

Objectives in PSHE and SRE

	<u>KS3</u>	<u>KS4</u>
Mental and Physical Wellbeing - PSHE (including drugs, alcohol and tobacco)	<ul style="list-style-type: none"> the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness how to talk about their emotions accurately and sensitively, using appropriate vocabulary how to recognise the early signs of mental wellbeing concerns the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist The facts and science relating to immunization and vaccination the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn key facts about puberty, the changing adolescent body and menstrual wellbeing the main changes which take place in males and females, and the implications for emotional and physical health how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment) the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health simple strategies to help build resilience to negative opinions, judgements and comments to recognise and manage internal and external influences on decisions which affect health and wellbeing how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary the characteristics of mental and emotional health and strategies for managing these the link between language and mental health stigma and develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns strategies to understand and build resilience, as well as how to respond to disappointments and setbacks a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support 	<ul style="list-style-type: none"> the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness common types of mental ill health (e.g. anxiety and depression) that happiness is linked to being connected to others how to recognise the early signs of mental wellbeing concerns 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 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. as about the science relating to blood, organ and stem cell donation how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics the benefits of regular self-examination and screening how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available
Online and Personal Safety - SRE and PSHE	<ul style="list-style-type: none"> 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 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 their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online 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 not to provide material to others that they would not want shared further and not to share personal material which is sent to them 	<ul style="list-style-type: none"> 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 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 the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress what to do and where to get support to report material or manage issues online the impact of viewing harmful content 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 partner that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail how information and data is generated, collected, shared and used online
Families, relationships and being safe - SRE and PSHE	<ul style="list-style-type: none"> 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 the law relating to the supply and possession of illegal substances the physical and psychological consequences of addiction, including alcohol dependency the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and 	<ul style="list-style-type: none"> 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 the characteristics and legal status of other types of long-term relationships the roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting

	<ul style="list-style-type: none"> how to access support to do so that there are different types of committed, stable relationships. how these relationships might contribute to human happiness and their importance for bringing up children why marriage is an important relationship choice for many couples and why it must be freely entered into 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 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) 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, about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help 	<ul style="list-style-type: none"> 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 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) 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 that some types of behaviour within relationships are criminal, including violent behaviour and coercive control what constitutes sexual harassment and sexual violence and why these are always unacceptable 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
Sexual relationships and sexual health - SRE and PSHE	<ul style="list-style-type: none"> 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) 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 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 the facts about the full range of contraceptive about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment 	<ul style="list-style-type: none"> 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 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) that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others that they have a choice to delay sex or to enjoy intimacy without sex the facts about the full range of contraceptive choices, efficacy and options available

	<ul style="list-style-type: none"> 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 that they have a choice to delay sex or to enjoy intimacy without sex the facts about the full range of contraceptive 	<ul style="list-style-type: none"> the facts around pregnancy including miscarriage 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) 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
Financial Wellbeing and Careers - PSHE	<ul style="list-style-type: none"> different types and patterns of work, including employment, self-employment and voluntary work; that everyone has a different pathway through life, education and work about different work roles and career pathways, including clarifying their own early aspirations to assess and manage risk in relation to financial decisions that young people might make about values and attitudes relating to finance, including debt to manage emotions in relation to money to evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions to recognise financial exploitation in different contexts e.g. drug and money mules, online scams 	<ul style="list-style-type: none"> about the labour market, local, national and international employment opportunities about employment sectors and types, and changing patterns of employment to research, secure and take full advantage of any opportunities for work experience that are available to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities the benefits and challenges of cultivating career opportunities online strategies to manage their online presence and its impact on career opportunities how to effectively budget, including the benefits of saving how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks to recognise and manage the range of influences on their financial decisions to access appropriate support for financial decision-making and for concerns relating to money, gambling, and consumer rights the skills to challenge or seek support for financial exploitation in different contexts including online to evaluate the financial advantages, disadvantages and risks of different models of contractual terms, including self-employment full-time, part-time and zero-hours contracts