilities for their actions around: <ul style="list-style-type: none"> • gender identity • substance misuse • violence and exploitation by gangs. <u>New knowledge</u> The legal provision and responsibilities for their actions around: <ul style="list-style-type: none"> • consent, including the age of consent • pornography • abortion • sexuality
11	Intimate and Sexual Relationships Including Sexual Health and the Changing Adolescent Body	<u>Recap from year 9</u> <ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • That they have a choice to delay sex or to enjoy intimacy without sex. • The facts about the full range of contraceptive choices, efficacy and options available. • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) <u>New knowledge</u> <ul style="list-style-type: none"> • The importance of and facts about testing for STI's. • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • How the use of alcohol and drugs can lead to risky sexual behaviour. • The importance of consent. • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Year 11

Lesson	Topic	Children will know
1	Mental Well Being	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • The causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders. • How to recognise when they or others need help and sources of help and strategies for accessing it, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • That exam stress can contribute to poor mental health. • How to recognise the signs of exam stress. • Strategies for coping with exams. <p>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</p>
2	Internet Safety and Harms	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • The risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. How to report, or find support, if they have been affected by those behaviours. • That for most people the internet is an integral part of life and has many benefits. <p><u>New knowledge</u></p> <p>How to display respectful and safe behaviour online and keeping personal information private.</p>
3	Physical Health and Fitness & Healthy Eating	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • About the science relating to blood, organ and stem cell donation. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • Further information on what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. • The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
4	Drugs, Alcohol and Tobacco	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • The physical and psychological consequences of addiction, including alcohol dependency. • Awareness of the dangers of drugs which are prescribed but still present serious health risks.

		<p><u>New knowledge</u></p> <ul style="list-style-type: none"> • The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. • The law relating to the supply and possession of illegal substances.
5	Health and Prevention	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • About cancer and cancer prevention, including healthy lifestyles acknowledging that childhood and adolescent cancers are rarely caused by lifestyle choices. • The importance of self-examination including breasts and testicles. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • About monitoring their health for other illnesses, including knowing what to do if they are feeling unwell. • Strategies to overcome worries about seeking help and being a confident user of the NHS.
6	Families	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • Why marriage is an important relationship choice for many couples and why it must be freely entered into. • Forced marriage.
7	Respectful Relationships Including Friendships	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • What constitutes sexual harassment and sexual violence and why these are always unacceptable. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • 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.
8	Online and Media	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including prison. <p><u>New knowledge</u></p> <ul style="list-style-type: none"> • How information and data is generated, collected, shared and used online. • Further information on rights and responsibilities online.

9	Basic First Aid	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed.
10	Being Safe and the Law	<p><u>Recap from year 10</u></p> <p>The legal provision and responsibilities for their actions around:</p> <ul style="list-style-type: none"> • consent, including the age of consent • pornography • abortion • sexuality <p><u>New knowledge</u></p> <p>The legal provision and responsibilities for their actions around:</p> <ul style="list-style-type: none"> • extremism/radicalisation • hate crime
11	Intimate and Sexual Relationships Including Sexual Health and the Changing Adolescent Body	<p><u>Recap from year 10</u></p> <ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • The facts about the full range of contraceptive choices, efficacy and options available. • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • How the use of alcohol and drugs can lead to risky sexual behaviour. <p><u>New Knowledge</u></p> <ul style="list-style-type: none"> • 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). • 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. • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.