

Oakbank PSHE Map 2023

Mapping against the 2020 DfE guidance on statutory relationships, sex and health education at the secondary phase

	Curriculum area: RSE	Topic area: Families	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
Pupils Should know.....		That there are different types of committed, stable relationships	T3 - L1	T1-L1,	T1-L1, L3,	T2 - L5,L6 T3-L2		RS
		How these relationships might contribute to human happiness and their importance for bringing up children.	T3 - L5	T3-L5	T1-L3,	T3-L2,L4	T2-L2,L6	
		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				T2-L6	T1-L1	
		Why marriage is an important relationship choice for many couples and why it must be freely entered into				T1-L6, T2-L5,L6	T1-L1	
		The characteristics and legal status of other types of long-term relationships				T2-L6	T1-L1	
		The roles and responsibilities of parents with respect to the raising of children	T3 - L5			T3-L2,L4	T2-L2,L6	
		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); and, how to seek help or advice, including reporting concerns about others, if needed.	T3 - L1	T3-L1,L2,L3	T1-L1, L3, T3-L3	T1-L6, T2-L5,L6 T3-L2,L4	T1-L1,L2	
	Curriculum area: RSE	Topic area: Respectful relationships, including friendships	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
Pupils 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	T3 - L3	T1-L5, T3-L1,L2,L3	T1-L1, L3, T3-L3	T1-L6, T3-L2,L5,L6	T1-L1,L2	
		Practical steps they can take in a range of different contexts to improve or support respectful relationships	T3 - L1, T1 - L1	T3- L1,L5	T1-L1, L3, T3-L3	T1-L6, T3-L2,L5,L6		
		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).	T1 L4, T1-L5	T1- L2,L3,L3	T1-L4,L5	T1-L4,L5		
		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.	T1- L1	T1- L2,L3,L3		T1-L4,L5		
		About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	T1 - L3, T3 - L6	T1-L3,L4,L5,		T1-L3, T3-L1		
		That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	T3 - L3	T3- L3	T1-L2,T2-L4,T3-L3	T1-L6, T2-L5,L6	T1-L1,L2	
		What constitutes sexual harassment and sexual violence and why these are always unacceptable.				T2-L6	T1-L1,L2	
		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.			T1-L4	T1-L1,L4		
	Curriculum area: RSE	Topic area: Online and media	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
Pupils Should know.....		Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	T1- L3 T3 - L6	T2-L1, T3-L3	T1-L2,T2-L2,T3-L4,L5	T1-L3,	T1-L3	
		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.	T1- L3 T3 - L6	T2-L1, T3-L3		T1-L3, T2-L1	T1-L3	
		Not to provide material to others that they would not want shared further and not to share personal material which is sent to them	T1- L3 T3 - L6	T2-L1, T3-L3		T1-L3, T2-L1		
		What to do and where to get support to report material or manage issues online	T1- L3 T3 - L6	T2-L1, T3-L3		T1-L3,	T1-L3	
		The impact of viewing harmful content.	T1- L3 T3 - L6	T3-L6			T1-L3	
		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.		T3-L6	T3,L5		T1-L3	
		That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	T1- L3 T3 - L6	T3-L2			T1-L3	
		How information and data is generated, collected, shared and used online.		T2-L1, T3-L2				
	Curriculum area: RSE	Topic area: Being safe	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
Pupils Should		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			T1-L2,T2-L2,T3-L4,L5	T1-L6 T2-L5,L6	T2-L5	

know.....	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).		T3-L3	T1-L2,T2-L2,T3-L4,L5	T1-L6 T2-L5,L6	T1-L1,L2	
Pupils Should know.....	Curriculum area: RSE Topic area: Intimate and sexual relationships, including sexual health	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	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.	T3- L1	T3-L4	T1-L2,T2-L2,T3-L4,L5	T1-L6, T2-L5,L6 T3-L2	T1-L1,L2	
	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.	T3-L5	T3-L4,L5	T1-L2,T2-L2,T3-L4,L5,L6	T1-L6, T2-L5,L6 T3-L2, L4	T2-L6	
	The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	T3-L5		T3-L6	T3-L4	T2-L6	
	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	T1 - L2 T3-L1, L3	T3-L3	T3-L3	T2-L5	T1-L1,L2	
	That they have a choice to delay sex or to enjoy intimacy without sex.			T3-L3	T2-L5	T3-L5	
	The facts about the full range of contraceptive choices, efficacy and options available.			T3-L6	T3-L4	T2-L6	
	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).				T3-L4	T2-L6	
	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			T3-L6	T2-L4	T2-L4	
	How prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.			T3-L6	T2-L4	T2-L4	
	How the use of alcohol and drugs can lead to risky sexual behaviour.		T3-L6			T1-L2	
	How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.			T3-L6	T2-L4	T2-L2,L6	
	The facts around pregnancy including miscarriage.				T3- L4	T2-L6	
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Mental wellbeing	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	T3-L1	T3-L4	T1-L1, T2-L2			
	That happiness is linked to being connected to others.	T3-L1	T3-L1	T2-L2, T3- L1,L2	T2-L1, T3-L2,L6	T1-L5	
	How to recognise the early signs of mental wellbeing concerns.	T2- L4,L5	T2-L4	T2-L2	T2-L1,L2,L3	T1-L5, T2-L3	
	Common types of mental ill health (e.g. anxiety and depression).	T2- L4,L5	T2-L3,L4	T3-L1	T2-L3	T1-L5, T2-L3	
	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.	T2- L4,L5	T2-L3,L4	T2-L2, T3- L1,L2	T2-L1,L2,L3	T1-L5, T2-L3	
Pupils Should know.....	The benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	T2- L4,L5	T2-L3,L4	T2-L1/PE	T2-L1,L2	T1-L5, T2-L3	
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Internet safety and harms	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, 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.	T1-L3, T3- L6					
	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.	T1- L3, T3-L1, L2	T2-L1,L2, T3-L1, T3-L2	T2-L2,T3-L5 T3-L4	T2-L1 T1-L3	T1-L3,L6	
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Changing adolescent body	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	Key facts about puberty and the changing adolescent body and menstrual wellbeing.	T3-L4/SCIENCE		T3-L2			
	The main changes which take place in males and females, and the implications for emotional and physical health.	T3-L4			T3-L6		
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Health and prevention	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	About personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics.	T2 -L5	T2-L5		T2-L2,L3,L4	T2-L4	
	About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.		T2-L5				
	(Late secondary) the benefits of regular self-examination and screening.				T2-L2	T2-L4	
Pupils Should know.....	The facts and science relating to immunisation and vaccination.	T2 -L5	T2-L5				

	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	T2 -L5	T2-L5	T3-L2	T2-L1,L2	T2-L3	
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Physical health and fitness	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	T2 -L5		T3-L1,L2	T2-L1,L2	T2-L3	
	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.	PE/ SCIENCE	PE/ SCIENCE	PE/ SCIENCE	PE/ SCIENCE	PE/ SCIENCE	
	About the science relating to blood, organ and stem cell donation.				T2-L4		
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Healthy eating	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	PE/ SCIENCE	PE/ SCIENCE	PE/ SCIENCE	PE/ SCIENCE	PE/ SCIENCE	
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Drugs, alcohol and tobacco	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	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.	T2-L6	T2-L6	T2-L3	T2-L3	T1-L2	
	The law relating to the supply and possession of illegal substances.	T2-L6	T2-L6	T2-L3		T1-L2	
	The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	T2-L6	T2-L6	T2-L3		T1-L2	
	The physical and psychological consequences of addiction, including alcohol dependency.		T2-L6	T2-L3		T1-L2	
	Awareness of the dangers of drugs which are prescribed but still present serious health risks.		T2-L6	T2-L3	T2-L3	T1-L2	
	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.			T2-L3	T2-L3		
Pupils Should know.....	Curriculum area: Physical Health and Mental Wellbeing Education Topic area: Basic first aid	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	Basic treatment for common injuries.			T2-L6		T1-L4	
	Life-saving skills, including how to administer CPR (Cardio Pulmonary Resuscitation is usually best taught after 12 years old).			T2-L6		T1-L4	
	The purpose of defibrillators and when one might be needed.			T2-L6		T1-L4	
Pupils Should know.....	Curriculum area: Citizenship Education Topic area: KS3 - Democracy, government and the rights and responsibilities of citizens.	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch	T1 - L6					
	The operation of Parliament, including voting and elections, and the role of political parties	T1 - L6					
	The precious liberties enjoyed by the citizens of the United Kingdom			T1 - L4			
	The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals			T1 - L6			
	The roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities			T2 - L6			
	The functions and uses of money, the importance and practice of budgeting, and managing risk.		T2 - L2				
Pupils Should know.....	Curriculum area: Citizenship Education Topic area: KS4 - Democracy, government and the rights and responsibilities of citizens.	Year 7	Year 8	Year 9	Year 10	Year 11	SUBJECTS
	Parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press.				UK Parliament Week	UK Parliament Week	
	The different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond				Geography	Geography	
	Other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom				Geography	Geography	
	Local, regional and international governance and the United Kingdom’s relations with the rest of Europe, the Commonwealth, the United Nations and the wider world				Geography	Geography	
	Human rights and international law				T1 - L1		
	The legal system in the UK, different sources of law and how the law helps society deal with complex problems					T1 - L1/L2/ L3 T2 - L5	
	Diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding				T1 - L5		
	The different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity				Character Education	Character Education	
	Income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.					T1 -L6	