

Relationships and Sex Education (RSE): Secondary

By the end of secondary school:

Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

		PD & Life Skills	Elsewhere in the curriculum
Families	Pupils should know :		
	that there are different types of committed, stable relationships.	Y7 PD Module 2, lesson 2 (Family Relationships). Y10 LS Module 2 Lesson 1 (Same Sex Relationships).	(EP Year 10)
	how these relationships might contribute to human happiness and their importance for bringing up children.	Y7 PD Module 2, lesson 2 (Family Relationships). Y10 LS Module 2 Lesson 7 (Parenting).	EP (Year 10)
	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.	Y10 LS Module 2 Lesson 1 (Same Sex Relationships).	EP (Year 10)
	why marriage is an important relationship choice for many couples and why it must be freely entered into.	Y10 LS Module 2 Lesson 5 (Forced and arranged marriages).	EP (Year 10)
	the characteristics and legal status of other types of long-term relationships.	Y10 LS Module 2 Lesson 1 (Same Sex Relationships).	EP (Year 10)
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Year 7 PD Module 5 Lesson 6 (Teen Pregnancy and Parenting). Y10 LS Module 2 Lesson 7 (Parenting).	EP (Year 10)
	how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	Y11 LS Module 1 Lesson 1 (Fake news and critical thinking).	EP (year 10)

Respectful relationships , including friendships	Pupils should know :	PD & Life Skills	Elsewhere in the curriculum
	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	Year 7 PD Module 2, Lesson 1 (Good Friendships) and lesson 4 (Bullying or Banter). Y10 LS Module 2 Lesson 6 (Relationships with role models).	
	practical steps they can take in a range of different contexts to improve or support respectful relationships.	Year 7 PD Module 2, lesson 5 (Safe and Positive Relationships).	
	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).	Year 7 PD Module 3, lesson 4 (Prejudice and Discrimination). Y10 LS Module 2 Lesson 3 (Sexism and Gender Prejudice). Y10 LS Module 6 Lesson 4 (Overt and covert racism).	EP (all years)
	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.	Year 7 PD Module 2, lesson 6 (Personal Identity- British Values). Y10 LS Module 2 Lesson 3 (Sexism and Gender Prejudice). Y10 LS Module 2 Lesson 6 (Relationships with role models).	EP (Year 7)
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Year 8 PD Module 5 Lesson 3 (Dealing with Peer Pressure).	
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Y10 LS Module 2 Lesson 4 (Harassment and Stalking).	
	what constitutes sexual harassment and sexual violence and why these are always unacceptable.	Y10 LS Module 2 Lesson 4 (Harassment and Stalking).	
	the legal rights and responsibilities regarding equality (particularly with reference to the protected	Year 8 PD Module 5 Lesson 1 (Discrimination and the Equality Act).	EP (year 10&11)

	characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.		
Online and media	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Year 7 PD Module 3, lesson 5 (Social Media). Y10 LS Module 1 Lesson 4 (Digital Footprints).	Computer Science (y7&8)
	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.	Year 7 PD Module 3, lesson 5 (Social Media). Y10 LS Module 1 Lesson 4 (Digital Footprints).	Computer Science (y7&8)
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Year 7 PD Module 3, lesson 5 (Social Media). Y10 LS Module 1 Lesson 4 (Digital Footprints).	Computer Science (y7&8)
	what to do and where to get support to report material or manage issues online.	Year 7 PD Module 3, lesson 5 (Social Media). Y10 LS Module 1 Lesson 4 (Digital Footprints).	Computer Science (y7&8)
	the impact of viewing harmful content.	Year 8 PD Module 4 Lesson 2 (Sexting and Image Sharing Danger). Y10 LS Module 1 Lesson 4 (Digital Footprints). Y11 LS Module 1 Lesson 2 (Internet Safety: the dark web).	Computer Science (y7&8)
	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.	Year 8 PD Module 4 Lesson 2 (Sexting and Image Sharing Danger)	
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Year 8 PD Module 4 Lesson 2 (Sexting and Image Sharing Danger)	
	how information and data is generated, collected, shared and used online.	Y10 LS Module 1 Lesson 4 (Digital Footprints). Y11 LS Module 1 Lesson 2 (Internet Safety: the dark web).	Computer Science (y7&8)

Being safe	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	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.	Year 8 PD Module 4 lesson 1 (Consent and Contraception). Y9 Sexual Health Day. Y10 LS Module 2 Lesson 4 (Harassment and Stalking).	
	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).	Year 8 PD Module 4 lesson 1 (Consent and Contraception). Y9 Sexual Health Day. Y10 LS Module 2 Lesson 4 (Harassment and Stalking).	
Intimate and sexual relationships , including sexual health	Pupils should know		
	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.	Y7 PD Module 2, lesson 3 (Falling in Love). Y9 Sexual Health Day.	
	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.	Y9 Sexual Health Day. Y10 LS Module 1 Lesson 7 (Fertility and Reproductive Health).	
	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.	Y9 Sexual Health Day. Y10 LS Module 1 Lesson 7 (Fertility and Reproductive Health).	Science (y7&8)
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	Year 8 PD Module 4 lesson 1 (Consent and Contraception). Y9 Sexual Health Day. Y10 LS Module 2 Lesson 4 (Harassment and Stalking).	

	that they have a choice to delay sex or to enjoy intimacy without sex.	Year 8 PD Module 4 lesson 1 (Consent and Contraception). Y9 Sexual Health Day.	
	the facts about the full range of contraceptive choices, efficacy and options available.	Year 8 PD Module 4 lesson 1 (Consent and Contraception). Y9 Sexual Health Day.	
	the facts around pregnancy including miscarriage.	Y10 LS Module 1 Lesson 7 (Fertility and Reproductive Health).	
	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).	Year 7 PD Module 5 Lesson 6 (Teen Pregnancy and Parenting).	
	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.	Year 8 PD Module 4 Lesson 3 (STI's). Y9 Sexual Health Day.	
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Year 8 PD Module 4 Lesson 3 (STI's). Y9 Sexual Health Day.	
	how the use of alcohol and drugs can lead to risky sexual behaviour.	Y9 Sexual Health Day.	
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Y9 Sexual Health Day. Y10 LS Module 1 Lesson 7 (Fertility and Reproductive Health).	

The Law

It is important to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships. There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions. Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:

		PD & Life Skills	Elsewhere in the curriculum
	marriage	Y10 LS Module 2 Lesson 1 (Same Sex Relationships). Y10 LS Module 2 Lesson 5 (Forced and arranged marriages).	EP (Year 10)
	consent, including the age of consent	Year 8 PD Module 4 lesson 1 (Consent and Contraception). Y9 Sexual Health Day.	EP (Year 9)
	violence against women and girls	Y10 LS Module 2 Lesson 4 (Harassment and Stalking).	
	online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)	Year 8 PD Module 4 Lesson 2 (Sexting and Image Sharing Danger)	
	pornography	Y9 Sexual Health Day.	EP (y11)
	abortion	Y10 LS Module 2 Lesson 7 (Parenting).	EP (Year 11)
	sexuality	Year 8 PD Module 5 Lesson 2 (The LGBT Community). Y10 LS Module 2 Lesson 1 (Same Sex Relationships).	EP (Year 10)
	gender identity	Year 8 PD Module 5 Lesson 2 (The LGBT Community). Y10 LS Module 2 Lesson 2 (Trans and gender identity).	EP (Year 10)
	substance misuse	Y10 LS Module 1 lesson 1 (Alcohol and drugs misuse)	
	violence and exploitation by gangs	Y10 LS Module 6 Lesson 1 (Anti-social behaviour).	
	extremism/radicalisation	Year 7 PD Module 2, lesson 7 (Radicalisation and Extremism). Y10 LS Module 6 Lesson 3 (Why people become extremists).	
	criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)	Y10 LS Module 6 Lesson 2 (Hate crime including knife crime).	
	hate crime	Y10 LS Module 6 Lesson 2 (Hate crime including knife crime).	
	female genital mutilation (FGM)	Year 7 PD Module 5, lesson 5 (FGM and why is it dangerous?)	

Physical health and mental wellbeing: Secondary

By the end of secondary school:

Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

Mental wellbeing	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Year 7 PD Module 3, lesson 1 (Aspirational Students) and lesson 2 (Self Esteem). Year 7 PD Module 5, lesson 2 (Managing Anger). Y9 Mental Health Day. Y10 LS Module 1 Lesson 6 (Obesity and Body Positivity).	
	that happiness is linked to being connected to others.	Year 7 PD Module 3, lesson 1 (Aspirational Students) and lesson 2 (Self Esteem). Y9 Mental Health Day.	
	how to recognise the early signs of mental wellbeing concerns.	Year 7 PD Module 6 lesson 2 (Emotional Literacy and Self Awareness)	
	common types of mental ill health (e.g. anxiety and depression).	Year 7 PD Module 5 lesson 1 (Mental Health: Depression). Y9 Mental Health Day.	
	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.	Year 7 PD Module 6, lesson 1 (Managing Behaviour to Achieve). Y9 Mental Health Day. Year 10 LS Module 1 lesson 2 (Managing Screen Time). Y10 LS Module 1 lesson 3 (The importance of Sleep). Y10 LS Module 1 lesson 5 (Gambling and Online Gaming).	
	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Year 7 PD Module 6 lesson 3 (Coping with Stress) and lesson 4 (Mindfulness). Y9 Mental Health Day. Y10 LS Module 1 Lesson 6 (Obesity and Body Positivity).	PE (all years)

Internet safety and harms	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	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.	Year 8 PD Module 5 Lesson 3 (Dealing with Peer Pressure). Year 10 LS Module 1 lesson 2 (Managing Screen Time).	Computer Science (y7)
	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.	Year 10 LS Module 1 lesson 2 (Managing Screen Time).	
Physical health and fitness	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	Year 7 PD Module 6 lesson 3 (Coping with Stress)	PE (all years)
	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.	Y7 PD Module 1, lesson 1 (Healthy Lifestyle) and lesson 2 (Healthy Living: Exercise).	PE (all years)
	about the science relating to blood, organ and stem cell donation.		Science (y10)
Healthy eating	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	how to maintain healthy eating and the links between a poor diet and	Y7 PD Module 1, lesson 3 (Healthy Eating), lesson 4	Science (y7&8) / DT (y7&8)

	health risks, including tooth decay and cancer.	(Consequences of not eating healthily) and lesson 5 (Energy Drinks). Y10 LS Module 1 Lesson 6 (Obesity and Body Positivity).	
Drugs, alcohol and tobacco	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	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.	Year 7 PD Module 1, lesson 6 (Drugs). Y10 LS Module 1 lesson 1 (Alcohol and drugs misuse)	
	the law relating to the supply and possession of illegal substances.	Y10 LS Module 1 lesson 1 (Alcohol and drugs misuse).	
	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Y10 LS Module 1 lesson 1 (Alcohol and drugs misuse).	
	the physical and psychological consequences of addiction, including alcohol dependency.	Y10 LS Module 1 lesson 1 (Alcohol and drugs misuse).	
	awareness of the dangers of drugs which are prescribed but still present serious health risks.	Police assembly?	
	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.	Year 7 PD Module 1, lesson 5 (Smoking).	Science (y7&8)
Health and prevention	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.		Science (y7)
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.		Science (y7)

	(late secondary) the benefits of regular self-examination and screening.	Y9 Sexual Health Day	
	the facts and science relating to immunisation and vaccination.		Science (y7&10)
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Y10 LS Module 1 lesson 3 (The importance of Sleep).	
Basic first aid	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	basic treatment for common injuries.	Year 7 PD Module 3, lesson 3 (Personal Safety and First Aid). Y9 First Aid day. Y10 LS Module 5 lesson 1 (Personal Safety).	
	life-saving skills, including how to administer CPR	Y9 First Aid day. Y10 LS Module 5 lesson 2 (First Aid CPR).	
	the purpose of defibrillators and when one might be needed.	Y9 First Aid day. Y10 LS Module 5 lesson 2 (First Aid CPR).	
Changing adolescent body	Pupils should know	PD & Life Skills	Elsewhere in the curriculum
	key facts about puberty, the changing adolescent body and menstrual wellbeing.	Year 7 PD Module 5 lesson 3 (Puberty- what, when and why) and lesson 4 (Periods- what, when and why)	Science (y7&10)
	the main changes which take place in males and females, and the implications for emotional and physical health.	Year 7 PD Module 5 lesson 3 (Puberty- what, when and why) and lesson 4 (Periods- what, when and why). Y10 LS Module 1 Lesson 7 (Fertility and Reproductive Health).	Science (y7&10)