

## **Bramhall High School PSHE/RSE (Skills for Life)**

Statutory RSE is taught, along with PSHE, within our Skills for Life curriculum. The learning builds on, and supports, learning delivered through our assembly programme, our Form Time activities programme and within many subjects such as Science, Beliefs & Values and ICT.

Examples:

- Science covers topics such as menstruation, the reproductive system, contraception, nutrition, health and disease, substance use.
- Beliefs & Values covers topics such as equality, tolerance, citizenship, human rights, cultural awareness, British Values and changing families.
- ICT covers topics such as e-safety, cyberbullying, identity theft and on-line gambling/gaming.

Skills for Life is delivered during a series of 'drop down days', where usual school learning is suspended, in order for rich and deep learning that prepares our pupils for life now and in the future.

Areas of key focus are: being respectful, being healthy, being safe and being prepared (for life and work in modern Britain).

As a school, we want to ensure students are safe and well and are equipped with the knowledge and skills to remain so throughout later life. We aim to deliver:

- Inclusivity, promoting positive experience, visibility, knowledge of, and ally support for, black & minority ethnic and LGBTQ+ communities in and outside school.
- High quality, unifying and holistic learning that adequately prepares all pupils for life now and in adulthood and meets the requirements of the statutory RSE Curriculum.
- High quality, unifying and holistic Citizenship that adequately prepares all pupils for participation in the democratic process.

## Ensuring PSHE/RSE runs through whole school teaching and learning.

<b>Families</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
that there are different types of committed, stable relationships.	SkFL Assemblies Form Time activities MFL	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities Drama MFL
how these relationships might contribute to human happiness and their importance for bringing up children.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities
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.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities
why marriage is an important relationship choice for many couples and why it must be freely entered into.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities
the characteristics and legal status of other types of long-term relationships.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities MFL	SkFL Assemblies Form Time activities MFL
the roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.	SkFL Assemblies Form Time activities MFL	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities
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.	SkFL Assemblies Form Time activities English	SkFL Assemblies Form Time activities Drama English	SkFL Assemblies Form Time activities Drama English	SkFL Assemblies Form Time activities English

## Respectful relationships, including friendships

Strand	Year 7	Year 8	Year 9	Year 10
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 relationships.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities B&V Drama English	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities Drama
practical steps they can take in a range of different contexts to improve or support respectful relationships.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities B&V Drama History	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities Drama
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)	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities English History	SkFL Assemblies Form Time activities B&V lessons Drama English	SkFL Assemblies Form Time activities English
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.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities B&V Drama	SkFL Assemblies Form Time activities
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities

	ICT lessons	Drama	Drama	Drama
that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time activities Drama	SkFL Form Time activities
what constitutes sexual harassment and sexual violence and why these are always unacceptable.	SkFL Form Time activities	SkFL Form Time activities English	SkFL Form Time activities	SkFL Form Time activities English
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.	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities English	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities

<b>Being Safe</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
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	SkFL	SkFL	SkFL Drama	SkFL English
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).	SkFL	SkFL	SkFL	SkFL English

<b>Intimate and sexual relationships, including sexual health</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
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.	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time activities Drama	SkFL Form Time activities Drama
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.	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time activities Drama	SkFL Form Time activities
the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	SkFL Form Time activities Science lessons	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities Science lessons
that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others.	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time activities
that they have a choice to delay sex or to enjoy intimacy without sex.	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time
the facts about the full range of contraceptive choices, efficacy and options available.	SkFL Form Time activities Science	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities Science
the facts around pregnancy including miscarriage	SkFL Form Time activities Science	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities
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).	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities B&V	SkFL Form Time activities

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.	SkFL	SkFL	SkFL	SkFL Science
about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	SkFL	SkFL	SkFL	SkFL Science I
how the use of alcohol and drugs can lead to risky sexual behaviour.	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time activities
how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	SkFL	SkFL	SkFL	SkFL

<b>The Law</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
marriage	SkFL	SkFL	SkFL	SkFL
consent, including the age of consent	SkFL	SkFL	SkFL	SkFL
violence against women and girls. Sexually harmful language and behaviour. Abusive, controlling and coercive behaviour.	SkFL Form Time activities	SkFL Form Time activities History	SkFL Form Time activities History	SkFL Form Time activities History
Online behaviours including image and information sharing (including 'sexting')	SkFL ICT	SkFL ICT	SkFL ICT	SkFL ICT
pornography	SkFL	SkFL	SkFL Drama	SkFL

abortion	SkFL	SkFL	SkFL B&V	SkFL
sexuality	SkFL	SkFL	SkFL B&V	SkFL
gender identity	SkFL Form Time activities	SkFL Form Time activities English	SkFL Form Time activities	SkFL Form Time activities
substance misuse	SkFL	SkFL	SkFL B&V lessons Drama	SkFL
violence and exploitation by gangs	SkFL	SkFL Drama	SkFL Drama	SkFL
extremism/radicalisation	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities
criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities
hate crime	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities
female genital mutilation (FGM)	SkFL	SkFL	SkFL	SkFL

<b>Online and Media</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	SkFL Assemblies Form Time activities ICT lessons	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities MFL	SkFL Assemblies Form Time activities
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.	SkFL Assemblies Form Time activities ICT	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities
not to provide material to others that they would not want shared further and not to share personal material which is sent to them	SkFL Assemblies Form Time activities ICT	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities MFL	SkFL Assemblies Form Time activities
what to do and where to get support to report material or manage issues online	SkFL Assemblies Form Time activities ICT	SkFL Assemblies Form Time activities	SkFL Assemblies Form Time activities Drama	SkFL Assemblies Form Time activities
the impact of viewing harmful content	SkFL	SkFL	SkFL	SkFL
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.	SkFL	SkFL	SkFL	SkFL
that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	SkFL	SkFL	SkFL	SkFL
how information and data is generated, collected, shared and used online.	SKFL ICT	SKFL	SKFL	SKFL



<b>Internet Safety and Harms</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
the similarities and differences between the online world and the physical world,	ICT	ICT	ICT Drama	ICT
the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image,	SkFL	SkFL	SkFL	SkFL
how people may curate a specific image of their life online, over-reliance on online relationships including social media,	SkFL	SkFL	SkFL	SkFL
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	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities	SkFL Form Time activities
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.	SkFL Form Time activities ICT	SkFL Form Time activities	SkFL Form Time activities Drama	SkFL Form Time activities

<b>Mental Wellbeing</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL Drama	Form Time activities Assemblies SkFL Drama	Form Time activities Assemblies SkFL
that happiness is linked to being connected to others	Form Time activities Assemblies SkFL Drama	Form Time activities Assemblies SkFL B&V	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL
how to recognise the early signs of mental wellbeing concerns	Form Time activities Assemblies	Form Time activities Assemblies	Form Time activities Assemblies	Form Time activities Assemblies

	SkFL	SkFL Drama	SkFL Drama	SkFL Drama
common types of mental ill health (e.g. anxiety and depression)	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL
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	Form Time activities Assemblies SkFL Drama	Form Time activities Assemblies SkFL Drama	Form Time activities Assemblies SkFL Drama	Form Time activities Assemblies SkFL Drama
the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	Form Time activities Assemblies SkFL PE	Form Time activities Assemblies SkFL PE	Form Time activities Assemblies SkFL PE	Form Time activities Assemblies SkFL PE

<b>Physical health and fitness</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Form Time activities Assemblies SkFL PE	Form Time activities Assemblies SkFL PE MFL	Form Time activities Assemblies SkFL PE	Form Time activities Assemblies SkFL PE
the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight	Form Time activities Assemblies SkFL PE lessons	Form Time activities Assemblies SkFL PE lessons Science	Form Time activities Assemblies SkFL PE lessons	Form Time activities Assemblies SkFL PE lessons Science
the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL Science	Form Time activities Assemblies SkFL	Form Time activities Assemblies SkFL Science

about the science relating to blood, organ and stem cell donation.	SkFL	SkFL	SkFL Science	SkFL Science
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<b>Healthy Eating</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and obesity/other diseases.	SkFL Science DT	SkFL DT	SkFL DT	SkFL Science DT

<b>Changing Adolescent Body</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
key facts about puberty, the changing adolescent body and menstrual wellbeing	SkFL Science	SkFL	SkFL	SkFL Science
the main changes which take place in males and females, and the implications for emotional and physical health	SkFL	SkFL	SkFL	SkFL

<b>Health and Prevention</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	SkFL	SkFL	SkFL Science	SkFL Science
about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	SkFL	SkFL	SkFL	SkFL

<b>Basic First Aid</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
basic treatment for common injuries	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies
life-saving skills, including how to administer CPR	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies
the purpose of defibrillators and when one might be needed	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies
(late secondary) the benefits of regular self-examination and screening	SkFL	SkFL	SkFL	SkFL
the facts and science relating to immunisation and vaccination	SkFL	SkFL	SkFL	SkFL Science
the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	SkFL	SkFL	SkFL	SkFL

<b>Drugs, Alcohol and Tobacco</b>				
<b>Strand</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
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	SkFL Science	SkFL	SkFL	SkFL
the law relating to the supply and possession of illegal substances	SkFL Science	SkFL	SkFL	SkFL
the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	SkFL Science	SkFL	SkFL Drama	SkFL
the physical and psychological consequences of addiction, including alcohol dependency.	SkFL Assemblies	SkFL Assemblies	SkFL Assemblies Drama	SkFL Assemblies
awareness of the dangers of drugs which are	SkFL	SkFL	SkFL	SkFL

prescribed but still present serious health risks				
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	SKfL Science	SKfL	SKfL	SKfL Science

## Overview of Form Time PSHE programme

Form Time activities will support our delivery of PSHE. These are designed around 18 fortnightly themes which run across each year group and are complimented by our assembly programme. The themes are matched to the three PSHE core themes of Living in the Wider World, Relationships and Health & Wellbeing. Week by week view suggests a topic for specific year groups; however, leaders can choose one topic for all year groups if they wish. Leaders should provide a stream recording/s to be played in Form Time.

Wk	HT1	HT2	HT3	HT4	HT5	HT6
1 w/c 12.09 07.09 09.01 20.02 18.04 05.06	Black History Fortnight JFL	Preventing extremism Fortnight B&V	Safer Internet Fortnight ICT	International Women's Fortnight MFL	Fake News Fortnight ENG	World Environment Fortnight GEOL
2	Black History Fortnight JFL	Preventing extremism Fortnight B&V	Safer Internet Fortnight ICT	International Women's Fortnight MFL	Fake News Fortnight ENG	World Environment Fortnight GEOL
3	Sexual harassment/harm SST	Sexual Health Awareness Fortnight SCI	Money Fortnight MATHS	Mental Health Fortnight VFU	Addiction Perf. Arts	International Development Fortnight GEOG
4	Sexual harassment/harm SST	Sexual Health Awareness Fortnight SCI	Money Fortnight MATHS	Mental Health Fortnight VFU	Addiction Perf. Arts	International Development Fortnight GEOG
5	Anti-Bullying Fortnight ACO	Democracy Awareness Fortnight HIST	LGBTQ+ history, allies Fortnight HWO	Knife Crime Fortnight D&T	Families CFU	Benefits of exercise and good diet PE
6	Anti-Bullying Fortnight ACO	Democracy Awareness Fortnight HIST	LGBTQ+ history, allies Fortnight HWO	Knife Crime Fortnight D&T	Families CFU	Benefits of exercise and good diet PE



WK	Theme	Y7	Y8	Y9	Y10	Y11
1 2	Black History Fortnight	Racism in school, in Stockport and in the UK	Will we ever have a black PM or a black James Bond?	Black Lives Matter campaign	Reducing the racial pay gap	Gangs – limited choices
3 4	LGBTQ+ History Fortnight	Being an LGBTQ+ ally	Tacking LGBTQ+ phobic language	The Impact of Bullying	Tackling Transphobia	Hate incidents/crimes
5 6	Anti-Bullying Fortnight	The impact of bullying	Cyber bullying	Positive body image – ‘fat shaming’	Racism, LGBTQ+ and other group marginalisation	Types of discrimination – impact for later life
7 8	Preventing extremism Fortnight	What is extremism?	The signs of extremism	Types of extremism	Integrating communities	Examples of extremism in the world
9 10	Sexual Health Awareness Fortnight	Friendship or more	HIV and Aids	Teenage Pregnancy	Sexual Harassment	Unwanted sexual touching or acts and the law
11 12	Democracy Awareness Fortnight	What are British Values?	Government vs Parliament	First Past the Post and voting	Local and National Government	Positive activism, standing for election etc.
13 14	Safer Internet Fortnight	Safe internet browsing	Sexting and grooming. Pornography	Gaming buy ins/on-line gambling	The web we want	Professional reputation
15 16	Managing Money Fortnight	Basic budgeting	Opening a bank account	Paying Taxes	Store cards, phone contracts	Loans and mortgages
17 18	LGBTQ+ History Fortnight	Coming Out	Same Sex Families	Growing up Trans	Challenging Stereotypes	LGBTQ+ throughout history
19 20	International Women’s Fortnight	Elizabeth Fry , Emmeline Pankhurst	Malala Yousafzai	Emma Watson	Tarana Burke	Equality of opportunity
21 22	Mental Health Fortnight	What is mental health?	Anxieties	Body Image and eating disorders	How does stress affect the body?	Managing exam/other stress
23 24	Knife Crime Fortnight	Peer pressure	Why we don’t carry knives - law	Sonny’s story	Damilola Taylor	Ben Kinsella



25 26	Fake News Fortnight	What is fake news	Why is real news important?	How fake news changes opinions	How Britain used fake news in WW2	N/A
27 28	Addiction Fortnight	Tobacco	Internet Gambling / gaming 'buy ins'	Alcohol and drugs	Impact of addiction on addicts/families/society	N/A
29 30	Families Fortnight	My family and me	Different types of family	Young Carers	My place in society (concept of wider 'family' and responsibility)	N/A
31 32	World Environment Fortnight	Fast Fashion	Plastic in our oceans	Deforestation and habitats	Climate Change	N/A
33 34	International Development Fortnight	Why do people become refugees?	Where do refugees come from/end up?	What rights do refugees have?	Whose responsibility is it to help?	N/A
35 36	National Schools Sports Sports Day?	Mental Resilience	Healthy Eating	The importance of competition	Talent v skill?	N/A

## SKfL

Safeguarding session resources will continue to be provided for SkFL. In addition, PowerPoint resources for the purposes of teacher training, and adaptation by teachers for delivery to pupils, will also be provided for the statutory elements detailed below.

**Families:** This training module supports the statutory [relationships and sex education \(RSE\)](#) for secondary schools.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- the different types of family;
- healthy family life;
- committed relationships;
- marriage, civil partnerships and cohabitation;
- unsafe relationships.

**Being Safe:** this training module supports the [relationships and sex education \(RSE\)](#) for secondary schools section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- boundaries, privacy and feeling unsafe;
- asking for help and support;
- consent and communicating consent;
- sexual consent;
- abuse;
- rape and sexual assault;
- honour-based violence and forced marriage;
- female genital mutilation (FGM);
- grooming;
- coercion;
- harassment.

**Intimate relationships:** this module supports the [relationships and sex education](#) section of the statutory relationships, sex and health education curriculum for secondary schools.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- healthy intimate relationships;
- sexual consent and the law;
- fertility and reproduction;
- sexually transmitted infections;
- contraception;
- sexual health advice;

**Online and media:** This module supports the statutory [relationships and sex education \(RSE\)](#) for secondary schools.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- understanding how people behave online;
- cyberbullying;
- keeping safe online;
- using appropriate language online;
- online behaviour and risks;
- sharing material online;
- harmful online content and pornography.

**Internet Safety/harm:** This module supports the [physical health and mental wellbeing](#) section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- internet use, rationing and risk;
- online relationships;
- privacy;
- understanding online information;
- social media and reality;
- gambling;
- influencers;
- targeted advertising;
- accessing support.

**Changing adolescent bodies:** this module supports the [physical health and mental wellbeing](#) section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on the physical and emotional changes in puberty, including menstrual wellbeing.

**Mental wellbeing:** This module supports the [physical health and mental wellbeing section](#) of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach.

**Healthy Eating:** This module supports the [physical health and mental wellbeing](#) section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- a healthy diet;
- understanding calories;
- planning healthy meals;
- the impacts of unhealthy diets;
- healthy eating choices;
- poor diet and health risks.

**Health & prevention:** this module supports the [physical health and mental wellbeing](#) section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- the signs of physical illness;
- sun safety;
- sleep;
- dental health;
- personal hygiene;

- allergies;
- immunisation and vaccination;
- self-examination and screening.

**Basic 1<sup>st</sup> Aid:** this module supports the [physical health and mental wellbeing](#) section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- making an emergency call;
- the concepts of basic first aid;
- basic treatment for common injuries;
- life-saving skills including CPR;
- understanding defibrillators.

**Drugs, alcohol and tobacco:** This module supports the [physical health and mental wellbeing](#) section of the statutory relationships, sex and health education curriculum.

The module contains key knowledge and facts to help teachers understand what they must teach. It includes information on:

- legal and illegal harmful substances and associated risks;
- laws relating to these substances.

**Please use your professional judgement to add appropriate videos/other resources to make your sessions more visual and interactive. If at all unsure, check with DSL.**

**There MUST be room for discussion and for checking the learning and understanding. Pupils should be encouraged to ask questions and to learn from their peers as well as their teachers.**

**SkFL days.** SkFI days will be ‘themed’ in the following way:

Day 1	All year groups	Being Respectful
Day 2	All year groups	Being Healthy
Day 3	All year groups	Being Safe
Day 4	Yrs7-10	Being Prepared

The planning/delivery of SKFL will continue in the same way with some resources provided and other to be created by team groups.



