

Relationships, Sex and Health Education Curriculum

KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Families and People who care for me - Families are important to provide love, security, stability - Characteristics of safe and happy family life, protection, care, through difficulty - Families of other children might look different and these differences should be respected - Stable relationships are at the heart of families - Marriage and civil partnerships recognise formal legal and life long - How to recognise if family relationships make them feel unhappy or unsafe and how to seek advice if needed	General Wellbeing - Benefits of physical activity, time outdoors and helping others - Simple self-care techniques including importance of rest, friends, hobbies, interests, community - Range and scale of emotions, happy, sad, surprise, anger and when they may experience these - Pupils should understand that worrying and feeling down are normal - Using vocabulary to talk about own and others feelings. - How to judge how they are feeling and behaving is appropriate. - Change and loss including bereavements can cause a range of feelings. - Everyone grieves differently. - Strategies to manage different emotions. - Where and how to seek support in school or home.	Being Safe - Appropriate boundaries with peers and others including online, play, space, toys, books, resources - Concept of privacy for children and adults including not always right to keep secrets if relate to being safe. - Each persons body belongs to them - How to respond safely to adults they encounter including online and strangers - How to recognise when any relationship may be harmful or dangerous including skills of recognising who to trust and not to trust. - How and who to report concerns to online or in real life or feeling unsafe and the vocabulary to use. - Where to seek advice e.g. school, doctors, home	Personal Safety - Hazards including fire risks that might cause harm and how to reduce these risks. This could include at home, school and the community. - How to recognise risk and how to keep safe around roads, railways, level crossings and water. - Know about the water safety code and how to keep themselves safe. Could this be personal safety linked to health and medication rather than recognising risks in the community? May be more appropriate for KS2?	Developing Bodies - Growth and other ways the body can develop particularly in adolescence - Human life cycle - Puberty and the menstrual cycle including physical and emotional changes and average age is 12 but can start as early as 8 - Correct names of body parts - Understand which body parts are private - Boundaries in relation to body parts	Physical Health and Healthy Eating - Risks associated with inactive lifestyle including obesity - What constitutes a healthy diet including calories and nutritional content - Understand importance of healthy relationship with food - Characteristic of a poor diet and risks of unhealthy eating e.g. obesity, tooth decay, fatigue - How to seek support and which adults to speak to in school or at home if they are worried about their health. - Making good choices with food and physical health and routines. - Importance of good hygiene and germs, how these spread and how to prevent this.

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	Respectful Relationships: - Different types of relationships - Appropriate behaviour for different relationships - Respect for different relationships and ending relationships Intimate and sexual relationships including sexual health: <i>*If pupils have the understanding of the above, continue with this guidance:</i> - The law around the age of consent and choice of when/whether they have sex - Impact on health because of a sexual relationship – Emotional, Physical, Mental	Being Safe: - Strategies to identify and resist pressure from others - Consent and boundaries in different types of relationships - Determining if a person is trustworthy - The different when someone appears trustworthy but has harmful intentions. - How to develop key social and emotional to increase safety from involvement in conflict and violence – including self-awareness, self-management, responsible decision making and peer pressure.	Health protection and prevention: - Personal hygiene, germs and how they spread. - Bacteria and virus treatment. - Preventing infection and anti-biotics. - Importance of looking after own health and benefits of regular self-examination. - Facts in relation to vaccinations and immunisations and the importance of these. - Importance of good sleep quality. - Monitoring screen time. - How lack of sleep can affect weight, mood and ability to learn.	Families: - How families and relationships change over time, including through birth, death, separation and new relationships. - How to cope and seek support for changes within a family unit. - Forced marriage and marrying before the age of 18 are illegal. - Roles and responsibilities of parents and carers. - How to judge when a relationship is unsafe and how to seek help.	Mental Wellbeing: - Knowing vocabulary surrounding emotions. - Benefits of physical activity, sleep, time outdoors etc. - Happiness is linked to being connected with others. - Worrying and feeling down are normal. - Characteristics of anxiety and depression. <i>*Consider cognitive ability with this.</i> - Knowledge of activities that contribute to overall wellbeing. - How to overcome anxiety and barriers.	Knife Crime and Exploitation: - An awareness of self-awareness, self-management, responsible decision making and peer pressure. - Know which adults to talk to if worried about violence of knife crime. - Basic law relating to knives and violence. - Carrying weapons is uncommon and should not be scared into the perception that they should need to carry a knife for protection. Risks and signs that they are at risk of grooming or exploitation and how to seek help.
Cycle 2	Families: - Families are important to feel safe and happy and provide love security and stability. - Families can look different from each other, but they should respect difference and know they are all characterised by love and care. - Different types of committed and stable relationships. - How relationships might contribute to wellbeing. - Marriage and civil partnerships represent a formal and legal commitment of 2 people. - How to recognise if family relationships are making them unhappy or feel safe and how to seek help.	Online safety and awareness: - Rights and responsibilities - Dangers of sharing personal information or content they don't want sharing with others - Characteristics of social media – inc. concept of fake profiles and AI generated materials - Keeping/forwarding indecent images is a crime even if using AI.	Understanding the healthcare system: - The role of the pharmacist and pharmacy, including how to self-care for minor ailments. - Importance of regular dental visits and what these treatments might include. Including importance of good oral hygiene – cleaning teeth, reducing consumption of sugar, regular check-ups. - How to navigate their local health care system – what the GP is, when to use A&E and other medical services.	Physical Health & Fitness: - Characteristics of a healthy lifestyle – inc. physical activity, healthy weight, healthy heart. - Facts about prevalence and characteristics of health conditions e.g. high blood pressure, diabetes, heart conditions. - Physical activity promotes wellbeing and decreases stress. - The science relating to blood, organ and stem cell donation.	Personal Safety: - How to identify risk and manage personal safety – e.g. around roads, railways and water. - The water safety code. - How to recognise and manage peer influence in relation to risk taking behaviour and online influencers. Could this also link to medication as per the KS2 cycle?	Basic First Aid: - Basic treatment for common minor injuries or ailments. - Life saving skills including how to administer CPR. - The purpose of defibrillators, when one might be needed and who can use them and where to find one.

Cycle 3	Respectful Relationships: - Different types of relationships - Appropriate behaviour for different relationships - Respect for different relationships and ending relationships Intimate and sexual relationships including sexual health: <i>*If pupils have the understanding of the above, continue with this guidance:</i> - What is sexual intercourse? - The law around the age of consent and choice of when/whether they have sex - Impact on health because of a sexual relationship – Emotional, Physical, Mental - How STI's are transmitted	Wellbeing Online: - Benefits of limiting time spent online, and the risks of time spent on electronic devices on mental and physical wellbeing. - Impact on unhealthy or obsessive comparison with others online – unrealistic expectations for body image. - Impact of online friendships and relationships. - Risks of online gambling and content within gaming – including debt. - Know how advertising and information is targeted at them and can give misinformation.	Drugs, Alcohol, Tobacco and Vaping: - Facts about which drugs are illegal. - Risks of taking illegal drugs. - Risks of vapes and vapes containing drugs. - The law relating to the supply and possession of illegal substances. - Physical and psychological risks of alcohol consumption. - The legal sale of alcohol in England. - The dangers of misuse of prescribed and over the counter medicines. - The facts and harm from smoking tobacco – linked to lung cancer and cardio-vascular disease. - Facts about vaping, including harm posed to young people.	Healthy Eating: - How to maintain healthy eating and a balanced diet. - Links between poor diet and health risks – inc. tooth decay, unhealthy weight gain, diabetes and cardiovascular disease. - Impact of alcohol on diet and unhealthy weight gain.	Developing Bodies: - The main changes that take place in males and females. - The implications for emotional and physical health through these changes. - The facts about puberty, the changing adolescent body including brain development. - Menstrual and gynaecological health – including what is an average period, period problems, including heavy bleeding and where to seek help. - Facts about reproductive health.	Being Safe: - Personal safety in public spaces, how to seek help and report harmful behaviour. - Strategies to increase safety - Trusting instincts when something doesn't feel right. - Sexual harassment and Sexual violence and that it's unacceptable – physical and non-physical - FGM
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KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	Respectful Relationships: - Romantic and sexual relationships - Consent - Ending romantic relationships - Judging when a relationship is unsafe - Managing conflict - The legal rights of marriage and the protections that are available. - Forced marriage and the law surrounding this	Being Safe: - Domestic Abuse and the law – controlling or coercive and threatening behaviour - Sexual pressure - Concepts and law for sexual violence – rape and sexual assault - Fixated, obsessive and unwanted behaviours can be criminal and how to get help - Laws relating to harms which are exploitative - FGM and virginity testing - Criminal offences – strangulation and suffocation	Health protection, prevention and the healthcare system: - Importance of looking after own health and benefits of regular self-examination and screening. - Facts in relation to vaccinations and immunisations and anti-microbial resistance. - Importance of good sleep quality. - Monitoring screen time. - How lack of sleep can affect weight, mood and ability to learn.	Intimate and Sexual Relationships including sexual health: <i>**Pupil cognitive levels must be considered in planning the content of this topic</i> - What is sexual intercourse? - Consent and capacity - Some sexual behaviours can be harmful - Facts and range of contraceptive choices - Choices in relation to pregnancy - Reducing risks surrounding STIs through safer sex	Wellbeing Online: - Benefits of limiting time spent online, and the risks of time spent on electronic devices on mental and physical wellbeing. - Impact on unhealthy or obsessive comparison with others online – unrealistic expectations for body image. - Impact of online friendships and relationships. - An understanding of the Online Safety Act. - Risks of illegal behaviour online inc. drug and knife	Drugs, Alcohol, Tobacco and Vaping: - Facts about which drugs are illegal. - Increased risk of potent-synthetic drugs added to the illegal drugs list. - Awareness and risk of counterfeit medicines. - The law relating to supply and possession of illegal substances. - Risk of alcohol consumption – low alcohol consumption vs high alcohol consumption. - How to stay safe while drinking alcohol.

		Where to seek support for worrying/abusive behaviour	- Importance of healthy behaviours before and during pregnancy. - Information on miscarriage and pregnancy loss and how to access care and support. - How to navigate their local health care system – what the GP is, when to use A&E, Sexual Health and Family Planning Clinics, Pharmacies and other specialist services. - The concept of Gillick competence and that the legal age of medical consent is usually 16.	- The effect of alcohol and drugs on sexual behaviour - How and where to seek support inc. medical help	- supply or the purchasing of illicit drugs online. - Risks of viewing online content that promotes self-harm/suicide/violence. - How to report this and how to access support.	- Physical and psychological consequences of alcohol dependency. - Dangers of misuse of prescribed and over the counter medicines. - Risks and harms from smoking tobacco. - Benefits of quitting smoking and how to access support to do so. - Facts and harms about vaping including the role vapes can play in helping adults to stop smoking.
Cycle 2	Mental Wellbeing: - Recap of different emotions. - Benefits and importance of physical activity, sleep, time outdoors etc. - Characteristics of common types of mental ill health. E.g. Anxiety and depression. - Understanding how to overcome anxiety and depression and where to get help. - Know that gambling can lead to serious mental health harms. - Poor mental health can lead to suicide. - Co-occurrence of alcohol and drug use can affect mental health – Including stopping smoking can improve mental health and decrease anxiety.	Personal Safety: - How to identify risk and manage personal safety – e.g. around roads, railways and water. - The water safety code. - How to recognise and manage peer influence in relation to risk taking behaviour and online influencers. - How to develop key social and emotional skills to increase safety from involvement in conflict and violence – including self-awareness, self-management, responsible decision making and peer pressure. - Know which adults to talk to if worried about violence of knife crime. - Facts about the laws relating to knives and violence and the consequences of this.	Respectful Relationships: - Stereotypes - Misogyny - Inequality within a relationship - Negative influence of pornography and how some people would never want to engage with this - Online and cultural influences	Basic First Aid: - Basic treatment for common minor injuries or ailments. - Lifesaving skills including how to administer CPR. - The purpose of defibrillators, when one might be needed and who can use them and where to find one.	Online safety and awareness: - What is appropriate and inappropriate to share online - Dangers of AI generated imagery - Reminder of the law round sharing/keeping indecent images inc. those produced by AI - The harm of deepfakes - Upsetting and illegal content online – misogyny, violence, use of weapons - Identifying harassing, stalking and coercive behaviour and how to seek help - The reality of pornography – portraying unrealistic and unhealthy views	Developing Bodies: - The main changes that take place in males and females. - The implications for emotional and physical health through these changes. - The facts about puberty, the changing adolescent body including brain development. - Menstrual and gynaecological health – including what is an average period, period problems, including heavy bleeding and where to seek help. - Pre-Menstrual Syndrome, Endometriosis and Polycystic Ovary Syndrome and where to seek help. - Facts about reproductive health, including fertility and menopause. - The impact of lifestyle for fertility of men and women.

		- Carrying weapons is uncommon and should not be scared into the perception that they should need to carry a knife for protection. - Risks and signs that they are at risk of grooming or exploitation and how to seek help.				
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KS5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Pupils will be baselined based on prior knowledge to determine which content/guidance should be prioritised and delivered based on gaps						
Cycle 1	Families: - How families and relationships change over time, including through birth, death, separation and new relationships. - How to cope and seek support for changes within a family unit. - Forced marriage and marrying before the age of 18 are illegal. - Roles and responsibilities of parents and carers. - How to judge when a relationship is unsafe and how to seek help. - Know that common law marriage is a myth.	Respectful Relationships: - Safe ways to meet new people - Managing feelings towards different relationships - The potential timeline/journey for different relationships (i.e. meeting someone new that develops into a romantic relationship or when you have a close friend and you drift apart etc.) - Consent - Managing conflict with families, peers and partners.	Mental Wellbeing: - Recognising emotions and feelings and strategies to deal with these. - Identifying when emotions/feelings require further support and where to get this support (close friend, colleague, GP etc.) - Characteristics of common types of mental ill health including anxiety and depression. - An understanding of how to overcome anxiety and other barriers, including coping strategies or activities that could help lift their mood (fun, enjoyable or rewarding activities). - Knowing different activities that constitute as gambling (online gaming, betting, entering competitions) - Know how and where to seek help and support for this.	Being Safe: - Domestic Abuse and the law – controlling or coercive and threatening behaviour - Avoiding sexual pressure – - What constitutes sexual harassment (unsolicited sexual language, attention, touching, sharing intimate or sexual images without consent, upskirting)	Intimate and Sexual Relationships including sexual health: - The law about the age of consent and the consequences that lie with people over the age of 16, having sexual intercourse with those that are younger, even if consent is given. - An understanding that even when over the legal age of consent, sex should still be a choice that is enjoyable and positive. - Consent can be removed at any time. - The link between how alcohol and drugs can lead to people taking risks in their sexual behaviour and cloud their judgement when it comes to consent. - How and where to seek support for concerns around sexual relationships including sexual violence or harms.	Drugs, Alcohol, Tobacco and Vaping: - How to stay safe while drinking alcohol – how to decrease the risks of having a drink spiked or poisoning by illegal substances such as methanol. - An understanding of what it meant by units of alcohol. - The law surrounding consumption of alcohol and drugs and driving/operating machinery. - The dangers and consequences of consuming alcohol or drugs and making poor choices at home, in the workplace, in public. - Making safe choices when with others that have consumed alcohol or drugs (e.g. not accepting a lift when the driver has been drinking etc.)

Cycle 2	Mental Wellbeing: - Recognising when own feelings could result in self-harm and how to seek support. - Recognising when other's feelings might result in self-harm and how to support them. - Recognise organisations and/or charities that can support us and others.	Intimate and Sexual Relationships including sexual health: - Facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms. - Effective and informed decision making with regards to contraception and taking ownership of this. - Where to find medically accurate information (both online and in person) about sexual and reproductive health including contraception. - There are choices in relation to pregnancy, including medically and legally accurate information on all options, including keeping the baby/abortion/ adoption. - How different sexually transmitted infections (STIs) are transmitted and how to reduce these risks through safer sex. - The importance of and facts about regular testing and where you can have this done. - The short term and long term impact of STI's and key facts about treatment.	Parenthood: - Parenthood should be an informed choice and is not a requirement, not all people want to have children, and that's ok! - Basic information on the first steps to take to find out if you are pregnant and what you should do if you are (seek family/partner support, inform GP) - Roles and responsibilities of being a parent. (basic needs for the baby, relationship pressures, financial pressure, housing, decisions surrounding feeding/vaccinations etc) - Basic needs routines and equipment required when looking after a baby (including feeding, bathing, safe transporting, changing nappies). - Who and where to seek support from if parenthood becomes overwhelming and they experience negative emotions. (Family support, GP, charities, health visitor)	Respectful Relationships: - Stereotypes - Misogyny - Inequality within a relationship - Negative influence of pornography and how some people would never want to engage with this - Online and cultural influences - Coercive control Can the points that have been repeated be	Becoming an Adult - Understanding what the term 'adult' means (age, increasing independence – driving, - Understand how life changes – more choice, more independence - Different adult lifestyles – living with family, living independently, supported living, - Knowing needs vs wants - Staying safe at home - Community – knowing what people can do - Know that adults may need support and that this is OK - Understanding different support types – family, friends, staff or external services. - Future planning – housing, jobs, family -	Drugs, Alcohol, Tobacco and Vaping: - The laws surrounding the consumption of drugs, alcohol, tobacco and vaping. - Impact on own health and wellbeing because of drugs, alcohol, tobacco and vaping. - Recognising safe amounts to consume and knowing when to stop. - How to recognise and seek support for alcohol and drug addiction. - Short and long term affects of tobacco and vaping. - Know the contents of different vape juices.
Cycle 3	Physical Health & Fitness and Healthy Eating: - Characteristics of a healthy lifestyle including maintaining a healthy weight and cardio-vascular health. - Physical activity can promote wellbeing and combat stress.	Health protection, prevention and the healthcare system: - Developing confidence to notice changes in their own body or health and know when a change should be shared with a trusted adult or health professional. - Understanding how to book, attend and prepare for	Online behaviour and Social Media: - Characteristics of social media – inc. concept of fake profiles and AI generated materials - Keeping/forwarding indecent images is a crime even if using AI. - Reminder of the law round sharing/keeping indecent	Being Safe in the workplace: - Determining whether other children/adults or sources of information are trustworthy and safe. - The dangers of AI and how this is widely used and not always accurate or always trustworthy.	Respectful Relationships: - Importance of self-esteem, independence and having a positive relationship with themselves. - Developing own interests, hobbies, friendship groups and skills. - Where to find out about local events, gyms, youth clubs etc.	Personal Safety: - How to identify risk and manage personal safety – e.g. in unfamiliar, social or work setting (e.g. the first time they go on holiday without their parents, a night out with friends etc.) - How to recognise and manage peer influence in relation to risk taking behaviour and online influencers.

	▪ Understanding and recognising how to seek support for ill health. ▪ How to maintain healthy eating (balanced diet) ▪ Knowing that a poor diet can lead to health risks including tooth decay, unhealthy weight gain and cardio-vascular disease. ▪ Risks of weight gain related to cancer, type 2 diabetes and cardio-vascular disease. ▪ How and where to access support in the local community (E.g. GP, weight clinics, Dentist, Weight support groups etc.	health appointments, including knowing what information to take and questions they may want to ask. ▪ Knowing how to use local health services appropriately, including GP, pharmacy, dentist, optician, NHS 111, sexual health services, urgent care and A&E. ▪ Understanding their role in keeping themselves well, including sleep routines, hygiene, screen-time balance, healthy eating, movement and managing stress. ▪ Recognising the importance of preventative healthcare, including vaccinations, dental checks, eye tests, health reviews and age-appropriate screening. ▪ Understanding safe use of prescribed and over-the-counter medicines, including following instructions, not sharing medication and seeking help if unsure. ▪ Knowing that young people can become more involved in decisions about their healthcare as they get older, including asking for support to understand choices and consent. ▪ Understanding basic patient rights and responsibilities,	images inc. those produced by AI ▪ Understanding the consequences of inappropriate use of social media ▪ Laws and usage of social media	▪ Knowing your role within the workplace and when there are unreasonable demands or pressure. ▪ Understanding appropriate relationships within the workplace, with both colleagues and leaders. ▪ An understanding of whistle blowing in the workplace.	▪ What tolerance requires, including the importance of tolerance of other people's beliefs, interests, hobbies etc.	▪ What to do if you or a friend has consumed too much alcohol. ▪ Safe use of taxis – registered, sit in the back, booked through a registered firm etc. ▪ Safety on a night out – making sure someone knows where you are etc.
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		including privacy, confidentiality, respectful communication and asking for reasonable adjustments when needed. ▪ Knowing how and where to access trusted health information and support, and how to avoid relying on unsafe or misleading advice online.				
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