

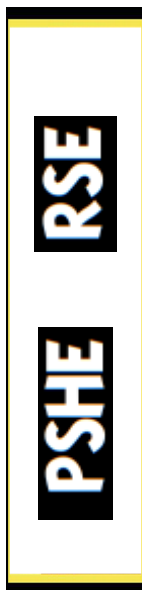
CURRICULUM



MAPPING



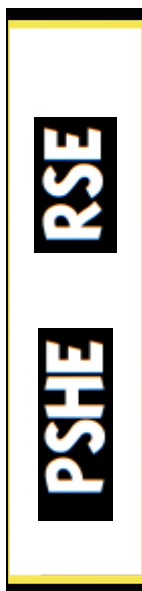
PSHE



A - Families	
1	That there are different types of committed, stable relationships.
2	How these relationships might contribute to human happiness and their importance for bringing up children.
3	What marriage and civil partnerships are, including their legal status e.g. that marriage and civil partnerships carry legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
4	Why marriage is an important relationship choice for many couples and why it must be freely entered into.
5	The characteristics and legal status of other types of long-term relationships.
6	The roles and responsibilities of parents with respect to the raising of children.
7	How to: determine whether peers, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationships is unsafe (and to recognise this in others' relationships).
8	How to seek help or advice, including reporting concerns about others, if needed.

B: Respectful Relationships	
1	The characteristics of positive and healthy friendships (both on and offline) including: trust, respect, honesty, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
2	Practical steps they can take in a range of different contexts to improve or support respectful relationships
3	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).
4	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 tolerance and respect to others and others' beliefs, including people in positions of authority.
5	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
6	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
7	What constitutes sexual harassment and sexual violence and why these are always unacceptable.
8	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.

C - Online and Media	
1	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply online and offline.
2	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.
3	Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.
4	What to do and where to get support to report material or manage issues online.
5	The impact of viewing harmful content.
6	That specifically sexually explicit material often 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.
7	That sharing and viewing indecent images of children (including those created by children) is against the law.
8	How information and data is generated, collected, shared and used online.

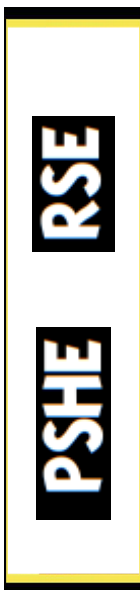


D – Being Safe	
1	The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment rape, domestic abuse, forced marriage, honour-based violence and FGM and how these can affect current and future relationships.
2	How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (on and offline).

E – Intimate and Sexual Relationships			
1	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.	7	The facts around pregnancy including miscarriage.
2	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.	8	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).
3	The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	9	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.
4	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	10	How prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
5	That they have a choice to delay sex or to enjoy intimacy without sex.	11	How the use of alcohol and drugs can lead to risky sexual behaviour.
6	The facts about the full range of contraceptive choices, efficacy and options available.	12	How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.



PSHE



F – Mental Wellbeing	
1	How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
2	That happiness is linked to being connected to others.
3	How to recognise the early signs of mental wellbeing issues.
4	Common types of mental ill health (e.g. anxiety and depression).
5	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.
6	The benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

G: Internet Safety and Harms	
1	The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online 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 advertising and information is targeted at them and how to be a discerning consumer of information online.
2	How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or get support, if they have been affected by those behaviours

H – Physical Health and Fitness including Healthy Eating	
1	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
2	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.
3	About the science relating to blood, organ and stem cell donation
4	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

J – Drugs Alcohol and Tobacco	
1	The facts about legal substances and illegal substances, including drug-taking, and the associated risks, including the link to serious mental health conditions.
2	The law relating to the supply and possession of illegal substances.
3	The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adults.
4	The physical and psychological consequences of addiction, including alcohol dependency.
5	Awareness of the dangers of drugs which are prescribed but still present serious health risks.
6	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.

K – Health and Prevention	
1	About personal hygiene, germs (including bacteria and viruses), the spread, treatment and prevention of infection, and about antibiotics.
2	About dental health and the benefits of good oral hygiene and flossing, including visits to the dentist.
3	The benefits of regular self-examination (including screening and immunisation). KS4
4	The facts and science relating to immunisation and vaccination
5	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

L – First Aid	
1	Basic treatment for common injuries.
2	Life-saving skills, including how to administer CPR
3	The purpose of defibrillators and when one might be needed.

M: Changing Adolescent Body	
1	Key facts about puberty and the changing adolescent body and Menstrual Wellbeing
2	The main changes which take place in males and females, and the implications for emotional and physical health.



PSHE

PHYSICAL PUBERTY

Define: Puberty

The process of physical maturity in a person that takes place in adolescence

Define: Menstruation

Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.

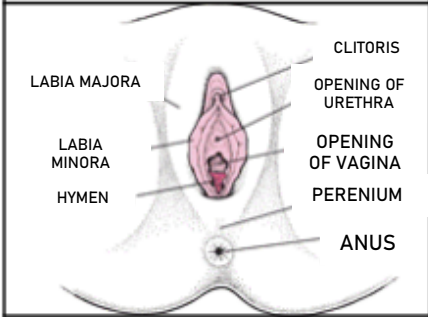
Define: Hormones

A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.

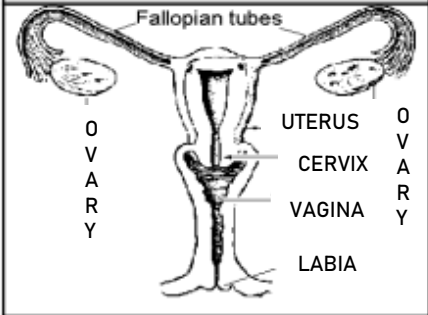
Define: Wet dream

An involuntary ejaculation that occurs whilst a person is asleep.

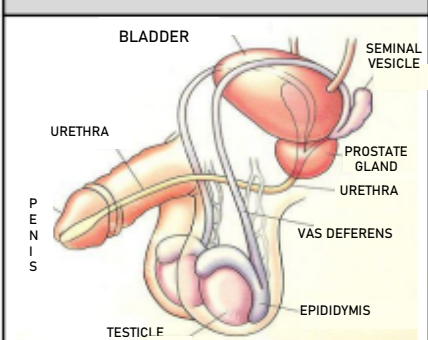
Female Genitalia – External (Vulva)



Female Genitalia – Internal



Male Genitalia



Physical Changes during Puberty

Boys Only	<ul style="list-style-type: none"> • Starts between 10 and 12 years of age • Facial Hair • Voice Breaking • Erections • Wet Dreams • Widening of chest and Shoulders
Girls Only	<ul style="list-style-type: none"> • Starts between 9 and 11 years of age. • Menstruation / Periods begin • Breast growth • Stretch Marks • Cellulite • Hips widen
Both	<ul style="list-style-type: none"> • Grow taller • Sweat more • Changes to hair and skin • Spots and Pimples

Things to Remember

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people,
- Everyone goes through puberty, you are not alone.
- Good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling very abnormal.

Who Can you turn to for help and Support

Parents or trusted family members	Teachers or school Staff
Your Doctor or Practice Nurse	School Nurse
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
CHILDLINE	Helpline: 0808 800 1111 (24 hours, every day) https://www.childline.org.uk
NHS LIVE WELL	www.NHS.UK/Livewell