



## Curriculum Map: Personal Development (PSHE)

Statutory Point	<i>When Covered</i>
that there are different types of committed, stable relationships.	RSE – Ten Ten Resources
how these relationships might contribute to human happiness and their importance for bringing up children.	RSE – Ten Ten Resources
what marriage is, including their legal status – for example, 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.	RSE – Ten Ten Resources
why marriage is an important relationship choice for many couples and why it must be freely entered into.	RSE – Ten Ten Resources
the characteristics and legal status of other types of long-term relationships.	RSE – Ten Ten Resources
the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	RSE – Ten Ten Resources
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), how to seek help or advice, including reporting concerns about others, if needed	RSE – Ten Ten Resources
the characteristics of positive and healthy friendships, in all contexts including online, such as: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict	RSE – Ten Ten Resources
reconciliation and ending relationships, this includes different (non-sexual) types of relationship	RSE – Ten Ten Resources
practical steps they can take in a range of different contexts to improve or support respectful relationships	RSE – Ten Ten Resources
how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice)	RSE – Ten Ten Resources

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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	RSE – Ten Ten Resources
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	RSE – Ten Ten Resources
that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	RSE – Ten Ten Resources
what constitutes sexual harassment and sexual violence and why these are always unacceptable	RSE – Ten Ten Resources
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	RSE – Ten Ten Resources
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	RSE – Ten Ten Resources
that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing	RSE – Ten Ten Resources
the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause	RSE – Ten Ten Resources
that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	RSE – Ten Ten Resources
that they have a choice to delay sex or to enjoy intimacy without sex	RSE – Ten Ten Resources
the facts about the full range of contraceptive choices, efficacy and options available	RSE – Ten Ten Resources
how the use of alcohol and drugs can lead to risky sexual behaviour	RSE – Ten Ten Resources
how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	RSE – Ten Ten Resources
the facts around pregnancy including miscarriage	RSE – Ten Ten Resources
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)	RSE – Ten Ten Resources

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how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing	RSE – Ten Ten Resources
about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	RSE – Ten Ten Resources
key facts about puberty, the changing adolescent body and menstrual wellbeing	RSE – Ten Ten Resources
the main changes which take place in males and females, and the implications for emotional and physical health	RSE – Ten Ten Resources
how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	RSE – Ten Ten Resources
that happiness is linked to being connected to others.	RSE – Ten Ten Resources
how to recognise the early signs of mental wellbeing concerns	RSE – Ten Ten Resources
common types of mental ill health (e.g. anxiety and depression)	RSE – Ten Ten Resources
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	RSE – Ten Ten Resources
the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	RSE – Ten Ten Resources
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	RSE – Ten Ten Resources
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	RSE – Ten Ten Resources
that for most people the internet is an integral part of life and has many benefits.	RSE – Ten Ten Resources
about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	RSE – Ten Ten Resources
how to consider the effect of their online actions on others and know how to recognise and display	RSE – Ten Ten Resources

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respectful behaviour online and the importance of keeping personal information private.	
why social media, some computer games and online gaming, for example, are age restricted.	RSE – Ten Ten Resources
that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	RSE – Ten Ten Resources
how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	RSE – Ten Ten Resources
where and how to report concerns and get support with issues online.	RSE – Ten Ten Resources
Laws on:	
marriage	RSE
consent, including the age of consent	Day 1 Year 10 Aspire
violence against women and girls	Day 1 Year 8
online behaviours including image and information sharing (including 'sexting',	Day 2 Year 9
youth-produced sexual imagery, nudes, etc.)	Day 2 Year 9
pornography	Day 1 Year 9
sexuality	Day 2 Year 9
gender identity	Day 3 Year 10
abortion	Covered in depth in RE KS3 Year 9 and KS4 curriculum.
substance misuse	Day 2 (Alcohol and vaping) Year 7 Day 3 (Drugs and smoking) Year 7
violence and exploitation by gangs	Day 1 Year 8
extremism/radicalisation	Day 1 Year 11 – Year 8
criminal exploitation (for example, through gang involvement or 'county lines')	Day 1 Year 8, Year 9

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drugs operations)	
hate crime	Day 1 Year 10
female genital mutilation (FGM)	RSE – Ten Ten Resources
the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Day 3 Year 9/10
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	Day 3 Year 8
about the science relating to blood, organ and stem cell donation	Day 3 Year 8
How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	Day 3 Year 8
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	Day 3 Year 7
the law relating to the supply and possession of illegal substances	Day 3 Year 7
the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	Day 2 Year 7
the physical and psychological consequences of addiction, including alcohol dependency	Day 2 Year 7
awareness of the dangers of drugs which are prescribed but still present serious health risks	Day 3 Year 7
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	Day 2 Year 7
Impact on the menstrual cycle	Day 2 Year 7
about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	Day 3 Year 7/10
about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	Day 3 Year 10

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late secondary) the benefits of regular self-examination and screening	Day 3 Year 10
the facts and science relating to immunisation and vaccination	Day 3 Year 8
the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	Day 3 Year 7/10
basic treatment for common injuries	Sports Day
life-saving skills, including how to administer CPR	Sports Day
the purpose of defibrillators and when one might be needed	Sports Day