

LAA RSE Curriculum Content 2021 - 22

TOPIC		Year	SUBJECT	Book/Chapter/Resource
Families	Pupils should know <ul style="list-style-type: none"> that there are different types of committed, stable relationships. 	11	PSHE	your life 5 p14-17
	<ul style="list-style-type: none"> how these relationships might contribute to human happiness and their importance for bringing up children. 	11	PSHE	Your life 5 p18-21
	<ul style="list-style-type: none"> 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. 	8	PSHE	No resources yet
	<ul style="list-style-type: none"> why marriage is an important relationship choice for many couples and why it must be freely entered into. 	8	PSHE	No resources yet
	<ul style="list-style-type: none"> the characteristics and legal status of other types of long-term relationships. 	10	PSHE	LGBT-Presentation yr10 in subject resources
	<ul style="list-style-type: none"> the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. 	11	PSHE	Your life 5 p18-21
	<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' 	7, 8	ICT	No resources yet

	relationships); and, how to seek help or advice, including reporting concerns about others, if needed.			
Respectful relationships, including friendships	Pupils should know <ul style="list-style-type: none"> 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. 	7, 8	PSHE	Your life 1 - p28-31 your life 2 - 46 –49 your life 2 p 36-37
	<ul style="list-style-type: none"> practical steps they can take in a range of different contexts to improve or support respectful relationships. 	7.8	PSHE	Your life 1 - p28-31 your life 2 - 46 –49 your life 2 p 36-37
	<ul style="list-style-type: none"> 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). 	7, 8, 9, 10	PSHE	Your life 1 - p98-101 Gender reassignment PowerPoint in subject resources, Your life 2 - p14-17 Your life 3- p10-13 LGBT powerpoint in subject resources
	<ul style="list-style-type: none"> 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. 	7, 8	PSHE	Your life 2 - p14-17 Your life 1 - p68-71

	<ul style="list-style-type: none"> about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. 	7	PSHE	Your life 2 - p40-45
	<ul style="list-style-type: none"> that some types of behaviour within relationships are criminal, including violent behaviour and coercive control. 	10	PSHE	Your life 4- p56-59
	<ul style="list-style-type: none"> what constitutes sexual harassment and sexual violence and why these are always unacceptable. 	8	PSHE	Your life 2 - p32-37
	<ul style="list-style-type: none"> 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. 	10	PSHE	Your life 4 - p10-13
Online and media	<p>Pupils should know</p> <ul style="list-style-type: none"> their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. 	8	PSHE	Your life 2 - p36-37
	<ul style="list-style-type: none"> 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. 	8	PSHE	Your life 2 - p36-37

	<ul style="list-style-type: none"> not to provide material to others that they would not want shared further and not to share personal material which is sent to them. 	8	PSHE	Your life 2 - p36-37
	<ul style="list-style-type: none"> what to do and where to get support to report material or manage issues online. 	8	PSHE	Your life 2 - p36-37
	<ul style="list-style-type: none"> the impact of viewing harmful content. 	8	PSHE	Your life 2 - p36-37
	<ul style="list-style-type: none"> 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. 	8	PSHE	Your life 2 - p36-37
	<ul style="list-style-type: none"> that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail. 	8	PSHE	Your life 2 - p36-37
	<ul style="list-style-type: none"> how information and data is generated, collected, shared and used online. 	8	PSHE	Your life 2 - p36-37
Being safe	Pupils should know <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 	8	PSHE	Your life 2 - p32-37

	<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). 	10	PSHE	Your life 4- p74-77
Intimate and sexual relationships, including sexual health	Pupils should know <ul style="list-style-type: none"> 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. 	10	PSHE	Your life 4- p74-77
	<ul style="list-style-type: none"> 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. 	10	PSHE	Your life 4- p74-77
	<ul style="list-style-type: none"> the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. 	Year 11	Biology	Edexcel GCSE Bio: Fertility Treatments (ART), including IVF (P148)
	<ul style="list-style-type: none"> that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. 	10	PSHE	Your life 4- p74-77
	<ul style="list-style-type: none"> that they have a choice to delay sex or to enjoy intimacy without sex. 	10	PSHE	Your life 4- p74-77

	<ul style="list-style-type: none"> the facts about the full range of contraceptive choices, efficacy and options available. 	Yr 11	Biology	Edexcel Bio Pearson text book, Table D – Page 147
	<ul style="list-style-type: none"> the facts around pregnancy including miscarriage. 	Yr 9	Science - Biology	Gestation and Birth – pages 34 –35 (Excludes miscarriage: Exploring Science 7
	<ul style="list-style-type: none"> 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). 	10	PSHE	Your life 4- p74-77
	<ul style="list-style-type: none"> 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. 	Yr 11 10	Biology PSHE	Edexcel Biology text book and Powerpoint on HIV and Chlamydia - Page 113 Your life 4- p74-77
	<ul style="list-style-type: none"> about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. 	Yr 11	Biology	Discussed in class briefly on symptoms, prevalence, prevention: Edexcel Biology, page 113.
	<ul style="list-style-type: none"> how the use of alcohol and drugs can lead to risky sexual behaviour. 	Yr 10 9	PSHE	Your life 4- p78-79 Your life 3- p38-41
	<ul style="list-style-type: none"> how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. 	10	PSHE	Your life 4- p74-77
	MENTAL HEALTH			

Mental wellbeing	Pupils should know	8,7	PSHE	Your life 2 - p6-9 Your life 1 – p6-9,
	<ul style="list-style-type: none"> how to talk about their emotions accurately and sensitively, using appropriate vocabulary. 		ENGLISH	A Christmas Carol
	<ul style="list-style-type: none"> that happiness is linked to being connected to others 	10/11		Your life 3 – p100-103
	<ul style="list-style-type: none"> how to recognise the early signs of mental wellbeing concerns. 	9		Your life 3 – p100-103
	<ul style="list-style-type: none"> common types of mental ill health (e.g. anxiety and depression). 	9		Your life 3 – p100-103
	<ul style="list-style-type: none"> 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. 	9		Your life 3 – p100-103
	<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. 	7, 8	PE	No resources yet
Internet safety and harms	Pupils should know	8	PSHE	Your life 2 – p36-37
	<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 			

	<p>accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.</p> <p>(Eating disorders and extreme weight loss are a specialised area and schools should use qualified support or advice as needed. Schools may consider accessing support from the NHS or local specialist services who may be able to provide advice and CPD for teachers. information is targeted at them and how to be a discerning consumer of information online.)</p>			
	<ul style="list-style-type: none"> 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. 	8	PSHE	Your life 2 – p36-37
Physical health and fitness	<p>Pupils should know</p> <ul style="list-style-type: none"> the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. 	11	PSHE	Your life 5 - p50-53
	<ul style="list-style-type: none"> 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 8 + Year 10 / 11	Science / Biology	<p>Exploring Science 8: Balanced Diet, pages 12 -13</p> <p>Edexcel GCSE Bio: Malnutrition, Deficiency diseases and Cardiovascular diseases and link to BMI/ WHR (Pages 98 – 101).</p>

	<ul style="list-style-type: none"> about the science relating to blood, organ and stem cell donation. 	Year 10 /11	Biology	Discussions on organ donation and stem cell research. Edexcel Bio, pages 36 (Stem cells and bone marrow transplant) - Osmoregulation (page 156 – 157 On kidney transplant).
Healthy eating	Pupils should know <ul style="list-style-type: none"> how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. 	YEAR 8 7	SCIENCE PSHE	Importance of a balanced diet and health risks caused by poor diet and lifestyle: Exploring Science (p12 –13). Uses of Nutrients (p.8 - 9) Your life 1 – p82-85
Drugs, alcohol and tobacco	Pupils should know <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. 	Year 7 Year 10/11 7,8, 9	Science Bio PSHE	Exploring Science 7: Drugs (pages 52 – 54). Edexcel GCSE Bio Alcohol and Disease (page 99) Your life 1 – p64-67 Your life 2 – p10-13 Your life 3 – p38-41
	<ul style="list-style-type: none"> the law relating to the supply and possession of illegal substances. 	8,9	PSHE	Your life 2 – p10-13 Your life 3 – p38-41
	<ul style="list-style-type: none"> the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. 	Yr 7 + Yr 11 10	Science Biology PSHE	Exploring Science 7: Image E, page 53. GCSE Bio: Alcohol and Disease – page 99 Your life 4 – p78-79
	<ul style="list-style-type: none"> the physical and psychological consequences of addiction, including alcohol dependency. 	Yr 7 10	Science PSHE	Exploring Science 7: Substance misuse, pages 52 – 53 Your life 4 – p78-79
	<ul style="list-style-type: none"> awareness of the dangers of drugs which are prescribed but still 	Yr 7 7,8,9	Science PSHE	Exploring Science 7: Drugs page 52 – 53 Your life 1 – p64-67

	<p>present serious health risks.</p>			<p>Your life 2 – p10-13 Your life 3 – p38-41</p>
	<ul style="list-style-type: none"> 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. 	<p>Year 7 Year 10/11 7</p>	<p>Science Biology PSHE</p>	<p>Exploring Science 7 Pages 52 - 53 Smoking and Disease (page 101) Your life 1 – p32-35</p>
Health and prevention	<p>Pupils should know</p> <ul style="list-style-type: none"> about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. 	<p>Year 10/11 10</p>	<p>Biology PSHE</p>	<p>Edexcel GCSE Bio: Pathogens (pages 102 – 105), Viruses (106 – 107) Antibiotics (p 116 –117), Vaccines and the Immune system (114 – 115). Your life 4 – p82-85</p>
	<ul style="list-style-type: none"> about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. 	<p>7, 8</p>	<p>PSHE</p>	<p>No resources yet</p>
	<ul style="list-style-type: none"> (late secondary) the benefits of regular self-examination and screening. 	<p>10</p>	<p>PSHE</p>	<p>Your life 4 – p82-85</p>
	<ul style="list-style-type: none"> the facts and science relating to immunisation and vaccination. 	<p>Yr 11 /10 10</p>	<p>Biology PSHE</p>	<p>Edexcel GCSE Bio : The Immune system (+ Vaccines), pages 114 – 115. Your life 4 – p82-85</p>
	<ul style="list-style-type: none"> the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. 	<p>7, 8</p>	<p>PSHE</p>	<p>No resources yet</p>
Basic first aid	<p>Pupils should know</p> <ul style="list-style-type: none"> basic treatment for common injuries. 	<p>8</p>	<p>PSHE</p>	<p>Your life 2 – p30-31</p>
	<ul style="list-style-type: none"> life-saving skills, including how to administer CPR. 	<p>8</p>	<p>PSHE</p>	<p>Your life 2 – p30-31</p>

	<ul style="list-style-type: none"> the purpose of defibrillators and when one might be needed 	8	PSHE	Your life 2 – p30-31
Changing adolescent body	Pupils should know <ul style="list-style-type: none"> key facts about puberty, the changing adolescent body and menstrual wellbeing. 	Year 9 Year 11 7	Exploring Science 7 Edexcel GCSE BIO PSHE	Exploring Science 7: The Menstrual Cycle (page 37) Stages of the menstrual cycle, hormones involved (146 – 149) Your life 1 – p10-13
	<ul style="list-style-type: none"> the main changes which take place in males and females, and the implications for emotional and physical health. 	Year 9 7	PSHE	Your life 3 – p6-9 Your life 1 – p10-13