

Relationship, Sex and Health Education Mapping

Unit	Learning Outcome	Curriculum Subject	Year Group	Topic
Families Students should know	that there are different types of committed, stable relationships.	Personal Development	7	Health and Wellbeing
		Personal Development	8	Harmful Habits
		Personal Development	9	RSHE
		PD	11	Morals and Ethics
	how these relationships might contribute to human happiness and their importance for bringing up children.	Personal Development	7	Health and Wellbeing
	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.	Personal Development	9	RSHE
		Religious Education	9	Rites of Passage
	why marriage is an important relationship choice for many couples and why it must be freely entered into.	Personal Development	9	RSHE
		Religious Education	9	Rites of Passage
	the characteristics and legal status of other types of long-term relationships.	Personal Development	9	RSHE
		PD	11	Morals and Ethics

		Assembly	All Years	LGBTQ+ Month
the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting		Personal Development	7	Health and Wellbeing
		Personal Development	11	RSHE
how to determine whether other children, adults or sources of information are trustworthy how to judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships) how to seek help or advice, including reporting concerns about others, if needed.		Personal Development	KS3	All topics
		Citizenship GCSE	11	Theme D – Influence and the Media
		Personal Development	7	Health and Wellbeing
		Personal Development	8	Media
		Personal Development	9 - 11	RSHE
		Personal Development	9	Be Internet Citizens
		Personal Development	All Years	MVP
		Personal Development	All Years	Personal Safety: Sexual Harassment
		-	All Years	Personal Safety display board, Wellbeing

				Signposting document, Report a Concern Form
Respectful relationships, including friendships Students should know:	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.	Personal Development	7	Health and Wellbeing
		Personal Development	8	Relationships
		Personal Development	All Years	Personal Safety: Sexual Harassment
		Personal Development	All Years	MVP
		Assembly	All Years	Safer Internet Day Anti-Bullying Week Kindness British Values Forgiveness and Reconciliation
	practical steps they can take in a range of different contexts to improve or support respectful relationships.	Personal Development	7	Health and Wellbeing
		Personal Development	8	Relationships
		Personal Development	9 - 11	RSHE
		Personal Development	All Years	Personal Safety

		Personal Development	All Years	MVP
		Assembly	All Years	Safer Internet Day Anti-Bullying Week Kindness Forgiveness and Reconciliation
	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).	Personal Development	7	Stereotyping
		Personal Development	9 - 11	RSHE
		Religious Education	7	Belonging and Belief
		Personal Development	All Years	MVP
		Assembly	All Years	Black History Month British Values LGBTQ+ Month
		Personal Development	7	British Values Stereotyping

	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.	Personal Development	8	Democracy
		Personal Development	9	Crime and Justice
		Religious Education	7	Belonging and Belief
		Personal Development	All Years	MVP
		Personal Development	11	Morals and Ethics
		Assembly	All Years	Black History Month British Values LGBTQ+ Month
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	Personal Development	KS3	Anti-Bullying Week
		Personal Development	All Years	MVP
		Personal Development	8	Relationships
		Personal Development	8	Personal Safety: Just a Joke
		Assembly	All years	Anti-Bullying Week Safer Internet Day
		Other	All Years	Personal Safety display board

				Wellbeing Signposting document Report a Concern Form
that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Personal Development	7	Health and Wellbeing	
	Personal Development	8	Relationships	
	Personal Development	9 - 11	RSHE	
	Personal Development	All Years	Personal Safety: Sexual Harassment and Violence County Lines Knife Crime	
what constitutes sexual harassment and sexual violence and why these are always unacceptable.	Personal Development	All Years	MVP	
	Personal Development	7	Personal Safety: CEOP Send Me a Pic	
	Personal Development	9	RSHE	
	Personal Development	11	RSHE	
	Personal Development	All Years	Personal Safety: Sexual Harassment and Violence	

	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.	Personal Development	7	Stereotyping
Personal Development		11	Morals and Ethics	
Assembly		All Years	World Human Rights Day Black History Month British Values LGBTQ+ Month	
Online and Media Students should know	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	ICT/Computing	7	Using Computers Safely and Effectively
		ICT/Computing	8	E-Safety
		ICT	8	Gaming 4 Good
		ICT/Computing	9	Computer Crime and Cyber Security
		Personal Development	9	Be Internet Citizens
		Personal Development	7,	Personal Safety: CEOP Send Me a Pic,
		Personal Development	8	Personal Safety: Just a Joke
		Personal Development	All Years	MVP

<p>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.</p>	Assembly	All Years	Anti-Bullying Week Safer Internet Day
	ICT/Computing	7	Using Computers Safely and Effectively
	ICT/Computing	8	E-Safety Gaming 4 Good
	ICT/Computing	9	Computer Crime and Cyber Security
	Personal Development	7	Health and Wellbeing
	Personal Development	8	Relationships
	Personal Development	9	Be Internet Citizens
	Personal Development	7	Personal Safety: CEOP Send Me a Pic
	Personal Development	8	Personal Safety: Just a Joke
	Assembly	All Years	Safer Internet Day Anti-Bullying Week
	French GCSE	10	Module 2 Hobbies – Advantages and

				Disadvantages of the Internet
		Spanish GCSE	10	Module 3 Hobbies – Advantages and Disadvantages of the Internet
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	ICT/Computing	7	Using Computers Safely and Effectively
		ICT/Computing	8	E-Safety Gaming 4 Good
		ICT/Computing	9	Computer Crime and Cyber Security
		Personal Development	7	Health and Wellbeing
		Personal Development	8	Relationships
		Personal Development	9	Be Internet Citizens
		Personal Development	7	Personal Safety: CEOP Send Me a Pic
		Personal Development	8	Personal Safety: Just a Joke
Assembly	All Years	Safer Internet Day		

	what to do and where to get support to report material or manage issues online.	ICT/Computing	7	Using Computers safely and effectively
		ICT/Computing	8	E-Safety Gaming 4 Good
		ICT/Computing	9	Computer Crime and Cyber Security
		Personal Development	9	Be Internet Citizens
		Personal Development	All years	Personal Safety: Sexual Harassment
		Assembly	All Years	Safer Internet Day
		Other	All Years	Personal Safety display board, Wellbeing Signposting document Report a Concern Form
	the impact of viewing harmful content.	ICT/Computing	7	Using Computers Safely and Effectively
		Personal Development	7	Personal Safety: CEOP Send Me a Pic
		Personal Development	10	RSHE

	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.	Personal Development	10	RSHE
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	Personal Development	7	Health and Wellbeing
		Personal Development	10	RSHE
		Assembly	7	Personal Safety: CEOP Send Me a Pic
	how information and data is generated, collected, shared and used online	ICT/Computing	7	Using Computers Safely and Effectively
		ICT/Computing	8	Gaming 4 Good
		Personal Development	9	Be Internet Citizens
		OCR GCSE ICT Cambridge Nationals	10/11	LO3 LO4
		Assembly	All Years	Safer Internet Day
Being Safe Students should know	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and	Personal Development	7	Health and Wellbeing
		Personal Development	9	RSHE

	FGM, and how these can affect current and future relationships.	Personal Development	11	Morals and Ethics RSHE
		Personal Development	7	Personal Safety: CEOP Send Me a Pic,
		Personal Development	All Years	Personal Safety: Sexual Harassment
	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).	Personal Development	9	RSHE
		Personal Development	11	RSHE
		Personal Development	11	Morals and Ethics
Intimate and sexual relationships, including sexual health Students should know	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.	Personal Development	7	Health and Wellbeing
		Personal Development	9 - 11	RSHE
		Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support
	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional,	Personal Development	9	RSHE
		Personal Development	11	RSHE

	mental, sexual and reproductive health and wellbeing.	Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support
	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Science	7	Cells and Human Reproduction
		Science	11	B7 - Animal Co-ordination, Control and Homeostasis
		Other	10, 11	Healthy Relationships Drop In
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	Personal Development	9 - 11	RSHE
		Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support
	that they have a choice to delay sex or to enjoy intimacy without sex.	Personal Development	9 - 11	RSHE
		Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support

	the facts about the full range of contraceptive choices, efficacy and options available.	Personal Development	9, 10	RSHE
		Science	11	B7 – Animal Co-ordination, Control and Homeostasis
		Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support
	the facts around pregnancy including miscarriage	Science	7	Cells and Human Reproduction
		Science	8	Genetics
		Science	10	B3 Genetics
		Personal Development	11	RSHE
	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).	Personal Development	11	RSHE
	how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including	Personal Development	9	RSHE
		Personal Development	10	RSHE

	through condom use) and the importance of and facts about testing.	Science	10	B5 – Health, Disease and Development of Medicines
		Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Personal Development	9	RSHE
		Science	10	B5 – Health, Disease and Development of Medicines
		Other	10, 11	Healthy Relationships Drop In One to One, Pupil Support
	how the use of alcohol and drugs can lead to risky sexual behaviour.	Science	8	Health and Body
		Personal Development	8	Harmful Habits
		Personal Development	9	RSHE
		Personal Development	9	RSHE
		Personal Development	11	Morals and Ethics

	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Other	10, 11	Healthy Relationships Drop In School Nurse C Card
		Other	All Years	Personal Safety display board Wellbeing Signposting document Report a Concern Form
Mental Wellbeing Students should know	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Personal Development	7	Health and Wellbeing
		Personal Development	7	Mental Health Awareness
		Assembly	All Years	Mental Health Awareness Week
	that happiness is linked to being connected to others.	Personal Development	7	Health and Wellbeing
		Assembly	All Years	Kindness Forgiveness and Reconciliation
	how to recognise the early signs of mental wellbeing concerns.	Personal Development	7	Health and Wellbeing

		Personal Development	7	Mental Health Awareness
		Personal Development	8	Harmful Habits
		Personal Development	9	RSHE
		Assembly	All Years	Mental Health Awareness
	common types of mental ill health (e.g. anxiety and depression).	Personal Development	7	Health and Wellbeing
		Personal Development	7	Mental Health Awareness
		Personal Development	8	Harmful Habits
		Personal Development	9	RSHE
		Personal Development	11	Study Skills
		GCSE PE	11	Health, Fitness and Wellbeing
		Assembly	All Years	Mental Health Awareness
		Personal Development	7	Mental Health Awareness

	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.	Personal Development	7	Health and Wellbeing
		Personal Development	8	Harmful Habits
		GCSE PE	11	Health, Fitness and Wellbeing
		Assembly	All Years	Mental Health Awareness
	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Personal Development	7	Mental Health Awareness
		Personal Development	7	Health and Wellbeing
		Science	8	Health and Body
		Science	10	CB5 Health, Disease and Development of Medicines
		PE	KS3	Health Related Fitness
		PD	11	Morals and Ethics
Assembly	All Years	Mental Health Awareness		
Internet Safety and Harms	the similarities and differences between the online world and the physical world, including:	Personal Development	7	Health and Wellbeing

Students should know	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, 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).	Personal Development	8	Relationships
		Personal Development	9	Be Internet Citizens
		Personal Development	7	Personal Safety: Send Me a Pic
		Personal Development	8	Personal Safety: Just a Joke
		ICT	8	Gaming4Good
		Maths	7-10	Household Budgeting
		Personal Development	All Years	MVP
		Assemblies	All Years	Safer Internet Day Banking 101
	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.	Personal Development	7	Health and Wellbeing
		Personal Development	9	Be Internet Citizens
		ICT/Computing	7	Using Computers Effectively and Safely
		ICT	8	Gaming4Good

		Personal Development	7	Personal Safety: CEOP Send Me a Pic
		Personal Development	8	Personal Safety: Just a Joke
		Personal Development	All Years	Personal Safety: Sexual Harassment and Violence
		Assembly	All Years	Safer Internet Day
		Other	All Years	Personal Safety display board Wellbeing Signposting document Report a Concern Form
Physical Health and Fitness Students should know	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	Science	10	CB5 – Health, Disease and Development of Medicines
		PE	7-9	Health Related Fitness
		Personal Development	7	Mental Health Awareness
		Personal Development	7	Health and Wellbeing
		Assembly	All Years	National Fitness Day

				Mental Health Awareness
	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 cardiovascular ill-health	Science	8	Health and Body
		Science	10	B5 – Health, Disease and Development of Medicines
		Science	11	B8 – Exchange and Transport in Animals
		PE	7-9	Health Related Fitness
		PE	11	Health, Fitness and Wellbeing
		Assembly	All Years	National Fitness Day
		about the science relating to blood, organ and stem cell donation	Science	9

Healthy Eating Students should know		Personal Development	7	Health and Wellbeing
		Science	8	Health and Body

	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	Science	10	B5 – Health, Disease and Development of Medicines
		PE	7-9	Health Related Fitness
		PE	11	Health, Fitness and Wellbeing
		Food Technology	7, 8	Eatwell plate and Healthy Eating Guidelines.
		Food Technology	10	Nutritional Needs and Health

Drugs, Alcohol and Tobacco Students should know	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.	Personal Development	8	Harmful Habits
		Science	8	Health and Body
		Science	10	B5 – Health, Disease and Development of Medicines
		PE	KS3	Health Related Fitness
		PE	11	Health, Fitness and Wellbeing
		Assembly	8-10	Personal Safety: County Lines
		Alter Ego Performance	10	County Lines
	the law relating to the supply and possession of illegal substances.	Personal Development	8	Harmful Habits
		Assembly	8-10	Personal Safety: County Lines
		Alter Ego Performance	10	County Lines
	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Personal Development	8	Harmful Habits
		Science	10	B5 – Health, Disease and Development of Medicines
		PE	11	Health, Fitness and Wellbeing

	the physical and psychological consequences of addiction, including alcohol dependency.	Personal Development	8	Harmful Habits
		Science	10	B5 – Health, Disease and Development of Medicines
	awareness of the dangers of drugs which are prescribed but still present serious health risks.	Personal Development	8	Harmful Habits
	the facts about the harms from smoking tobacco (particularly the link to lung cancer),	Personal Development	8	Harmful Habits
		Science	8	Health and Body
		Science	10	B5 – Health, Disease and Development of Medicines
		PE	11	Health, Fitness and Wellbeing

Health and Prevention Students should know	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Personal Development	7	Health and Wellbeing
		Science	10	B5 – Health, Disease and Development of Medicines
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	Personal Development	7	Health and Wellbeing
	(late secondary) the benefits of regular self-examination and screening.	Personal Development	10 & 11	RSHE
	the facts and science relating to immunisation and vaccination.	Science	10	B5 – Health, Disease and Development of Medicines
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Personal Development	7	Health and Wellbeing
Basic First Aid Students should know	basic treatment for common injuries.	PE	KS3	Health Related Fitness
	life-saving skills, including how to administer CPR.	PE	KS3	Health Related Fitness
	the purpose of defibrillators and when one might be needed.	PE	KS3	Health Related Fitness
Changing Adolescent Body	Key facts about puberty, the changing adolescent body and menstrual wellbeing.	Science	7	Cells and Human Reproduction

Students should know		Science	11	B7 – Animal Co-ordination, Control and Homeostasis
		Personal Development	7	Health and Wellbeing
	The main changes which take place in males and females, and the implications for emotional and physical health.	Science	7	Cells and Reproduction
		Science	11	B7 – Animal Co-ordination, Control and Homeostasis
		Personal Development	7	Health and Wellbeing