

Health (physical + mental)	Relationships and Sex Education
Mental wellbeing	Families
emotions, use appropriate vocab. [language used to talk about bodies, health, emotions (no pejorative)]	different types of committed, stable relationships.
benefits and importance of exercise, time outdoors, community volunteering happiness is linked to being connected to others; loneliness can be an inevitable part of life at times and should not feel ashamed worrying and feeling down are normal, not in and of themselves a sign of a MH condition	relationships contribute to human happiness and wellbeing, their importance for bringing up children.
common mental illness (e.g. anxiety, depression); prevalence + characteristics of more serious MH conditions how to critically evaluate something's effect on mental health signs of wellbeing concerns how to overcome anxiety/barriers to having fun or enjoyable activities; use of coping strategies; finding courage initially difficult but anxiety may decrease over time gambling can lead to serious MH harms inc. anxiety, depression and suicide	marriage, civil partnerships: legal status , rights, benefits, protections. vs. cohabiting/non-legally binding ceremony Myth of common-law marriage
alcohol/drug use and poor MH is common and bi-directional; stopping smoking can improve MH and decrease anxiety	marriage must be freely entered into. Forced marriages illegal before aged 18 - Age of Marriage Act 2023 How families and relationships change over time (birth, death, separation, new relationships) parenting roles + responsibilities raising of children, successful parenting. including brain development in early years how to judge when a relationship is unsafe, and where to seek help inc. when concerned about violence, harm, / when unsure who to trust
self-regulation strategies, self-care, strategies for building resilience	Respectful relationships (including friendships) positive and healthy relationships of all kinds, on- and off-line (characteristics e.g. trust, honesty, mutual respect; management of conflict, reconciliation, ending relationships) how to evaluate their impact on other people + treat others with kindness and respect, inc. in public spaces and including strangers. Legal rights and responsibilities re: equality. Everyone is unique and equal. importance of self-esteem, independence, having a positive relationship with oneself, how these characteristics support healthy relationships with others. What it means to be treated with respect by others.
Wellbeing online	what tolerance requires , inc. importance of tolerance of other people's beliefs
benefits of limiting time spent online; risks of excessive time on devices; impact of pos + neg content online on mental and physical wellbeing sim/differences between the online / the physical world, impact of unhealthy or obsessive comparison with others online; unrealistic expectations for body image; curating a specific image of their life online; over-reliance on online relationships including social media how to identify harmful behaviours online (including bullying, abuse or harassment); how to report/find support if affected by those behaviours	practical steps and skills to support respectful, kind relationships, inc. communication respectfully within relationships + with strangers, inc. in situations of conflict different types of bullying (including cyberbullying), impact, responsibilities of bystanders, how and where to get help. skills for ending relationships/friendships with kindness, managing the feelings that endings might bring, inc. disappointment, hurt, frustration
risks related to online gambling, inc. debt targeted advertising, and information keeping; being a discerning consumer of online information, understanding prevalence of mis- and disinformation online, including conspiracy theories risks of illegal behaviours online inc. drug+knife supply or sale/purchase of illicit drugs online serious risks of viewing online content that promotes self-harm, suicide or violence, inc. how to safely report it and access support after viewing it	consent, inc. romantic + sexual relationships. Ethical behaviour goes beyond consent; involves kindness, care, attention to needs/vulnerabilities of the other. how inequalities of power can impact behaviour within relationships how porn can negatively influence sexual attitudes and behaviours, inc. normalising harmful sexual behaviours, disempowering, sense of sexual entitlement to others' bodies how some subcultures e.g. incels, influence our understanding of sexual ethics and sexual norms
Physical health + fitness	Online + media
what constitutes a healthy lifestyle (healthy weight, being inactive - links to cancer and heart disease)	their rights, responsibilities and opportunities online potential for material being shared, difficulty removing that, using privacy and location settings appropriately to protect online info. Difference between public and private online spaces and related safety issues social media, some accounts are fake/post unreal or AI creations; users may say more extreme things online, and some present highly exaggerated/idealised profiles not to share material with others they wouldn't want circulated, not to pass on personal material sent to them. Any material provided online might be circulated, no way of controlling where it ends up. Serious risks of sending material to others, inc. law re: sharing images keeping, sharing and viewing indecent images of children is a criminal offence, even if of themselves/person has consented/AI-generated. Severe penalties. How to seek support. Sharing images of over 18 without a consent is a crime. what to do and where to get support to report material or manage issues online. prevalence of deepfakes; used maliciously as well as entertainment; harms caused by deepfakes; how to identify them impact of viewing harmful/inappropriate/upsetting/illegal content, inc. content that encourages misogyny, violence, use of weapons. Where to go for advice+support. Distorted picture of the world / normalise/glamorise unhealthy+ wrong behaviours.
factual info re: prevalence + characteristics of more serious health conditions	social media can lead to more conflict, how to avoid these escalations, where to go for support
physical activity can promote mental wellbeing + combat stress	how to identify when tech+social media is used for: bullying, harassment, stalking, coercive and controlling behaviour, and more. How to seek support. Porn often presents distorted picture of people + sexual behaviours, negatively affects behaviour towards sexual partners. Affects accidental viewing as well as deliberate. Can portray misogynistic behaviours + attitudes
blood, organ and stem cell donation (science) + ethics?)	how information and data is generated, collected, shared and used online. Targeted advertising Criminals using online scams e.g. fake websites, emails, used to extort money or personal info. Used to the detriment. Risks of sextortion, how to identify online scams relating to sex. How to seek support if scammed/sextorted. Rapid development of AI, e.g. AI chatbots, can pose risks by creating fake intimacy or offering harmful advice. Importance of critical thinking.
Healthy eating	Being safe
healthy eating, poor diet and health risks, including tooth decay, unhealthy weight gain, cardiovascular disease risks of unhealthy weight gain, inc. risks of cancer, type 2 diabetes, cardiovascular	how to recognise, respect and communicate consent and boundaries in relationships (inc. early romantic/sexual (kissing, touching,) in all context (inc. online.) Kindness + care requires more than consent. identifying, resisting and understanding pressure in relationships from peers or others, inc. sexual pressure; how to avoid putting pressure on others
impacts of alcohol on diet and unhealthy weight gain	Judging whether others/information are trustworthy; recognising unsafe relationships. How to seek help/report. Personal safety in public spaces and how to get help+how to report. Strategies to increase safety - they won't be blamed if victims of harmful behaviour. Trusting instincts.
eating disorders	sexual harassment and sexual violence - never the victim's fault what sexual harassment includes (e.g. language, attention, touching, images, public sex. harass. , pressuring, upskirting) laws around sexual violence (e.g. rape, sexual assault)
Drugs, alcohol, tobacco, vaping	harmful sexual behaviour inc. sexual harassment, sexual violence but also age-inappropriate language
legal and illegal drugs and their associated risks, inc. increased risk of potent synthetic drugs, illicit vapes containing drugs, illicit drugs+counterfeit medicines; link to poor MH	laws around domestic abuse, including coercive control
the law re supply and possession risks of alcohol consumption, what low-risk consumption in adulthood is; legal age of sale; how to increase personal safety while drinking, how to decrease risk of spiking/poisoning physical and psychological consequences of addiction, including alcohol dependency.	fixated, obsessive, unwanted behaviours and seeking help concepts + laws of exploitation: sexual, criminal, financial, grooming
dangers of prescribed drugs and over-the-counter medicines dangers of smoking tobacco (particularly the link to lung cancer); the benefits of quitting and how to access support to do so. vaping: harms posed to young people, role vapes can play in helping adults to quit smoking	laws about forced marriage FGM, virginity testing, hymenoplasty. Laws, where to find support.
Health protection + prevention, understanding the healthcare system	strangulation and suffocation: what it is, dangers of + criminal offences harmful activities depicted as 'normal' in pornography
personal hygiene, germs, bacteria, viruses, how they are spread; treatment and prevention of infection, antibiotics. dental health, oral hygiene inc. flossing + using fluoride toothpaste 2xday, reducing consumption of sugar-containing food+drinks, regular dentist.	Where and how to seek help for abuse (own or others' behaviour).
how to self-care for minor ailments, role of pharmacists as knowledgeable healthcare professionals	Intimate and sexual relationships, inc. sexual health
importance of taking responsibility for own health, the benefits of regular self-examination and screening.	sex can be enjoyable and positive for those ready and over the age of consent. law on age of consent; choice not to have sex; sexless romantic relationships. consent: can be given, withdrawn, and depends on multiple considerations e.g. law, faith, family values. health can be affected by sex/relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. some sexual behaviours can be harmful
vaccination, immunisation, antimicrobial resistance. importance+benefits of sufficient sleep; screen-free time before bed; lack of sleep affects weight, mood, ability to learn importance of healthy behaviours before + during pregnancy inc. pre-conception health and folic acid; importance of pelvic floor health; information on miscarriage, pregnancy loss, how to access care + support how to navigate local healthcare system: GP, when to use A+E, sexual health+family planning clinics, pharmacies, local third sector partners which have specialist services Gillick competence - legal age of medical consent is 16 - child's parents have responsibility for consenting before this unless Gillick competent. Over 16 may not be deemed capacity to make decisions about medical treatment	facts on all contraceptive choices, efficacy, options inc. male + female condoms; how to find reliable information. choices in pregnancy (keep, adopt, abort) + where to get help STIs, HIV/AIDs, safer sex (including through condom use); HIV prevention drugs PrEP and PEP - how and where to access them; importance of regular testing; role of stigma STI prevalence, short+long term impact, treatment.
Personal safety	alcohol and drugs = risky sexual behaviour.
identifying risk + managing personal safety in increasingly independent situations inc. roads, railways, level crossings, water, and in unfamiliar work/social settings e.g. first holiday without parents recognising + managing peer influence re: risk-taking behaviour, inc. online + social media social + emotional skills that will increase safety from involvement in conflict + violence; skills to support self-awareness, self-management, social awareness, relationships, responsible decision-making, recognising+managing peer pressure violence +/- knife crime - trusted adults/who to talk to if concerned the law + knives and violence - local context, avoid fear as an educational tool, common misconception that lots of people carry knives grooming + exploitation - risks and signs, how to seek help	seeking support for concerns about sexual relationships inc. sexual violence/harms
Basic first aid	
basic treatment for common injuries. CPR	
defibrillators	
Developing bodies	
main changes in males and females, implications for emotional and physical health key facts about puberty, the changing adolescent body and brain development. menstrual + gynaecological health: what an average period is, PMS, heavy bleeding, endometriosis, PCOS, when to seek help reproductive health: fertility + menopause, potential impact of lifestyle on fertility for men and women [Y13 only]	countering misinformation, where to access confidential sexual health advice and treatment.
RE	
KS4 and KS5 have to have RE well prepared to engage in a multi-religious and multi-secular society	
develop disciplinary and personal knowledge	

The Law
marriage (inc. forced marriage + civil partnerships)
consent, including the age of consent
domestic abuse, stalking, rape, sexual offences, FGM, 'virginity testing', hymenoplasty
sexual abuse, harassment and exploitation inc. public sexual harassment and harmful sexual behaviour
the Online Safety Act
online behaviours inc. image and info sharing (inc. sexual imagery, youth-produced sexual imagery, nudes etc., and inc. AI-generated sexual imagery and deepfakes.) Online sexual harassment, online sexual abuse inc. grooming and sextortion
pornography
abortion [Y13 only]
protected characteristics
alcohol, smoking, vaping and nicotine products, illicit drug use
gambling
carrying knives and weapons
extremism/radicalisation
grooming or exploiting children into criminal activity, which can inc. gang involvement + county lines
hate crime
the age of criminal responsibility
medical consent, Gillick competence
Citizenship
Political Systems
political system of democratic government in the UK
including the roles of citizens, Parliament and the monarch
parliamentary democracy, the key elements of the UK constitution
power of government, the role of citizens and Parliament in holding those in power to account
and the different roles of the executive, legislature and judiciary
free press
Parliament
the operation of Parliament, including voting and elections
the role of political parties
the different electoral systems used in and beyond the UK
actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond
other systems and forms of government, both democratic and non-democratic, beyond the UK
local, regional and international governance and the UK's relations with the rest of Europe, the Commonwealth, the UN and the wider world
Precious Liberties
the precious liberties enjoyed by the citizens of the UK
human rights
international law
diverse national, regional, religious and ethnic identities in the UK, and the need for mutual respect and understanding
The justice system
the natures of rules and laws and the justice system,
including the role of the police
and the operation of courts and tribunals
the legal system in the UK
different sources of law, how the law helps society deal with complex problems
Public institutions
roles of public institutions and voluntary groups in society
how citizens work together to improve their communities
opportunities to participate in school-based activities
how citizens can contribute to community
opportunity to participate actively in community volunteering
Money
the functions and uses of money
the importance and practice of budgeting
managing financial risk
income and expenditure
credit and debit
insurance
savings and pensions
financial products and services
how public money is raised and spent
Gatsby Benchmark Measures
A stable careers programme
embedded programme of careers education and guidance
Learning from career and labour market information
access to good-quality, up-to-date information about future pathways, study options and labour market opportunities.
Addressing the needs of each young person
Careers programmes should help pupils navigate their concerns about any barriers to career progression. opportunities should be tailored to the needs of each pupil
Linking curriculum learning to careers
all teachers should link curriculum learning with careers. Subject teachers should highlight the progression routes for their subject
Encounters with employers and employees