

Relationship and Sex Education delivery Sept 2021-July 2022

As a secondary school we must teach relationships and sex education from September 2020. There are statutory expectations about what pupils will need to know by the end of the secondary phase.

The grid below shows where RSE topics are delivered in each year group. These topics may also be delivered in assemblies, Form Time sessions, collapsed activity days/events, other subjects and during guest speaker events.

Guidance for Health Education (Physical Health and Mental Wellbeing) has also been audited to show where Health Education is delivered across the school. These topics may also be delivered in assemblies, Form Time sessions, collapsed activity days/events, other subjects and during guest speaker events.

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Families That there are different types of committed, stable relationships	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills Yr 12 Terence Higgins Trust presentation	RE Year assemblies Form tutor sessions Year 8 Equaliteach Whole school diversity week Yr 7 Family & friends (form sessions) Yr 8 Family & Friends (form sessions) Yr 12/13 School of Sexuality workshop -Oct 2021
How these relationships might contribute to human happiness and their importance for bringing up children	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills Yr 12 Terence Higgins Trust presentation	RE Year assemblies Form tutor sessions Yr 7 Family & friends (form sessions) Yr 8 Family & Friends (form sessions) Yr 12/13 School of Sexuality workshop -Oct 2021
What marriage is, including its 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)	Yr 7 growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	RE Year assemblies Form tutor sessions Yr 7 Family & friends (form sessions) Yr 8 Family & Friends (form sessions)

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Why marriage is an important relationship choice for many couples and why it must be freely entered into	Yr 7 growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	RE Year assemblies Form tutor sessions Yr 7 Family & friends (form sessions) Yr 8 Family & Friends (form sessions)
The characteristics and legal status of other types of long-term relationships	Yr 7 growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	RE Year assemblies Form tutor sessions Yr 7 Family & friends (form sessions) Yr 8 Family & Friends (form sessions)
The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting	Yr 7 growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	RE Year assemblies Form tutor sessions Yr 7 Family & friends (form sessions) Yr 8 Family & Friends (form sessions)
How to: Determine whether other children, 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 How to seek help or advice, including reporting concerns about others, if needed	Yr 7 growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills Yr 12 Terence Higgins Trust presentation	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 9 – 11 assemblies/collapsed lessons On-line safety week Yr 12/13 School of Sexuality workshop -Oct 2021

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Respectful relationships including friendships The characteristics of positive and healthy friendships (in all contexts, including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent, the management of conflict and reconciliation and ending relationships. This includes different (non-sexual) types of relationship	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop/healthy mind & body Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships/healthy living Yr 11 Respecting others/Life Skills Yr 12 Terence Higgins Trust presentation	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 8 Equaliteach Yr 9 – 11 assemblies/collapsed lessons On-line safety week Anti-bullying week - lessons/assemblies/form time Yr 12/13 School of Sexuality workshop -Oct 2021
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop/healthy mind & body Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships/healthy living Yr 11 Respecting others/Life Skills Yr 12 Terence Higgins Trust presentation and Police Talk	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 8 Equaliteach Yr 9 – 11 assemblies/collapsed lessons On-line safety week Anti-bullying week - lessons/assemblies/form time Yr 12/13 School of Sexuality workshop -Oct 2021
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-	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/ self-esteem & body confidence workshop/healthy mind & body Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships/healthy living	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 8 Equaliteach Yr 9 – 11 assemblies/collapsed lessons

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
consensual behaviour or encourage prejudice)	Yr 11 Respecting others/Life Skills	On-line safety week Anti-bullying week - lessons/assemblies/form time Careers education – stereotypes Paralympic heritage project Yr 12/13 School of Sexuality workshop -Oct 2021
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show respect to others, including people in positions of authority, and tolerance of other people's beliefs	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/racism Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships/rights & responsibilities/global citizenship Yr 11 Respecting others/Life Skills The Waddesdon Way/Dignity & Respect Yr 12 Police Talk	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 8 Equaliteach Yr 8/10 Social Justice Charter Disability & Diversity project Diversity week/LGBT On-line safety week Anti-bullying week - lessons/assemblies/form time Careers education – stereotypes/working with others Paralympic heritage project The Waddesdon Way/Dignity & Respect Yr 12 Police Talk - annual
About different types of bullying (including cyber-bullying), the impact of bullying, responsibilities of	Yr 7 PEP/growing up/living a life of value Yr 8 Respecting yourself and others/racism/young people & the law/savvy social media	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 8 Equaliteach

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
bystanders to report bullying and where to get help	Yr 9 Safer Choices/healthy relationships/positive futures/prevent Yr 10 Expect respect sessions/respectful relationships/rights & responsibilities Yr 11 Respecting others Yr 12/13 Annual Anti-Bullying assembly and their role in supporting younger students – annual	Yr 8/10 Social Justice Charter Diversity week/LGBT On-line safety week Anti-bullying week - lessons/assemblies/form time The Waddesdon Way/Dignity & Respect
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/racism/young people & the law Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships/rights & responsibilities/global citizenship Yr 11 Respecting others/Life Skills Yr 12 Terence Higgins Trust Presentation and Police Talk about consent with the law at 16/18.	Sexual harassment/peer on peer abuse/domestic violence/consent delivered to each year group at the start of September over a three-week period and topics revisited in PSHE lessons throughout the year. Year group and whole school assemblies Form time sessions Yr 12 'Is this Coercive Control?' documentary with follow up form time discussions.
What constitutes sexual harassment and sexual violence and why these are always unacceptable	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/racism/young people & the law Yr 9 Safer Choices/healthy relationships/positive futures Yr 10 Expect respect sessions/respectful relationships/rights & responsibilities/global citizenship Yr 11 Respecting others/Life Skills	Sexual harassment/peer on peer abuse/domestic violence/consent delivered to each year group at the start of September over a three-week period and topics revisited in PSHE lessons throughout the year.

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
	Yr 12/13 Assembly on Sexual Harassment, with follow up student assembly.	Year group and whole school assemblies Form time sessions Yr 12/13 School of Sexuality Education delivering workshops in Oct 2021. Yr 13 student led whole school assembly to raise awareness about the impact of sexual harassment and how to challenge it – Sept. 2021
The legal rights and responsibilities regarding equality (particularly with references to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal	Yr 7 living a life of value/British values Yr 8 young people and the law/respecting yourself and others Yr 9 healthy relationships/Safer choices seminar Yr 10 respectful relationships/global citizenship Yr 11 Respecting others/Life skills Yr 12/13 assemblies, including student led ones	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons Yr 8 Equaliteach Yr 8/10 Social Justice Charter Disability & Diversity project Diversity week/LGBT On-line safety week Anti-bullying week - lessons/assemblies/form time Careers education – stereotypes/working with others Paralympic heritage project The Waddesdon Way/Dignity & Respect Yr 12/13 Ensure regular assemblies – teacher, expert & student led

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Online and media Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Respectful relationships/rights & responsibilities Yr 11 Expect respect/Respecting others Yr 12/13 SID assemblies and Yr 12 Equaliteach workshops	On-line safety week (assemblies/activities across all year groups including Sixth Form) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Respectful relationships/young people and the law Yr 11 Expect respect/Respecting others Yr 12 SID assembly	On-line safety week (assemblies/activities across all year groups including Sixth Form) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
Not to provide material to others that they wouldn't want shared further and not to share personal material which is sent to them	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Expect respect/Respectful relationships Yr 11 Respecting others Yr 12 SID assembly	On-line safety week (assemblies/activities across all year groups) Yr 12/13 assembly on safety and reputation linked to careers On-line safety week (activities across all year groups including Sixth Form)

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
		Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
What to do and where to get support to report material or manage issues online	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Expect respect/Respectful relationships/rights & responsibilities Yr 11 Respecting others Yr 12/13 SD assemblies	On-line safety week (assemblies/activities across all year groups) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
The impact of viewing harmful content	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Expect respect/Respectful relationships/rights & responsibilities Yr 11 Respecting others	On-line safety week (assemblies/activities across all year groups) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
That specifically sexually explicit material (e.g. pornography) presents a distorted picture of sexual behaviours, can damage the way	Yr 7 Staying safe/growing up Yr 8 Savvy social media/self-esteem & body image/young people & the law Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities	On-line safety week (assemblies/activities across all year groups)

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
people see themselves in relation to others and negatively affect how they behave towards sexual partners	Yr 11 respecting others Yr 12 Terence Higgins Trust Presentation	Yr 12/13 School of Sexuality Education workshops planned for Oct 2021 Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	Yr 7 Staying safe/growing up Yr 8 Savvy social media/ young people & the law Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities Yr 11 respecting others Yr 12 Police Talk	On-line safety week (assemblies/activities across all year groups) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures Yr 12/13 School of Sexuality Education workshops planned – Oct 2021
How information and data is generated, collected, shared and used online	Yr 7 Staying safe/growing up Yr 8 Savvy social media/ young people & the law Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities Yr 11 respecting others Yr 12 Police Talk	On-line safety week (assemblies/activities across all year groups) Thames Valley Police presentation and case studies Student access to school policy/handbook

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
		<p>School Safeguarding guidelines and procedures</p> <p>Yr 12/13 School of Sexuality Education workshops planned – Oct 2021</p>
<p>Being safe</p> <p>The concepts of, and laws relating to, sexual consent, sexual exploitation abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and female genital mutilation, and how these can affect current and future relationships</p>	<p>Yr 7 Staying safe/growing up</p> <p>Yr 8 Savvy social media/ young people & the law</p> <p>Yr 9 Safer choices seminar/Healthy relationships/staying safe</p> <p>Yr 10 Expect respect/respectful relationships/rights & responsibilities</p> <p>Yr 11 respecting others</p> <p>Yr 12 Police Talk</p>	<p>Yr 7 family & friends</p> <p>Yr 8 family & friends</p> <p>Yr 8 social justice charter</p> <p>Yr 11 stand alone lessons delivered in C/P collapsed lessons (linked to independent living – 6th form style)</p> <p>Anti -bullying week (activities across all year groups)</p> <p>Sexual harassment stand-alone lessons</p> <p>Year assemblies/Form tutor sessions</p> <p>Disability & Diversity project</p> <p>Diversity week/LGBT</p> <p>FGM awareness campaign</p> <p>Yr 12/13 School of Sexuality Education workshops planned – Oct 2021; annual police talk; ‘Is this coercive control?’ with follow up form time discussions.</p>
How people can actively communicate and recognise consent	<p>Yr 7 Staying safe/growing up</p> <p>Yr 8 Savvy social media/ young people & the law</p>	Consent lessons delivered to all year groups – age appropriate

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)	Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities Yr 11 respecting others Yr 12 Terence Higgins Trust Presentation and Police Talk	Yr 12/13 School of Sexuality Education workshops planned – Oct 2021; annual police talk; Yr 12 ‘Is this coercive control?’ with follow up form time discussions; Yr 13 ‘Is this rape? Sex on Trial’ with follow up form time discussions.
Intimate and sexual relationships including sexual health How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship	Yr 7 Staying safe/growing up/living a life of value Yr 8 Savvy social media/ young people & the law/self esteem workshop Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities Yr 11 respecting others Yr 12 Terence Higgins Trust Presentation	Yr 7 Peer Educator Programme (PEP) Yr 7 family & friends Yr 8 family & friends Year assemblies/Form tutor sessions Disability & Diversity project Diversity week/LGBT Consent lessons all year groups – age appropriate Yr 12/13 School of Sexuality Education workshops planned – Oct 2021; annual police talk; Yr 12 ‘Is this coercive control?’ with follow up form time discussions; Yr 13 ‘Is this rape? Sex on Trial’ with follow up form time discussions.
That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively (e.g. physical, emotional,	Yr 7 Staying safe/growing up/living a life of value Yr 8 Savvy social media/ young people & the law/self esteem workshop Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities	Anti-bullying week (activities across all year groups) Sexual harassment stand-alone lessons

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
mental, sexual and reproductive health and wellbeing)	Yr 11 respecting others/life skills Yr 12 Terence Higgins Trust Presentation and Bucks Fire and Rescue Talk	Year assemblies/Form tutor sessions Consent lessons all year groups – age appropriate Yr 12 Alcoholics Anonymous and Fire and Rescue Talks - annual
The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women	Yr 7 Growing up Yr 8 Healthy mind & body/self-esteem workshop Yr 9 healthy relationships/ Safer choices seminar Yr 10 respectful relationships	Science Yr 12/13 School of Sexuality Education workshops
That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Yr 7 Staying safe/growing up/living a life of value/PEP Yr 8 Savvy social media/ young people & the law/self-esteem workshop/respecting others Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities Yr 11 respecting others Yr 12 Terence Higgins Trust Presentation	Year/whole school assemblies and form time activities linked to peer pressure. Yr 12/13 School of Sexuality Education workshops
That they have a choice to delay sex or enjoy intimacy without sex	Yr 7 Staying safe/growing up/living a life of value/PEP Yr 8 Savvy social media/ young people & the law/self-esteem workshop/respecting others Yr 9 Safer choices seminar/Healthy relationships/staying safe Yr 10 Expect respect/respectful relationships/rights & responsibilities Yr 11 respecting others	Year/whole school assemblies and form time activities linked to peer pressure. Yr 12/13 School of Sexuality Education workshops – Oct 2021

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
	Yr 12 Terence Higgins Trust Presentation	
The facts about the full range of contraceptive choices, efficacy and options available	Yr 7 Growing up Yr 8 Healthy mind & body/self esteem workshop Yr 9 healthy relationships/ Safer choices seminar Yr 10 respectful relationships Yr 11 Life skills Yr 12/13 School of Sexuality Education workshops – Oct 2021	Science/RE
The facts around pregnancy, including miscarriage	Yr 9 healthy relationships/ Safer choices seminar Yr 10 respectful relationships Yr 11 respecting others/Life skills	Science Stand-alone lessons delivered for Yr 7 & 8 (age appropriate) Sexual health week (Year 10+) (contraception/diseases/fertility)
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)	Yr 9 healthy relationships/Safer choices seminar/positive futures Yr 10 respectful relationships/healthy living Yr 11 Respecting others/Life skills	Science Stand-alone lessons delivered to Yr 7 & 8 (age appropriate) Sexual health week (Year 10+) (contraception/diseases/fertility)
How the different sexually transmitted infections, including HIV/AIDs are transmitted, how risk can be reduced through safer sex	Yr 9 healthy relationships/safer choices seminar Yr 10 respectful relationships/healthy living Yr 11 respecting others/Life skills Yr 12 Terence Higgins Trust Presentation	Science Sexual health week (Year 10+) (contraception/diseases/fertility) Year assemblies/form tutor sessions

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
(including condom use) and the importance of and facts about testing		Whole school HIV assembly delivered on 1 st December. Sexual health clinic talk/promotion or information stand at school. Yr 12/13 School of Sexuality Education workshops – Oct 2021
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	Yr 7 Growing up Yr 8 Healthy mind & body/self-esteem workshop Yr 9 healthy relationships/ Safer choices seminar Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills Yr 12 Terence Higgins Trust Presentation	Science Sexual health week (Year 10+) (contraception/diseases/fertility) Year assemblies/form tutor sessions Whole school HIV assembly delivered on 1 st December. Sexual health clinic talk/promotion or information stand at school. Yr 12/13 School of Sexuality Education workshops – Oct 2021.
How the use of alcohol and drugs can lead to risky sexual behaviour	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills Yr 12 Managing risk around drugs presentation; Bucks Fire and Rescue presentation; Shaun Attwood talk; Alcoholics Anonymous talk – annual.	Year 9 - Thames Valley Police – drug programme x 3 lessons.

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
How to get further advice, including how and where to access confidential sexual and reproductive health and advice and treatment	Yr 9 healthy relationships/ Safer choices seminar Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills Yr 12 Terence Higgins Trust talk	Science Sexual health week (Year 10+) (contraception/diseases/fertility) Year assemblies/form tutor sessions Whole school HIV assembly delivered on 1 st December. Sexual health clinic talk/promotion or information stand at school. Yr 12/13 School of Sex Education workshops – Oct 2021
Guidance: Health Education (Physical Health & Mental Wellbeing)		
Mental Wellbeing How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons On-line safety week Mental health week - lessons/assemblies/form time 6 th form mediators
That happiness is linked to being connected to others.	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons On-line safety week Mental health week - lessons/assemblies/form time 6 th form mediators

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
How to recognise the early signs of mental wellbeing concerns.	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons On-line safety week Mental health week - lessons/assemblies/form time 6 th form mediators
Common types of mental ill health (e.g. anxiety and depression).	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons On-line safety week Mental health week - lessons/assemblies/form time 6 th form mediators
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.	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons On-line safety week Mental health week - lessons/assemblies/form time 6 th form mediators

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Yr 7 family & friends x 2 lessons Yr 8 family & friends x 2 lessons On-line safety week Mental health week - lessons/assemblies/form time 6 th form mediators PE
Internet Safety and harms 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, overreliance 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.	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Respectful relationships/young people and the law Yr 11 Expect respect/Respecting others	On-line safety week (assemblies/activities across all year groups) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
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.	Yr 7 Staying safe Yr 8 Savvy social media/respecting yourself and others/young people & the law Yr 9 Safer choices seminar/Healthy relationships Yr 10 Respectful relationships/young people and the law Yr 11 Expect respect/Respecting others	On-line safety week (assemblies/activities across all year groups) Thames Valley Police presentation and case studies Student access to school policy/handbook School Safeguarding guidelines and procedures
Physical health and fitness The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. mental wellbeing, including as an approach to combat stress.	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	PE Food Technology
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	Yr 7 PEP/growing up/living a life of value/British values Yr 8 Respecting yourself and others/healthy mind & body/self-esteem & body confidence workshop Yr 9 Safer Choices/healthy relationships/positive futures/under the skin project Yr 10 Expect respect sessions/respectful relationships Yr 11 Respecting others/Life Skills	Food technology science
About the science relating to blood, organ and stem cell donation		science

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Healthy Eating How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	Year 7 Healthy Heart project Year 8 Healthy body & mind Year 9 Positive futures Yr 10 Healthy Living	Food technology Science Assemblies Form time activities
Drugs, alcohol and tobacco The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills	Year 9 - Thames Valley Police – drug programme x 3 lessons. science
The law relating to the supply and possession of illegal substances.	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills	Year 9 - Thames Valley Police – drug programme x 3 lessons. science
The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills	Year 9 - Thames Valley Police – drug programme x 3 lessons. science
The physical and psychological consequences of addiction, including alcohol dependency.	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills	Year 9 - Thames Valley Police – drug programme x 3 lessons. science

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Awareness of the dangers of drugs which are prescribed but still present serious health risks.	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills	Year 9 - Thames Valley Police – drug programme x 3 lessons. science
The facts about harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.	Yr 7 staying safe/living a life of value Yr 8 Healthy mind & body/self-esteem workshop/young people & the law Yr 9 healthy relationships/ Safer choices seminar/staying safe Yr 10 respectful relationships/healthy living Yr 11 respecting others/life skills	Year 9 - Thames Valley Police – drug programme x 3 lessons. science
Health and Prevention About personal hygiene, gums including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Yr 7 Hygiene sessions Yr 8 Healthy mind & body Yr 9 positive futures Yr 10 healthy living/global citizenship	Science Whole school covid assemblies/procedures for testing/vaccination details Form time hygiene sessions assemblies
About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular self-examination and screening.	Yr 7 Hygiene sessions Yr 10 healthy living	Food technology Teenage cancer talk (Yr 10/11/6 th form) Form time hygiene/healthy living sessions assemblies

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
The benefits of self-examination and screening (late secondary)	Yr 10 healthy living Yr 11 life skills (health sessions)	Teenage cancer talk (Yr 10/11/6 th form) Science
The facts and science relating to immunization and vaccination.	Yr 8 healthy mind & body Yr 10 Healthy Living/global citizenship	Science Whole school covid assemblies/procedures for testing/vaccination details
The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Yr 7 growing up Yr 8 self-esteem and body confidence workshop Yr 9 Healthy relationships	Form time sessions Assemblies Food technology science
Basic first aid Basic treatment for common injuries.	Yr 8 Restart a heart training Yr 10 Community first aid	D of E scheme – training sessions and expeditions PE sport leaders award First aid day assembly
Life-saving skills, including how to administer CPR.	Yr 8 Restart a heart training Yr 10 Community first aid	D of E scheme – training sessions and expeditions PE sport leaders award First aid day assembly
The purpose of defibrillators and when one might be needed	Yr 8 Restart a heart training Yr 10 Community first aid	D of E scheme – training sessions and expeditions PE sport leaders award First aid day assembly

PUPILS SHOULD KNOW...	YEAR GROUP AND LESSON WHERE DELIVERED	OTHER TYPES OF DELIVERY
Changing adolescent body Key facts about puberty, the changing adolescent body and menstrual wellbeing.	Yr 7 growing up Yr 8 self-esteem and body confidence workshop Yr 9 Healthy relationships	Science Period poverty assembly
The main changes which take place in males and females, and the implications for emotional and physical health.	Yr 7 growing up Yr 8 self-esteem and body confidence workshop Yr 9 Healthy relationships Yr 10 respectful relationships Yr 11 Respecting others	Science PE Period poverty assembly