

Respectful relationships, incl friendships	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.		Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers											
	what constitutes sexual harassment and sexual violence and why these are always unacceptable.		Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers											
	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.		Year 9: Careers and Working within the Workplace											
Online + media	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Year 8: Developing Social Habits-Online Behaviour and Safety	Year 7: Navigating Social and Multimedia Usage, Year 7/8: Sexting and the Dangers										Y7 ICT: Being safe 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.	Year 8: Developing Social Habits-Online Behaviour and Safety	Year 7: Navigating Social and Multimedia Usage, Year 7/8: Sexting and the Dangers											Y7 ICT: Being safe 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.	Year 8: Developing Social Habits-Online Behaviour and Safety	Year 7: Navigating Social and Multimedia Usage, Year 7/8: Sexting and the Dangers											Y7 ICT: Being safe online
	what to do and where to get support to report material or manage issues online.	Year 8: Developing Social Habits-Online Behaviour and Safety	Year 7: Dangers and The Law about Sexting Year 9: Pornography: Dangers and The Law											Y7 ICT: Being safe online
	the impact of viewing harmful content.		Year 7: Navigating Social and Multimedia Usage		Articles read throughout where we consider whether the information has come from a trustworthy source. Part of Criterion D.									Y7 ICT: Being safe online
	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 7 and 8: Dangers and The Law about Sexting Year 9: Pornography: Dangers and The Law											
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.		Year 7: Dangers and The Law about Sexting Year 8: Harrassment and Upskirting: Dangers and The Law											
	how information and data is generated, collected, shared and used online.		Year 7: Navigating Social and Multimedia Usage											
	Being Safe	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 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers										
		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 7 and 8: Healthy and Unhealthy Relationships: Consent										
	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.	Year 8: Developing Social Habits-Interactions between social peers	Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating										Year 10 Module 6 - Contraception	
	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.	Year 8: Developing Social Habits-Interactions between social peers	Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers, Financial Planning, Contraception										Year 10 Module 6 - Contraception	
	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.		Year 7: Living a Healthy Life-Puberty: Men & Women											Year 7 Module 4 - Reproductive System
	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: Relationships and Dating, Year 7: Healthy and Unhealthy Relationships: Consent											Year 10 Module 6 - Contraception

	common types of mental ill health (e.g. anxiety and depression).		Year 7: Resilience/Healthy Minds, Year 8: Protecting and Supporting Mental Health										
	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: Resilience/Healthy Minds, Year 8: Protecting and Supporting Mental Health										
Mental wellbeing	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.		Year 7: Resilience/Healthy Minds including Healthy Living: Exercise, Sleep and Food		Year 9 Module 4 - Effects of Exercise								
	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 7: Navigating Social and Multimedia Usage, Year 7/8: Sexting and the Dangers Year 9: Gambling Addiction, Managing Money and Savings										
Internet safety and harms	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 8: Social Habits [Keeping Safe Online]										Link to probability	
	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.		Year 7: Resilience/Healthy Minds including Healthy Living: Exercise, Sleep and Food		Year 9 Module 4 - Effects of Exercise								
Physical health + fitness	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.		Year 7: Resilience/Healthy Minds including Healthy Living: Exercise, Sleep and Food		Year 9 Module 4 - Effects of Exercise								
	about the science relating to blood, organ and stem cell donation.		Year 7: Resilience/Healthy Minds including Healthy Living: Exercise, Sleep and Food		Year 9 Module 1 - Stem Cells, Year 9 Module 4 - Organ and Blood Donation								
Healthy Eating	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.		Year 7: Resilience/Healthy Minds including Healthy Living: Exercise, Sleep and Food		Year 7 Module 4 - Deficiency Diseases			Yr 7 M5 Reformation and Rebellion					
	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 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body, Year 8 Module 2 - Smoking and Vaping								
	the law relating to the supply and possession of illegal substances.		Year 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body, Year 8 Module 2 - Smoking and Vaping								
	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.		Year 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body, Year 8 Module 2 - Smoking and Vaping								
	the physical and psychological consequences of addiction, including alcohol dependency.		Year 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body, Year 8 Module 2 - Smoking and Vaping								
	awareness of the dangers of drugs which are prescribed but still present serious health risks.		Year 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body, Year 8 Module 2 - Smoking and Vaping								
Drugs, alcohol and tobacco	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 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body, Year 8 Module 2 - Smoking and Vaping								
	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.				Year 8 Module 4 and Year 9 Module 1- Pathogens			Yr 7 M1 (Roman Empire) and M2 (Medieval England) and M3 (Medieval Middle East) / Yr 8 M1 (Industrial Revolution)					
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.				Year 7 Module 4 - Deficiency Diseases								

Health and prevention	(late secondary) the benefits of regular self-examination and screening.	Proposed topic within PSHE for Year 10					Yr 10 Medicine through Time-GCSE History			
	the facts and science relating to immunisation and vaccination.				Year 9 - Module 1 - Vaccinations		Yr 10 Medicine through Time-GCSE History			
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.		Year 7: Resilience/Healthy Minds including Healthy Living; Exercise, Sleep and Food							
Basic First Aid	basic treatment for common injuries.		Year 9: Administering First Aid							Medway Paramedics Team: Visiting First Aid Workshop
	life-saving skills, including how to administer CPR.		Year 9: Administering First Aid							Medway Paramedics Team: Visiting First Aid Workshop
	the purpose of defibrillators and when one might be needed.		Year 9: Administering First Aid							Medway Paramedics Team: Visiting First Aid Workshop
Changing Adolescent body	key facts about puberty, the changing adolescent body and menstrual wellbeing.		Year 7: Healthy Living-Puberty: Boys and Girls		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					
	the main changes which take place in males and females, and the implications for emotional and physical health.		Year 7: Healthy Living-Puberty: Boys and Girls		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					
Menstruation	Average period length		Year 7: Healthy Living-Puberty: Boys and Girls		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					Year 7 Periods Awareness Assembly delivered by AMI, JPL and CTY
	The Menstrual Cycle		Year 7: Healthy Living-Puberty: Boys and Girls		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					Year 7 Periods Awareness Assembly delivered by AMI, JPL and CTY
	Menstrual Products		Year 7: Healthy Living-Puberty: Boys and Girls		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					Year 7 Periods Awareness Assembly delivered by AMI, JPL and CTY
Health and Wellbeing	Self-Concept		Year 7: Resilience/Healthy Minds, Year 8: Protecting and Supporting Mental Health							
	Mental Health and emotional wellbeing		Year 7: Resilience/Healthy Minds, Year 8: Protecting and Supporting Mental Health							
	Healthy lifestyles/ Health Related Decisions		Year 7: Resilience/Healthy Minds including Healthy Living; Exercise, Sleep and Food							
	Drugs, alcohol and tobacco		Year 8: Drug Misuse and Abuse, Alcohol and Vaping		Year 7 Module 4 - Alcohol on the body. Year 8 Module 2 - Smoking and Vaping					
	Managing risk and personal safety		Year 9: Managing and Avoiding Risky Behaviour		Risk Assessments carried out throughout.					
	Puberty and sexual health		Year 7: Healthy Living-Puberty: Boys and Girls		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					
	Sexual health and fertility		Year 8: Consent and Safe Sex, Pregnancy and Fertility		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception					
	Positive Relationships	Year 8: Developing Social Habits-Interactions between social peers	Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers				Yr 7 M4 (Women and Wars of the Roses) / Yr 9 M1 (WW1) / Yr M3 & 4 (Empire)			
	Relationship Values	Year 8: Developing Social Habits-Interactions between social peers	Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers							
	Forming and maintaining respectful relationships	Year 8: Developing Social Habits-Interactions between social peers	Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers				Yr 7 M4 (Women and Wars of the Roses) / Yr 9 M1 (WW1) / Yr M3 & 4 (Empire)			

			Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: FGM, Pornography-Dangers								
	Consent										
	Contraception and parenthood		Year 7: Healthy and Unhealthy Relationships, Year 8: Relationships-Love and Dating, Harrassment, Year 9: Contraception, Family Planning and Pressure		Year 7 Module 4 - Puberty, Year 10 Module 4 - Contraception						
	Bullying, abuse and discrimination		Year 7: Resilience/Healthy Minds and Year 8; Mental Health Triggers					Yr M3 & 4 (Empire) & 5 (Civil Rights) & 6 (Women)			
Relationships	Social influences		Year 7: Healthy and Unhealthy Relationships								
	Learning Skills		Year 9: Careers, Options and Working within the Workplace						Estimations, Metric units , time, Sales with percentages, promotions, Scale drawings and map reading, Measuring, data handling , graphs		
	Choices and Pathways		Year 9: Careers, Options and Working within the Workplace		Career Options discussed throughout.						
	Work and career		Year 9: Careers, Options and Working within the Workplace		Career Options discussed throughout.						
	Employment rights and responsibilities		Year 9: Careers, Options and Working within the Workplace								
	Financial choices	Year 7,8 and 9: Developing Financial Security	Year 9: Careers, Options and Working within the Workplace, Managing Money and Savings								Guest Speaker from either the Bank of England or neighbouring local bank such as: Natwest
Careers and Life Skills:	Media Literacy and digital resilience		Year 9: Careers, Options and Working within the Workplace		All online sources are references and students are expected to question where they get their information from.						