

Thornden School Personal Development Statutory Coverage

| New 2026 DfE RSHE Guidance for Mental Wellbeing                                                                                                                                                                                                                                                                           | Lessons Covering this in Tutor PD Programme                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <p><b>MW1. How to talk about their emotions accurately and sensitively, using appropriate vocabulary.</b></p>                                                                                                                                                                                                             | <p>Year 7 – Mental Health Introduction<br/>           Year 7 - Resilience<br/>           Year 7 – Boys’ Puberty<br/>           Year 7 – Periods and Menstruation<br/>           Year 7 / Year 9 – Gratefulness<br/>           Year 7 - Peer Pressure<br/>           Year 8 - Masculinity<br/>           Year 9 - Mental Health and Stigma<br/>           Year 9 - Managing Conflict<br/>           Year 10 - Social Anxiety<br/>           Year 10 – Mental Health, Community and Support Networks<br/>           Year 11 – Suicide Prevention</p>                                                                                                                                                                                                                                                                                                                                  |
| <p><b>MW2. The benefits and importance of physical activity, sleep, time outdoors, community participation and volunteering or acts of kindness for mental wellbeing and happiness.</b></p>                                                                                                                               | <p>Year 7 – Mental Health Introduction<br/>           Year 7 – Kindness and Empathy<br/>           Year 7 – Wants and Needs<br/>           Year 7 – Self-Esteem<br/>           Year 8 – Benefits of Exercise<br/>           Year 8 – Social Media Stress<br/>           Year 8 – Mental Health in the Wider World<br/>           Year 8 – Lifestyle Diseases and Cancer<br/>           Year 9 – Managing Anxiety<br/>           Year 9 – Happiness and Positivity<br/>           Year 9 – Sleep and its benefits<br/>           Year 9 – Importance of Community<br/>           Year 9 – Importance of Volunteering<br/>           Year 10 – Loneliness<br/>           Year 10 – Mental Health, Community and Support Networks<br/>           Year 10 – Exam Stress Management<br/>           Year 10 – Work Experience<br/>           Year 11 – Revision Skills and Management</p> |
| <p><b>MW3. That happiness is linked to being connected to others. Pupils should be supported to understand what makes them feel happy and what makes them feel unhappy, while recognising that loneliness can be for most people an inevitable part of life at times and is not something of which to be ashamed.</b></p> | <p>Year 7 – Mental Health Introduction<br/>           Year 7 / Year 9 – Gratefulness<br/>           Year 7 – Self-Esteem<br/>           Year 9 – Managing Anxiety<br/>           Year 9 – Happiness and Positivity<br/>           Year 9 – Relationships and the Media<br/>           Year 9 – Importance of Volunteering<br/>           Year 9 – Divorce, Loss and Separations<br/>           Year 10 – Mental Health, Community and Support Networks<br/>           Year 11 – Suicide Prevention</p>                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>MW4. That worrying and feeling down are normal, can affect everyone at different times and are not in themselves a sign of a mental health condition, and that managing those feelings can be helped by seeing them as normal.</b></p>                                                                              | <p>Year 7 – Mental Health Introduction<br/>           Year 7 / Year 9 – Gratefulness<br/>           Year 9 – Managing Anxiety<br/>           Year 9 – Happiness and Positivity<br/>           Year 9 - Mental Health and Stigma<br/>           Year 9 – Divorce, Loss and Separations</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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|                                                                                                                                                                                                                                                                                                                                                                     | <p>Year 8 – Benefits of Exercise<br/> Year 10 – Loneliness<br/> Year 10 – Mental Health, Community and Support Networks<br/> Year 11 – Suicide Prevention</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <p><b>MW5. Characteristics of common types of mental ill health (e.g. anxiety and depression), including carefully presented factual information about the prevalence and characteristics of more serious mental health conditions. This should not be discussed in a way that encourages normal feelings to be labelled as mental health conditions.</b></p>       | <p>Year 7 – Mental Health Introduction<br/> Year 8 – Mental Health in the Wider World<br/> Year 9 - Mental Health and Stigma<br/> Year 9 – Managing Anxiety<br/> Year 8 – Eating Disorders<br/> Year 8 – Self-Harm<br/> Year 10 – Exam Stress Management<br/> Year 10 – Mental Health, Community and Support Networks<br/> Year 10 – Obsessive Unwanted Repeated Behaviours<br/> Year 11 – Suicide Prevention</p>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p><b>MW6. How to critically evaluate which activities will contribute to their overall wellbeing.</b></p>                                                                                                                                                                                                                                                          | <p>Year 7 – Resilience<br/> Year 7 – Mental Health Introduction<br/> Year 7 / Year 9 – Gratefulness<br/> Year 7 – Peer Pressure and Influence<br/> Year 7 – Wants and Needs<br/> Year 7 – Self-Esteem<br/> Year 8 – Benefits of Exercise<br/> Year 8 – Health and Nutrition<br/> Year 8 – Social Media<br/> Stress<br/> Year 8 – Lifestyle Diseases and Cancer<br/> Year 8 – Entrepreneurism<br/> Year 8 – Saving and Budgeting<br/> Year 8 – Attendance and Punctuality<br/> Year 8 – Teamwork<br/> Year 8 – Communication Skills<br/> Year 9 – Managing Anxiety<br/> Year 9 – Happiness and Positivity<br/> Year 9 – Importance of Volunteering<br/> Year 10 – Loneliness<br/> Year 10 – Work Experience<br/> Year 10 – Mental Health, Community and Support Networks<br/> Year 11 – Sugar and Processed Foods</p> |
| <p><b>MW7. Understanding how to overcome anxiety or other barriers to participating in fun, enjoyable or rewarding activities – that it’s possible to overcome those barriers using coping strategies, and that finding the courage to participate in activities which initially feel challenging may decrease anxiety over time rather than increasing it.</b></p> | <p>Year 7 – Mental Health Introduction<br/> Year 7 - Resilience<br/> Year 7 / Year 9 – Gratefulness<br/> Year 8 – Benefits of Exercise<br/> Year 8 – Mental Health in the Wider World<br/> Year 9 – Managing Anxiety<br/> Year 10 - Obsessive Unwanted Repeated Behaviours<br/> Year 10 – Mental Health, Community and Support Networks<br/> Year 10 – Work Experience</p>                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| <p><b>MW8. That gambling can lead to serious mental health harms, including anxiety, depression, and</b></p>                                                                                                                                                                                                                                                                       | <p>Year 9 – Gambling and Risks<br/>Year 9 – Responsible Finances and Avoiding Debt</p>                                                                                                                            |
| <p><b>suicide, and that some gambling products are more likely to cause these harms than others.</b></p>                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                   |
| <p><b>MWG. That the co-occurrence of alcohol/drug use and poor mental health is common, and that the relationship is bi-directional: mental health problems can increase the risk of alcohol/drug use, and alcohol/drug use can trigger mental health problems or exacerbate existing ones. That stopping smoking can improve people’s mental health and decrease anxiety.</b></p> | <p>Year 7 – Drugs Introduction<br/>Year 8 – Alcohol, Risks and Relationships<br/>Year 8 – Lifestyle Diseases and Cancer<br/>Year 9 – Managing Anxiety<br/>Year 10 – Porn, Sexual Ethics and Harmful Behaviour</p> |

**Thornden School Personal Development Statutory Coverage**

| New 2026 DfE RSHE Guidance for Wellbeing Online                                                                                                                                                                                                                                                                                                                                              | Lessons Covering this in Tutor PD Programme                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>WO1. About the benefits of limiting 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.</b>                                                                                                                                                         | Year 7 – Health and Wellbeing Introduction<br>Year 8 – Benefits of Exercise<br>Year 8 – Social Media Stress<br>Year 8 – Mental Health in Wider World<br>Year 9 – Managing Anxiety<br>Year 9 – Happiness and Positivity<br>Year 9 – Benefits of Sleep<br>Year 9 – Social Media and Resilience<br>Year 10 – Social Media and Validation<br>Year 10 – Mental Health, Community and Support Networks<br>Year 11 – Revision Skills and Management |
| <b>WO2. The similarities and differences between the online world and the physical world, including:<br/>- the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image),<br/>- how people may curate a specific image of their life online,<br/>- over-reliance on online relationships including social media</b> | Year 8 – Eating Disorders<br>Year 9 – Misogyny and Manosphere<br>Year 9 – Relationships and the Media<br>Year 9 – Pornography, Danger and the Brain<br>Year 9 – Algorithms and Sub-cultures<br>Year 10 – Body Image and Online Media<br>Year 10 – Social Media Validation<br>Year 10 - Obsessive Unwanted Repeated Behaviours<br>Year 11 – Sex and the Media                                                                                 |
| <b>WO3. 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.</b>                                                                                                                                                                                                          | Year 7 – Peer Pressure and Influence<br>Year 8 – Social Media Stress<br>Year 8 – Online Bullying and Large Group Chats<br>Year 8 – Cyberbullying and Online Trolls<br>Year 8 – Eating Disorders<br>Year 9 – Misogyny and the Manosphere<br>Year 10 – Cybercrime and Illegal Online Behaviour<br>Year 11 – Suicide Prevention<br>Year 11 – Mob Mentality and Criminal Behaviour                                                               |
| <b>WO4. The risks related to online gambling and gambling-like content within gaming, including the accumulation of debt.</b>                                                                                                                                                                                                                                                                | Year 9 – Gambling and Risks<br>Year 9 – Responsible Finances and Avoiding Debt<br>Year 9 – Financial Exploitation and Online Fraud<br>Year 11 – Cost of Living                                                                                                                                                                                                                                                                               |
| <b>WO5. How advertising and information is targeted at them and how to be a discerning consumer of information online, understanding the prevalence of misinformation and disinformation online, including conspiracy theories</b>                                                                                                                                                           | Year 7 – Media Literacy<br>Year 9 – Gender Equality<br>Year 9 – Gambling and Risks<br>Year 9 – Responsible Finances and Avoiding Debt<br>Year 9 – Algorithms and Sub-Cultures<br>Year 10 – Body Image and Online Media<br>Year 10 – Chatbots and AI Complacency<br>Year 11 – Responsible Health Choices<br>Year 11 – Extremism Online<br>Year 11 – Sex and the Media                                                                         |
| <b>WO6. The risks of illegal behaviours online, including drug and knife supply or the sale or purchasing of illicit drugs online.</b>                                                                                                                                                                                                                                                       | Year 8 – Knife Crime<br>Year 9 – Financial Exploitation and Online Fraud<br>Year 10 – Cybercrime and Illegal Online Behaviour<br>Year 11 - Sextortion                                                                                                                                                                                                                                                                                        |

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| <p><b>WO7. The serious risks of viewing online content that promotes self-harm, suicide or violence, including how to safely report this material and how to access support after viewing it</b></p> | <p>Year 8 – Eating Disorders<br/>Year 8 – Self-Harm<br/>Year 10 – Body Image and Online Media<br/>Year 11 – Suicide Prevention</p> |
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| <p><b>New 2026 DfE RSHE Guidance for Programme Physical Health and Fitness</b></p>                                                                                                                                                  | <p><b>Lessons Covering this in Tutor PD</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <p><b>PHF1. The characteristics of a healthy lifestyle, including physical activity and maintaining a healthy weight, including the links between an inactive lifestyle and ill-health, including cardiovascular ill-health</b></p> | <p>Year 7 – Health and Wellbeing Introduction<br/>Year 8 – Benefits of Exercise<br/>Year 8 – Health and Nutrition<br/>Year 8 – Lifestyle Diseases and Cancer<br/>Year 8 – Balanced Diet<br/>Year 8 – Eating Disorders<br/>Year 9 – Managing Anxiety<br/>Year 9 – Happiness and Positivity<br/>Year 9 – Healthy Diet on a Budget<br/>Year 10 – Body Image and Online Media<br/>Year 11 – Sugar and Processed Foods</p>                                                                                    |
| <p><b>PHF2. Factual information about the prevalence and characteristics of more serious health conditions</b></p>                                                                                                                  | <p>Year 7 – Vaping and Smoking Cessation<br/>Year 8 – Benefits of Exercise<br/>Year 8 – Illegal Drugs<br/>Year 8 – Balanced Diet<br/>Year 8 – Lifestyle Diseases and Cancer<br/>Year 8 – Eating Disorders<br/>Year 8 – Sexual Health and STIs<br/>Year 9 – Health Advice Services<br/>Year 9 – First Aid and CPR<br/>Year 10 – Body Image and Online Media<br/>Year 10 – Cancer, Prevention, Screening, Examination<br/>Year 11 – Sugar and Processed Foods<br/>Year 11 – Responsible Health Choices</p> |
| <p><b>PHF3. That physical activity can promote wellbeing and combat stress</b></p>                                                                                                                                                  | <p>Year 8 – Benefits of Exercise<br/>Year 8 – Health and Nutrition<br/>Year 8 – Lifestyle Diseases and Cancer<br/>Year 9 – Managing Anxiety<br/>Year 9 – Happiness and Positivity<br/>Year 10 – Exam Stress Management<br/>Year 11 – Revision Skills and Management</p>                                                                                                                                                                                                                                  |
| <p><b>HF4. The science relating to blood, organ and stem cell donation.</b></p>                                                                                                                                                     | <p>Year 11 – Responsible Health Choices</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

## Thornden School Personal Development Statutory Coverage

| New 2026 DfE RSHE Guidance for Healthy Eating PD                                                                                                                  | Lessons Covering this in Thornden School Tutor                                                                                                                                                                                                                                                                                                                                                                               |
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| HE1. How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay, unhealthy weight gain, and cardiovascular disease. | Year 7 – Health and Wellbeing Introduction<br>Year 7 – Personal and Oral Hygiene<br>Year 8 – Benefits of Exercise<br>Year 8 – Lifestyle Diseases and Cancer<br>Year 8 – Health and Nutrition<br>Year 8 – Balanced Diet<br>Year 9 – Healthy Diet on a Budget<br>Year 9 – Managing Anxiety<br>Year 9 – Happiness and Positivity<br>Year 10 – Cancer, Prevention, Screening, Examination<br>Year 11 – Sugar and Processed Foods |
| <b>HE2. The risks of unhealthy weight gain, including increased risks of cancer, type 2 diabetes and cardiovascular disease</b>                                   | Year 8 – Benefits of Exercise<br>Year 8 – Balanced Diet<br>Year 8 – Health and Nutrition<br>Year 8 – Lifestyle Diseases and Cancer<br>Year 9 – Healthy Diet on a Budget<br>Year 10 – Cancer, Prevention, Screening, Examination<br>Year 10 – Body Image and Online Media<br>Year 11 – Sugar and Processed Foods                                                                                                              |
| <b>HE3. The impacts of alcohol on diet and unhealthy weight gain.</b>                                                                                             | Year 8 – Benefits of Exercise<br>Year 8 – Lifestyle Diseases and Cancer<br>Year 10 – Cancer, Prevention, Screening, Examination<br>Year 10 – Body Image and Online Media<br>Year 11 – Sugar and Processed Foods                                                                                                                                                                                                              |

**Thornden School Personal Development Statutory Coverage**

| New 2026 DfE RSHE Guidance for Programme Drugs, Alcohol, Tobacco and Vaping                                                                                                                                                                                                                                                                                                                                        | Lessons Covering this in Tutor PD                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p><b>DATV1. The facts about which drugs are illegal, the risks of taking illegal drugs, including the increased risk of potent synthetic drugs being added to illegal drugs, the risks of illicit vapes containing drugs, illicit drugs and counterfeit medicines, and the potential health harms, including the link to poor mental health.</b></p>                                                              | <p>Year 7 – Illegal Drugs<br/>                     Year 7 – Vaping and Smoking Cessation<br/>                     Year 8 – County Lines<br/>                     Year 10 – Stalking, Sexual Harassment and Law<br/>                     Year 9 – Prescription Drugs and Antibiotics<br/>                     Year 10 – Nitrous Oxide<br/>                     Year 10 - Cybercrime and Illegal Online Behaviour</p> |
| <p><b>DATV2. The law relating to the supply and possession of illegal substances.</b></p>                                                                                                                                                                                                                                                                                                                          | <p>Year 7 – Illegal Drugs<br/>                     Year 8 – County Lines<br/>                     Year 9 – Prescription Drugs and Antibiotics<br/>                     Year 10 – Nitrous Oxide<br/>                     Year 10 - Cybercrime and Illegal Online Behaviour</p>                                                                                                                                       |
| <p><b>DATV3. The physical and psychological risks associated with alcohol consumption. What constitutes low risk alcohol consumption in adulthood, and the legal age of sale for alcohol in England. Understanding how to increase personal safety while drinking alcohol, including how to decrease the risks of having a drink spiked or of poisoning from potentially fatal substances such as methanol</b></p> | <p>Year 7 – Illegal Drugs<br/>                     Year 8 – Lifestyle Diseases and Cancer<br/>                     Year 8 – Alcohol, Risks and Relationships<br/>                     Year 9 – Anti-Social Behaviour<br/>                     Year 10 – Cancer, Prevention, Screening, Examination<br/>                     Year 11 – Personal Safety and Risk</p> <p>(can add in SEND topic intro lessons)</p>     |
| <p><b>DATV4. The physical and psychological consequences of problem-use of alcohol, including alcohol dependency.</b></p>                                                                                                                                                                                                                                                                                          | <p>Year 7 – Illegal Drugs<br/>                     Year 8 – Alcohol, Risks and Relationships<br/>                     Year 8 – Lifestyle Diseases and Cancer<br/>                     Year 10 – Cancer, Prevention, Screening, Examination<br/>                     Year 11 – Personal Safety and Risk</p>                                                                                                          |
| <p><b>DATV5. The dangers of the misuse of prescribed and over-the-counter medicines.</b></p>                                                                                                                                                                                                                                                                                                                       | <p>Year 9 – Prescription Drugs and Antibiotics</p>                                                                                                                                                                                                                                                                                                                                                                  |
| <p><b>DATV6. The facts about the multiple serious harms from smoking tobacco (particularly the link to lung cancer and cardiovascular disease), the benefits of quitting and how to access support to do so</b></p>                                                                                                                                                                                                | <p>Year 7 – Vaping and Smoking Cessation<br/>                     Year 8 – Lifestyle Diseases and Cancer<br/>                     Year 10 – Cancer, Prevention, Screening, Examination<br/>                     Year 11 – Reproductive, Gynaecological Health and Fertility</p>                                                                                                                                     |
| <p><b>DATV7. The facts about vaping, including the harms posed to young people, and the role that vapes can play in helping adult smokers to quit.</b></p>                                                                                                                                                                                                                                                         | <p>Year 7 – Vaping and Smoking Cessation<br/>                     Year 10 – Cancer, Prevention, Screening, Examination</p>                                                                                                                                                                                                                                                                                          |

**Thornden School Personal Development Statutory Coverage**

| <b>New 2026 DfE RSHE Guidance for Programme Health, Protection and Understanding the Healthcare System.</b>                                                                                                                                                 | <b>Lessons Covering this in Tutor PD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <b>HPP1. Personal hygiene, germs and how they are spread, including bacteria and viruses, treatment and prevention of infection, and about antibiotics.</b>                                                                                                 | Year 7 – Personal and Oral Hygiene<br>Year 8 – Sexual Health and STIs<br>Year 8 – Attendance and Punctuality<br>Year 8 – Lifestyle Diseases and Cancer<br>Year 9 – Prescription Drugs and Antibiotics<br>Year 10 – Tattoos, Piercings and Body Modification<br>Year 11 – Responsible Health Choices                                                                                                                                                                                                                                                                                                                           |
| <b>HPP2. Dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste and cleaning between teeth, reducing consumption of sugar-containing food and drinks, and regular check-ups at the dentist.</b> | Year 7 – Personal and Oral Hygiene<br>Year 7 – Health and Wellbeing Introduction<br>Year 9 – First Aid and CPR<br>Year 11 – Sugar and Processed Foods                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>HPP3. How and when to self-care for minor ailments, and the role of pharmacists as knowledgeable healthcare professionals.</b>                                                                                                                           | Year 8 – Sexual Health and STIs<br>Year 8 – Attendance and Punctuality<br>Year 9 – Prescription Drugs and Antibiotics<br>Year 9 – First Aid and CPR<br>Year 10 – Tattoos, Piercings and Body Modification                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>HPP4. The importance of taking responsibility for their own health, and the benefits of regular self-examination and screening.</b>                                                                                                                      | Year 7 – Health and Wellbeing Introduction<br>Year 8 – Health and Nutrition<br>Year 8 – Benefits of Exercise<br>Year 8 – Lifestyle Diseases and Cancer<br>Year 8 – Sexual Health and STIs<br>Year 9 – Happiness and Positivity<br>Year 9 – Sleep and its Benefits<br>Year 9 – First Aid and CPR<br>Year 10 – Body Image and Online Media<br>Year 10 – Cancer, Prevention, Screening, Examination<br>Year 10 – Exam Stress and Management<br>Year 10 – Health and Safety at Work<br>Year 11 – Reproductive, Gynaecological Health and Fertility<br>Year 11 – Sugar and Processed Foods<br>Year 11 – Responsible Health Choices |
| <b>HPP5. The facts and scientific evidence relating to vaccination, immunisation and antimicrobial resistance. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.</b>      | Year 9 – Prescription Drugs and Antibiotics<br>Year 11 – Responsible Health Choices                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>HPP6. The importance of sufficient good-quality sleep for good health, the importance of screen-free time before bed and removing phones from the bedroom, and how a lack of sleep can affect weight, mood and ability to learn.</b>                     | Year 7 – Wants and Needs<br>Year 8 – Social Media Stress<br>Year 8 – Attendance and Punctuality<br>Year 8 – Mental Health in Wider World<br>Year 9 – Managing Anxiety<br>Year 9 – Benefits of Sleep<br>Year 10 – Exam Stress and Management<br>Year 11 – Revision Skills and Management                                                                                                                                                                                                                                                                                                                                       |
| <b>HPP7. The importance of healthy behaviours before and during pregnancy, including the importance of</b>                                                                                                                                                  | Year 11 – Reproductive, Gynaecological Health and Fertility                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| <p><b>pre-conception health, including taking folic acid. The importance of pelvic floor health. Information on miscarriage and pregnancy loss, and how to access care and support</b></p>                                                                                                                                                                                                                                                     | <p>Year 11 – Brain development, Conception to Puberty</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>HPP8. How to navigate their local healthcare system: what a GP is; when to use A&amp;E / minor injuries; accessing sexual health and family planning clinics; the role of local pharmacies; and how to seek help via local third sector partners which may have specialist services.</b></p>                                                                                                                                             | <p>Year 8 – Sexual Health and STIs<br/>           Year 9 – Health Advice Services<br/>           Year 9 – Prescription Drugs and Antibiotics<br/>           Year 9 – First Aid and CPR<br/>           Year 10 – Cancer, Prevention, Screening, Examination<br/>           Year 10 – Unplanned Pregnancy and Choices<br/>           Year 10 – Tattoos, Piercings and Body Modification<br/>           Year 11 – Reproductive, Gynaecological Health and Fertility</p> <p>(signposting to useful external agencies, help and advice sites is also on all PowerPoints for all lessons for all topics)</p> |
| <p><b>HPPG. The concept of Gillick competence. That the legal age of medical consent is 16. That before this, a child’s parents will have responsibility for consenting to medical treatment on their behalf unless they are Gillick competent to take this decision for themselves. Pupils should understand the circumstances in which someone over 16 may not be deemed to have capacity to make decisions about medical treatment.</b></p> | <p>Year 9 – Prescription Drugs and Antibiotics<br/>           Year 11 – Responsible Health Choices</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

**Thornden School Personal Development Statutory Coverage**

| <b>New 2026 DfE RSHE Guidance for Personal Safety</b>                                                                                                                                                                                                                                                                                                                                                 | <b>Lessons Covering this in Tutor PD Programme</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><b>PS1. How to identify risk and manage personal safety in increasingly independent situations, including around roads, railways – including level crossings - and water (including the water safety code), and in unfamiliar social or work settings (for example the first time a young person goes on holiday without their parents).</b></p>                                                   | <p>Year 8 – Knife Crime<br/>           Year 9 – Anti-Social Behaviour<br/>           Year 10 – Tattoos, Piercings and Body Modification<br/>           Year 10 – Health and Safety at Work<br/>           Year 10 – LGBT Rights<br/>           Year 11 – Personal Safety and Risk<br/>           Year 11 – Online Dating Risks<br/>           Year 11 – Independent Travel</p>                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>PS2. How to recognise and manage peer influence in relation to risk-taking behaviour and personal safety, including peer influence online and on social media.</b></p>                                                                                                                                                                                                                          | <p>Year 7 – Online Safety<br/>           Year 7 – Friendships and Fall-Outs<br/>           Year 7 – Peer Pressure and Influence<br/>           Year 8 – Social Media Stress<br/>           Year 8 – Online Bullying and Large Group Chats<br/>           Year 8 – Knife Crime<br/>           Year 8 – Cyberbullying and Online Trolls<br/>           Year 8 – County Lines<br/>           Year 9 – Anti-Social Behaviour<br/>           Year 9 – Gambling and Risks<br/>           Year 9 – Sub-cultures and Algorithms<br/>           Year 10 – Social Media Validation<br/>           Year 11 – Personal Safety and Risk<br/>           Year 11 – Extremism Online<br/>           Year 11 – Mob Mentality and Criminal Behaviour</p> |
| <p><b>PS3. How to develop key social and emotional skills that will increase pupils’ safety from involvement in conflict and violence. These include skills to support self-awareness, self-management, social awareness, relationship skills and responsible decision making, as well as skills to recognise and manage peer pressure.</b></p>                                                       | <p>Year 7 – Trust<br/>           Year 7 – Kindness and Empathy<br/>           Year 7 – Friendships and Fall-Outs<br/>           Year 8 – Social Media Stress<br/>           Year 8 – Online Bullying and Large Group Chats<br/>           Year 8 – Cyberbullying and Online Trolls<br/>           Year 8 – Teamwork<br/>           Year 8 – Communication Skills<br/>           Year 9 – Managing Conflict<br/>           Year 9 – Anti-Social Behaviour<br/>           Year 10 – Gaslighting and Emotional Abuse<br/>           Year 11 – Personal Safety and Risk<br/>           Year 11 – Mob Mentality and Criminal Behaviour</p>                                                                                                  |
| <p><b>PS4. Understanding which trusted adults they can talk to if pupils are worried about violence and/or knife crime.</b></p>                                                                                                                                                                                                                                                                       | <p>Year 7 – Trust<br/>           Year 8 – Knife Crime<br/>           Year 8 – County Lines<br/>           Year 11 – Honour Violence<br/>           Year 11 – Mob Mentality and Criminal Behaviour</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p><b>PS5. The law as it relates to knives and violence. Content and examples should relate to the local context and avoid using fear as an educational tool. Children should be taught that carrying weapons is uncommon, and should not be scared into the perception that many young people are carrying knives (which can lead to the misconception that they need to carry a knife too).</b></p> | <p>Year 8 – Knife Crime<br/>           Year 8 – County Lines<br/>           Year 9 – Anti-Social Behaviour<br/>           Year 10 - Cybercrime and Illegal Behaviour Online<br/>           Year 11 – Honour Violence<br/>           Year 11 – Mob Mentality and Criminal Behaviour</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## Thornden School Personal Development Statutory Coverage

**PS6. The risks and signs that they may be at risk of grooming or exploitation, and how to seek help where there is a concern.**

Year 7 – Online  
Grooming Year 7 –  
Online Safety Year 8 –  
Knife Crime  
Year 8 – County Lines  
Year 9 – Gambling and Risk  
Year 9 – Financial Exploitation Online Fraud  
Year 9 – Algorithms and Subcultures  
Year - 10 Coercive Controlling Relationships  
Year 10 – Gaslighting and Emotional  
Abuse Year 10 – Forced Marriage  
Year 11 – Virginity Testing and Hymenoplasty  
Year 11 - Sexploitation

## Thornden School Personal Development Statutory Coverage

| New 2026 DfE RSHE Guidance for Developing Bodies                                                                                                                                                                                                                                                          | Lessons Covering this in Tutor PD Programme                                                                                                                                                                                   |
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| <b>DB1. The main changes which take place in males and females, and the implications for emotional and physical health.</b>                                                                                                                                                                               | Year 7 – Boys’ Puberty<br>Year 7 – Periods and Menstruation<br>Year 7 – Romance and Falling in Love<br>Year 10 – Readiness for Sex<br>Year 11 – Brain Development Conception to Puberty                                       |
| <b>DB2. The facts about puberty, the changing adolescent body, including brain development.</b>                                                                                                                                                                                                           | Year 7 – Boys’ Puberty<br>Year 7 – Periods and Menstruation<br>Year 7 – Personal and Oral Hygiene<br>Year 7 – Romance and Falling in Love<br>Year 10 – Readiness for Sex<br>Year 11 – Brain Development Conception to Puberty |
| <b>DB3. About menstrual and gynaecological health, including:</b><br>- what is an average period;<br>- period problems such as premenstrual syndrome;<br>- heavy menstrual bleeding; endometriosis;<br>- and polycystic ovary syndrome (PCOS).<br><b>When to seek help from healthcare professionals.</b> | Year 7 – Personal and Oral Hygiene<br>Year 7 – Periods and Menstruation<br>Year 11 – Reproductive, Gynaecological Health and Fertility                                                                                        |
| <b>DB4. The facts about reproductive health, including fertility and menopause, and the potential impact of lifestyle on fertility for men and women.</b>                                                                                                                                                 | Year 7 – Periods and Menstruation<br>Year 8 – Sexual Health and STIs<br>Year 10 – Abortion<br>Year 10 – Unplanned Pregnancy and Choices<br>Year 11 – Reproductive, Gynaecological Health and Fertility                        |

| New 2026 DfE RSHE Guidance for Basic First Aid                                             | Lessons Covering this in Tutor PD Programme |
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| <b>BFA1. Basic treatment for common injuries.</b>                                          | Year 9 – First Aid and CPR                  |
| <b>BFA2. Life-saving skills, including how to administer CPR.</b>                          | Year 9 – First Aid and CPR                  |
| <b>BFA3. The purpose of defibrillators, when one might be needed and who can use them.</b> | Year 9 – First Aid and CPR                  |

**Thornden School Personal Development Statutory Coverage**

| New 2026 DfE RSHE Guidance for Families                                                                                                                                                                                                                                                                                                                           | Lessons Covering this in Tutor PD Programme                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>F1. That there are different types of committed, stable relationships.</b></p>                                                                                                                                                                                                                                                                              | <p>Year 7 – Healthy, Safe Positive Relationships<br/>                     Year 7 – Stable Families and Commitment<br/>                     Year 7 – Marriage<br/>                     Year 7 – Protected Characteristics<br/>                     Year 9 – Diverse Relationships<br/>                     Year 10 – LGBT Rights<br/>                     Year 10 – Adoption and Fostering</p>                                                                                                                                                    |
| <p><b>F2. How these relationships might contribute to wellbeing, and their importance for bringing up children.</b></p>                                                                                                                                                                                                                                           | <p>Year 7 – Stable Families and Commitment<br/>                     Year 7 – Marriage<br/>                     Year 9 – Happiness and Positivity<br/>                     Year 9 – Relationships and the Media<br/>                     Year 9 – Diverse Relationships<br/>                     Year 10 – Adoption and Fostering<br/>                     Year 11 – Parenting Costs and Considerations<br/>                     Year 11 – Brain Development Conception to Puberty</p>                                                            |
| <p><b>F3. Why marriage or civil partnership is an important relationship choice for many couples. The legal status of marriage and civil partnership, including that they carry legal rights, benefits and protections that are not available to couples who are cohabiting or who have, for example, undergone a non-legally binding religious ceremony.</b></p> | <p>Year 7 – Marriage<br/>                     Year 7 – Protected Characteristics<br/>                     Year 9 – Diverse Relationships<br/>                     Year 9 – Relationships and the Media<br/>                     Year 11 – Online Dating</p>                                                                                                                                                                                                                                                                                      |
| <p><b>F4. That ‘common-law marriage’ is a myth and cohabitants do not obtain marriage-like status or rights from living together or by having children</b></p>                                                                                                                                                                                                    | <p>Year 7 - Marriage</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>F5. That forced marriage and marrying before the age of 18 are illegal.</b></p>                                                                                                                                                                                                                                                                             | <p>Year 7 – Marriage<br/>                     Year 10 – Forced Marriage<br/>                     Year 11 – Virginity Testing and Hymenoplasty<br/>                     Year 11 – Honour Violence</p>                                                                                                                                                                                                                                                                                                                                             |
| <p><b>F6. How families and relationships change over time, including through birth, death, separation and new relationships.</b></p>                                                                                                                                                                                                                              | <p>Year 7 – Friendship and Fall-Outs<br/>                     Year 7 – Romance and falling in Love<br/>                     Year 7 - Stable Families and Commitment<br/>                     Year 9 – Relationships and the Media<br/>                     Year 9 – Grief and Loss<br/>                     Year 10 – Social Media and Resilience<br/>                     Year 10 – Divorce and Separations<br/>                     Year 10 – Adoption and Fostering<br/>                     Year 11 – Parenting Costs and Considerations</p> |
| <p><b>F7. The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child’s life for brain development.</b></p>                                                                                                                                | <p>Year 7 - Stable Families and Commitment<br/>                     Year 10 – Adoption and Fostering<br/>                     Year 11 – Reproductive, Gynaecological Health and Fertility<br/>                     Year 11 – Responsible Health Choices<br/>                     Year 11 – Parenting Costs and Considerations<br/>                     Year 11 – Brain Development Conception to Puberty</p>                                                                                                                                     |
| <p><b>F8. How to judge when a relationship is unsafe and where to seek help when needed, including when</b></p>                                                                                                                                                                                                                                                   | <p>Year 7 - Healthy, Safe Positive Relationships<br/>                     Year 7 – Trust<br/>                     Year 7 – Anti-bullying Focus</p>                                                                                                                                                                                                                                                                                                                                                                                               |

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| <p><b>pupils are concerned about violence, harm, or when they are unsure who to trust.</b></p> | <p>Year 8 – Social Media Stress<br/>Year 8 – Consent, Law and Boundaries<br/>Year 8 – County Lines<br/>Year 8 – Knife Crime<br/>Year 10 – Gaslighting and Emotional Abuse<br/>Year 10 - Coercive Controlling Relationships<br/>Year 10 – Forced Marriage<br/>Year 11 – Virginity Testing and Hymenoplasty<br/>Year 11 – Online Dating<br/>Year 11 – Honour Violence</p> |
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**Thornden School Personal Development Statutory Coverage**

| <b>New 2026 DfE RSHE Guidance for Respectful Relationships</b>                                                                                                                                                                                                                                                                                                                                         | <b>Lessons Covering this in Tutor PD Programme</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <p><b>RR1. The characteristics of positive relationships of all kinds, online and offline, including romantic relationships. For example, pupils should understand the role of consent, trust, mutual respect, honesty, kindness, loyalty, shared interests and outlooks, generosity, boundaries, tolerance, privacy, and the management of conflict, reconciliation and ending relationships.</b></p> | <p>Year 7 – Kindness and Empathy<br/>           Year 7 - Healthy, Safe Positive Relationships<br/>           Year 7 – Trust<br/>           Year 7 – Protected Characteristics<br/>           Year 7 – Friendships and Fall-outs<br/>           Year 7 – Stable Families and Commitment<br/>           Year 7 – Romance and Falling in Love<br/>           Year 7 – Respectful Relationships<br/>           Year 7 – Racism<br/>           Year 8 – Social Media Stress<br/>           Year 8 – Tolerance and Mutual Respect<br/>           Year 8 – Consent, Law and Boundaries<br/>           Year 8 – Teamwork<br/>           Year 8 – Ableism<br/>           Year 9 – Importance of Community<br/>           Year 9 – Managing Conflict<br/>           Year 9 – Importance of Volunteering<br/>           Year 9 – Divorce and Separation<br/>           Year 9 – AI, The Labour Market and Future Work Skills<br/>           Year 10 – Readiness for Sex<br/>           Year 10 – Equality and Equity<br/>           Year 11 – Role of Pleasure in Intimate Relationships</p>                                                                     |
| <p><b>RR2. How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal.</b></p>                                                                                                              | <p>Year 7 – Kindness and Empathy<br/>           Year 7 – Stereotyping and Prejudice<br/>           Year 7 – Friendships and Fall-outs<br/>           Year 7 – Anti-bullying Focus<br/>           Year 7 – Protected Characteristics<br/>           Year 7 – Racism<br/>           Year 8 – Social Media Stress<br/>           Year 8 – Exploring Identity and Diversity<br/>           Year 8 – Tolerance and Mutual Respect<br/>           Year 8 – Sexism in Society<br/>           Year 8 – Ableism<br/>           Year 8 – Mental Health in the Wider World<br/>           Year 9 – Gender Equality<br/>           Year 9 – Importance of Community<br/>           Year 9 – Anti-Social Behaviour<br/>           Year 9 – Mental Health and Stigma<br/>           Year 9 – Importance of Volunteering<br/>           Year 10 – Hate Crime and Extremism<br/>           Year 10 – Equality and Equity<br/>           Year 10 – Employment Rights and Responsibilities<br/>           Year 11 – Neurodiversity Explored and Explained<br/>           Year 11 – Offensive Language<br/>           Year 11 – Mob Mentality and Criminal Behaviour</p> |
| <p><b>RR3. The importance of self-esteem, independence and having a positive relationship with oneself, and how these characteristics support healthy relationships with others. This includes developing</b></p>                                                                                                                                                                                      | <p>Year 7 – Respectful Relationships<br/>           Year 7 – Self-Esteem<br/>           Year 7 – Personal Development<br/>           Year 7 – Stereotypes and Prejudice</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| <p><b>one's own interests, hobbies, friendship groups, and skills. Pupils should understand what it means to be treated with respect by others</b></p>                                                                                                             | <p>Year 7 – Careers, Skills and Qualities<br/> Year 8 – Exploring Identity and Diversity<br/> Year 8 – Tolerance and Mutual Respect<br/> Year 8 – Teamwork<br/> Year 8 – Communication Skills<br/> Year 8 – Mental Health in the Wider World<br/> Year 8 – Ambitious, Realistic Careers<br/> Year 9 – Importance of Community<br/> Year 9 – Considering Our KS4 / GCSE Option Choices<br/> Year 9 – Importance of Volunteering<br/> Year 9 – AI, The Labour Market and Future Work Skills<br/> Year 10 – Equality and Equity<br/> Year 10 – Social Media Validation<br/> Year 10 – Gaslighting and Emotional Abuse<br/> Year 11 – Neurodiversity Explored and Explained</p> |
| <p><b>RR4. What tolerance requires, including the importance of tolerance of other people's beliefs</b></p>                                                                                                                                                        | <p>Year 7 – Respectful Relationships<br/> Year 7 – Racism<br/> Year 7 – Stereotypes and Prejudice<br/> Year 7 – Protected Characteristics<br/> Year 8 – Exploring Identity and Diversity<br/> Year 8 – Tolerance and Mutual Respect<br/> Year 8 - Ableism<br/> Year 9 – Diverse Relationships<br/> Year 9 - Managing Conflict<br/> Year 10 – Hate Crime and Extremism<br/> Year 10 – Employment Rights and Responsibilities<br/> Year 10 – LGBT Rights<br/> Year 11 – Neurodiversity Explored and Explained<br/> Year 11 – Offensive Language<br/> Year 11 – Mob Mentality and Criminal Behaviour</p>                                                                       |
| <p><b>RR5. The practical steps pupils can take and skills they can develop to support respectful and kind relationships. This includes skills for communicating respectfully within relationships and with strangers, including in situations of conflict.</b></p> | <p>Year 7 – Kindness and Empathy<br/> Year 7 - Healthy, Safe Positive Relationships<br/> Year 7 – Friendships and Fall-outs<br/> Year 7 – Anti-bullying Focus<br/> Year 7 – Peer Pressure and Influence<br/> Year 7 – Stable Families and Commitment<br/> Year 7 – Respectful Relationships<br/> Year 8 – Tolerance and Mutual Respect<br/> Year 8 – Ableism<br/> Year 8 – Employability Skills Introduction<br/> Year 8 – Attendance and Punctuality<br/> Year 8 – Communication Skills<br/> Year 9 - Managing Conflict<br/> Year 9 – Importance of Community<br/> Year 9 – Importance of Volunteering<br/> Year 11 – Mob Mentality and Criminal Behaviour</p>             |
| <p><b>RR6. The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get help.</b></p>                                                                       | <p>Year 7 – Online Safety<br/> Year 7 – Friendships and Fall-outs<br/> Year 7 – Anti-bullying Focus<br/> Year 7 – Peer Pressure and Influence<br/> Year 8 – Online Bullying and Large Group Chats</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>Year 8 – Cyberbullying and Online Trolls</p> <p>Year 11 – Offensive Language</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>RR7. Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration.</b></p>                                                                                                                                                                                                                                          | <p>Year 9 – Grief and Loss</p> <p>Year 10 – Social Media and Resilience</p> <p>Year 10 – Divorce and Separation</p> <p>Year 11 – Suicide Prevention</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>RR8. The role of consent, including in romantic and sexual relationships. Pupils should understand that ethical behaviour goes beyond consent and involves kindness, care, attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says yes to doing something, that doesn't automatically make it ethically okay</b></p> | <p>Year 7 – Anti-bullying Focus</p> <p>Year 7 – Marriage</p> <p>Year 8 – Knife Crime</p> <p>Year 8 – Consent, Law and Boundaries</p> <p>Year 9 – Sexual Harassment</p> <p>Year 10 – Cybercrime and Online Criminal Behaviour</p> <p>Year 10 – Coercive, Controlling Relationships</p> <p>Year 10 – Gaslighting and Emotional Abuse</p> <p>Year 10 – Forced Marriage</p> <p>Year 10 – Stalking, Sexual Harassment and Law</p> <p>Year 10 – Readiness for Sex</p> <p>Year 11 – Honour Violence</p>                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>RRG. How stereotypes, in particular stereotypes based on sex, gender reassignment, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). Pupils should be equipped to recognise misogyny and other forms of prejudice.</b></p>                                                                                                    | <p>Year 7 – Respectful Relationships</p> <p>Year 7 – Racism</p> <p>Year 7 – Stereotypes and Prejudice</p> <p>Year 7 – Protected Characteristics</p> <p>Year 8 – Exploring Identity and Diversity</p> <p>Year 8 – Tolerance and Mutual Respect</p> <p>Year 8 – Masculinity</p> <p>Year 8 – Sexism in Society</p> <p>Year 8 – Ableism</p> <p>Year 9 – Gender Stereotypes</p> <p>Year 9 – Algorithms and Sub-Cultures</p> <p>Year 9 – Misogyny and the Manosphere</p> <p>Year 10 – Hate Crime and Extremism</p> <p>Year 10 – Employment Rights and Responsibilities</p> <p>Year 10 – LGBT Rights</p> <p>Year 10 – Equality and Equity</p> <p>Year 11 – Neurodiversity Explored and Explained</p> <p>Year 11 – Virginity Testing and Hymenoplasty</p> <p>Year 11 – Offensive Language</p> <p>Year 11 – Extremism Online</p> <p>Year 11 – Mob Mentality and Criminal Behaviour</p> |
| <p><b>RR10. How inequalities of power can impact behaviour within relationships, including sexual relationships. For example, how people who are disempowered can feel they are not entitled to be treated with respect by others or how those who enjoy an unequal amount of power might, with or without realising it, impose their preferences on others.</b></p>                                                                  | <p>Year 7 - Healthy, Safe Positive Relationships</p> <p>Year 7 – Anti-bullying Focus</p> <p>Year 7 – Peer Pressure and Influence</p> <p>Year 8 – Ableism</p> <p>Year 8 – County Lines</p> <p>Year 8 – Sexism in Society</p> <p>Year 8 – Employment Rights and Responsibilities</p> <p>Year 9 – Sexual Harassment</p> <p>Year 10 – Coercive, Controlling Relationships</p> <p>Year 10 – Gaslighting and Emotional Abuse</p> <p>Year 10 – Forced Marriage</p> <p>Year 10 – Stalking, Sexual Harassment and Law</p>                                                                                                                                                                                                                                                                                                                                                              |

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|                                                                                                                                                                                                                                                                                                                                            | <p>Year 10 – LGBT Rights<br/> Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/> Year 11 – Virginity Testing and Hymenoplasty<br/> Year 11 – Honour Violence<br/> Year 11 – Mob Mentality and Criminal Behaviour<br/> Year 11 - Sextortion</p>                                                                                                                                         |
| <p><b>RR11. How pornography can negatively influence sexual attitudes and behaviours, including by normalising harmful sexual behaviours and by disempowering some people, especially women, to feel a sense of autonomy over their own body and providing some people with a sense of sexual entitlement to the bodies of others.</b></p> | <p>Year 9 – Misogyny and the Manosphere<br/> Year 9 – Pornography, Danger and the Brain<br/> Year 9 – Sub-cultures and Algorithms<br/> Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/> Year 11- Deepfakes, Image Sharing and AI<br/> Year 11 – Online Dating<br/> Year 11 – Extremism Online<br/> Year 11 – Sex and the Media<br/> Year 11 - Sextortion</p>                         |
| <p><b>RR12. Pupils should have an opportunity to discuss how some sub-cultures might influence our understanding of sexual ethics, including the sexual norms endorsed by so-called “involuntary celibates” (incels) or online influencers.</b></p>                                                                                        | <p>Year 9 – Misogyny and the Manosphere<br/> Year 9 – Pornography, Danger and the Brain<br/> Year 9 – Sub-cultures and Algorithms<br/> Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/> Year 11- Deepfakes, Image Sharing and AI<br/> Year 11 – Online Dating<br/> Year 11 – Extremism Online<br/> Year 11 – Sex and the Media<br/> Year 11 – Virginity Testing and Hymenoplasty</p> |

| New 2026 DfE RSHE Guidance for Online Safety and Awareness                                                                                                                                                                                                                                                                                                                                                                                                          | Lessons Covering this in Tutor PD Programme                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p><b>OSA1. Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</b></p>                                                                                                                                                                                                                                                                                                   | <p>Year 7 – Online Safety<br/>                     Year 7 – Friendships and Fallouts<br/>                     Year 7 – Anti-bullying Focus<br/>                     Year 7 – Respectful Relationships<br/>                     Year 8 – Social Media Stress<br/>                     Year 8 – Online Bullying and Large Group Chats<br/>                     Year 8 – Knife Crime<br/>                     Year 8 – Employability Skills<br/>                     Year 8 – Attendance and Punctuality<br/>                     Year 8 – Cyberbullying and Online Trolls<br/>                     Year 9 – Anti-social Behaviour<br/>                     Year 9 – Online Reputation<br/>                     Year 11 – Personal Safety and Risk<br/>                     Year 11 – Independent Travel</p> |
| <p><b>OSA2. Online risks, including the importance of being cautious about sharing personal information online and of using privacy and location settings appropriately to protect information online. Pupils should also understand the difference between public and private online spaces and related safety issues.</b></p>                                                                                                                                     | <p>Year 7 – Online Safety<br/>                     Year 7 – Trust<br/>                     Year 7 – Online Grooming<br/>                     Year 8 – Online Bullying and Large Group Chats<br/>                     Year 9 – Gambling and Risks<br/>                     Year 9 – Financial Exploitation and Online Fraud<br/>                     Year 9 – Online Reputation<br/>                     Year 11 – Online Dating<br/>                     Year 11- Deepfakes, Image Sharing and AI<br/>                     Year 11 – Online Privacy and Data Protection</p>                                                                                                                                                                                                                               |
| <p><b>OSA3. The characteristics of social media, including that some social media accounts are fake, and / or may post things which aren't real / have been created with AI. That social media users may say things in more extreme ways than they might in face-to-face situations, and that some users present highly exaggerated or idealised profiles of themselves online.</b></p>                                                                             | <p>Year 7 – Friendships and Fall-outs<br/>                     Year 7 – Online Grooming<br/>                     Year 8 – Social Media Stress<br/>                     Year 8 – Cyberbullying and Online Trolls<br/>                     Year 9 – Health Advice Services<br/>                     Year 8 – Eating Disorders<br/>                     Year 9 – Relationships and the Media<br/>                     Year 9 – Misogyny and the Manosphere<br/>                     Year 9 – Algorithms and Sub-cultures<br/>                     Year 10 – Deepfakes and Malicious AI<br/>                     Year 10 – Social Media Validation<br/>                     Year 11- Deepfakes, Image Sharing and AI<br/>                     Year 11 – Extremism Online</p>                                  |
| <p><b>OSA4. Not to provide material to others that they would not want to be distributed further and not to pass on personal material which is sent to them. Pupils should understand that any material provided online might be circulated, and that once this has happened there is no way of controlling where it ends up. Pupils should understand the serious risks of sending material to others, including the law concerning the sharing of images.</b></p> | <p>Year 7 – Online Safety<br/>                     Year 7 – Online Grooming<br/>                     Year 8 – Social Media Stress<br/>                     Year 8 – Online Bullying and Large Group Chats<br/>                     Year 9 – Financial Exploitation and Online Fraud<br/>                     Year 11 – Online Dating<br/>                     Year 11- Deepfakes, Image Sharing and AI<br/>                     Year 11 – Online Privacy and Data Protection<br/>                     Year 11 - Sextortion</p>                                                                                                                                                                                                                                                                            |
| <p><b>OSA5. That keeping or forwarding indecent or sexual images of someone under 18 is a crime, even if the</b></p>                                                                                                                                                                                                                                                                                                                                                | <p>Year 7 – Online Grooming<br/>                     Year 9 – Pornography, Danger and the Brain<br/>                     Year 10 – Deepfakes and Malicious AI</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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| <p><b>photo is of themselves or of someone who has consented, and even if the image was created by the child and/or using AI generated imagery. Pupils should understand the potentially serious consequences of acquiring or generating indecent or sexual images of someone under 18, including the potential for criminal charges and severe penalties including imprisonment. Pupils should know how to seek support and should understand that they will not be in trouble for asking for help, either at school or with the police, if an image of themselves has been shared. Pupils should also understand that sharing indecent images of people over 18 without consent is a crime</b></p> | <p>Year 10 – Cybercrime and Illegal Online Behaviour<br/>Year 11- Deepfakes, Image Sharing and AI<br/>Year 11 - Sextortion</p>                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><b>OSA6. What to do and how to report when they are concerned about material that has been circulated, including personal information, images or videos, and how to manage issues online.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p>Year 7 – Online Grooming<br/>Year 8 – Social Media Stress<br/>Year 8 – Online Bullying and Large Group Chats<br/>Year 10 – Deepfakes and Malicious AI<br/>Year 10 – Cybercrime and Illegal Online Behaviour<br/>Year 11 – Extremism Online<br/>Year 11 – Suicide Prevention<br/>Year 11- Deepfakes, Image Sharing and AI<br/>Year 11 - Sextortion</p>                                                                                                                                                                  |
| <p><b>OSA7. About the prevalence of deepfakes including videos and photos, how deepfakes can be used maliciously as well as for entertainment, the harms that can be caused by deepfakes and how to identify them.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p>Year 10 – Deepfakes and Malicious AI<br/>Year 11- Deepfakes, Image Sharing and AI<br/>Year 11 – Sex and the Media<br/>Year 11 - Sextortion</p>                                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>OSA8. That the internet contains inappropriate and upsetting content, some of which is illegal, including unacceptable content that encourages misogyny, violence or use of weapons. Pupils should be taught where to go for advice and support about something they have seen online. Pupils should understand that online content can present a distorted picture of the world and normalise or glamorise behaviours which are unhealthy and wrong</b></p>                                                                                                                                                                                                                                   | <p>Year 7 – Online Safety<br/>Year 8 – County Lines<br/>Year 8 – Eating Disorders<br/>Year 9 – Misogyny and the manosphere<br/>Year 9 – Pornography, Dangers and the Brain<br/>Year 9 – Sub-cultures and Algorithms<br/>Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/>Year 10 – Cybercrime and Illegal Online Behaviour<br/>Year 10 - Obsessive Unwanted Repeated Behaviours<br/>Year 11 – Extremism Online<br/>Year 11 – Mob Mentality and Criminal Behaviour<br/>Year 11- Deepfakes, Image Sharing and AI</p> |
| <p><b>OSAG. That social media can lead to escalations in conflicts, how to avoid these escalations and where to go for help and advice</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>Year 7 – Friendships and Fall-outs<br/>Year 7 – Anti-Bullying Focus<br/>Year 8 – Social Media Stress<br/>Year 8 – Online Bullying and Large Group Chats<br/>Year 8 – Cyberbullying and Online Trolls<br/>Year 10 – Social Media Validation<br/>Year 11 – Mob Mentality and Criminal Behaviour</p>                                                                                                                                                                                                                      |

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| <p><b>OSA10. How to identify when technology and social media is used as part of bullying, harassment, stalking, coercive and controlling behaviour, and other forms of abusive and/or illegal behaviour</b></p>                                                                                                                                                                                                                              | <p>Year 7 – Friendships and Fall-outs<br/>Year 7 – Anti-Bullying Focus<br/>Year 8 – Social Media Stress<br/>Year 8 – Cyberbullying and Online Trolls</p>                                                                                                                                                                                                            |
| <p><b>and how to seek support about concerns.</b></p>                                                                                                                                                                                                                                                                                                                                                                                         | <p>Year 8 – County Lines<br/>Year 9 – Gambling and Risks<br/>Year 9 – Sexual Harassment<br/>Year 10 – Stalking, Sexual Harassment and Law<br/>Year 11 - Sextortion</p>                                                                                                                                                                                              |
| <p><b>OSA11. That pornography, and other online content, often presents a distorted picture of people and their sexual behaviours and can negatively affect how people behave towards sexual partners. This can affect pupils who see pornographic content accidentally as well as those who see it deliberately. Pornography can also portray misogynistic behaviours and attitudes which can negatively influence those who see it.</b></p> | <p>Year 9 – Misogyny and the Manosphere<br/>Year 9 – Pornography, Dangers and the Brain<br/>Year 9 – Algorithms and Subcultures<br/>Year 10 – Readiness for Sex<br/>Year 11- Deepfakes, Image Sharing and AI<br/>Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/>Year 11 – Online Dating<br/>Year 11 – Extremism Online<br/>Year 11 – Sex and the Media</p> |
| <p><b>OSA12. How information and data is generated, collected, shared and used online.</b></p>                                                                                                                                                                                                                                                                                                                                                | <p>Year 7 – Online Safety<br/>Year 8 – Online Bullying and Large Group Chats<br/>Year 8 – Attendance and Punctuality<br/>Year 9 – Financial Exploitation and Online Fraud<br/>Year 9 – Online Reputation<br/>Year 11 – Online Privacy and Data Protection</p>                                                                                                       |
| <p><b>OSA13. That websites may share personal data about their users, and information collected on their internet use, for commercial purposes (e.g. to enable targeted advertising).</b></p>                                                                                                                                                                                                                                                 | <p>Year 7 – Online Safety<br/>Year 9 – Responsible Finances Avoiding Debt<br/>Year 9 – Online Reputation<br/>Year 11 – Online Privacy and Data Protection</p>                                                                                                                                                                                                       |
| <p><b>OSA14. That criminals can operate online scams, for example using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. About risks of sextortion, how to identify online scams relating to sex, and how to seek support if they have been scammed or involved in sextortion.</b></p>                                                 | <p>Year 7 – Online Safety<br/>Year 8 – County Lines<br/>Year 9 – Gambling Risks<br/>Year 9 – Responsible Finances Avoiding Debt<br/>Year 9 – Financial Exploitation and Online Fraud<br/>Year 10 – Cybercrime and Illegal Online Behaviour<br/>Year 11 – Online Privacy and Data Protection<br/>Year 11 - Sextortion</p>                                            |
| <p><b>OSA15. That AI chatbots are an example of how AI is rapidly developing, and that these can pose risks by creating fake intimacy or offering harmful advice. It is important to be able to critically think about new types of technology as they appear online and how they might pose a risk.</b></p>                                                                                                                                  | <p>Year 9 – AI, The Labour Market and Future Work Skills<br/>Year 10 – Deepfakes and Malicious AI<br/>Year 11 – Chatbots and AI Complacency</p>                                                                                                                                                                                                                     |

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| <b>New 2026 DfE RSHE Guidance for Intimate and Sexual Relationships</b>                                                                                                                                                                                                                                                       | <b>Lessons Covering this in Tutor PD Programme</b>                                                                                                                                                                                                                                                                                                                                    |
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| <b>ISR1. That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive.</b>                                                                                                                                                                                                   | Year 8 – Consent, Boundaries and Law<br>Year 8 – Sexual Health and STIs<br>Year 8 – Condoms<br>Year 10 – Readiness for Sex<br>Year 11 – Role of Pleasure in Intimate Relationships                                                                                                                                                                                                    |
| <b>ISR2. The law about the age of consent, that they have a choice about whether to have sex, that many young people wait until they are older, and that people of all ages can enjoy intimate and romantic relationships without sex</b>                                                                                     | Year 7 – Peer Pressure and Influence<br>Year 7 – Romance and Falling in Love<br>Year 8 – Consent, Boundaries and Law<br>Year 9 – Diverse Relationships<br>Year 10 – Readiness for Sex<br>Year 11 – Role of Pleasure in Intimate Relationships                                                                                                                                         |
| <b>ISR3. Sexual consent and their capacity to give, withhold or remove consent at any time, even if initially given, as well as the considerations that people might take into account prior to sexual activity, e.g. the law, faith and family values. That kindness and care for others require more than just consent.</b> | Year 7 – Romance and Falling in Love<br>Year 8 – Consent, Boundaries and Law<br>Year 9 – Diverse Relationships<br>Year 10 – Gaslighting and Emotional Abuse                                                                                                                                                                                                                           |
| <b>ISR4. 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.</b>                                                                                                              | Year 7 – Healthy, Positive, Safe Relationships<br>Year 8 – STIs and Sexual Health<br>Year 8 – Condoms<br>Year 10 – Unplanned Pregnancy and Choices<br>Year 10 – Abortion<br>Year 10 – Coercive, Controlling Relationships<br>Year 10 – Gaslighting and Emotional Abuse<br>Year 11 – Reproductive, Gynaecological Health and Fertility<br>Year 11 – Parenting Costs and Considerations |
| <b>ISR5. That some sexual behaviours can be harmful.</b>                                                                                                                                                                                                                                                                      | Year 8 – Consent, Boundaries and Law<br>Year 8 – County Lines<br>Year 9 – Pornography, Dangers and the Brain<br>Year 9 – Sexual Harassment<br>Year 10 – Stalking, Sexual Harassment and Law<br>Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br>Year 10 – Coercive Controlling Behaviour<br>Year 11 – Sextortion<br>Year 11 – Virginity Testing and Hymenoplasty                |
| <b>ISR6. The facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms, and signposting towards medically accurate online information about sexual and reproductive health to support contraceptive decision making</b>                                          | Year 8 – Contraception<br>Year 8 – Condoms<br>Year 8 – Sexual Health and STIs<br>Year 10 – Readiness for Sex<br>Year 11 – Responsible Health Choices<br>Year 11 – Reproductive, Gynaecological Health and Fertility                                                                                                                                                                   |
| <b>ISR7. That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help.</b>                                                                                   | Year 10 – Unplanned Pregnancy and Choices<br>Year 10 – Abortion<br>Year 11 – Reproductive, Gynaecological Health and Fertility<br>Year 11 – Parenting Costs                                                                                                                                                                                                                           |

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| <p><b>ISR8. How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma</b></p> | <p>Year 8 – Sexual Health and STIs<br/> Year 8 – Condoms<br/> Year 8 – Contraception<br/> Year 10 – Readiness for Sex</p>                                                                                                                                                                            |
| <p><b>ISRG. The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.</b></p>                                                                                                                                                                                                                                                                                 | <p>Year 8 – Sexual Health and STIs<br/> Year 8 – Condoms<br/> Year 8 – Contraception<br/> Year 10 – Readiness for Sex<br/> Year 11 – Reproductive, Gynaecological Health and Fertility</p>                                                                                                           |
| <p><b>ISR10. How the use of alcohol and drugs can lead people to take risks in their sexual behaviour</b></p>                                                                                                                                                                                                                                                                                                                      | <p>Year 8 – Consent, Boundaries and Law<br/> Year 8 – Alcohol, Relationships and Risk<br/> Year 8 – County Lines<br/> Year 11 – Online Dating</p>                                                                                                                                                    |
| <p><b>ISR11. How and where to seek support for concerns around sexual relationships including sexual violence or harms.</b></p>                                                                                                                                                                                                                                                                                                    | <p>Year 8 – Consent, Boundaries and Law<br/> Year 8 – County Lines<br/> Year 8 – Alcohol, Relationships and Risk<br/> Year 8 – Pornography, Danger and Risk<br/> Year 9 – Sexual Harassment<br/> Year 10 – Sexual Harassment, Stalking and Law<br/> Year 11 – Virginity Testing and Hymenoplasty</p> |

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| <p><b>ISR12. How to counter misinformation, including signposting towards medically accurate information and further advice, and where to access confidential sexual and reproductive health advice and treatment</b></p>                                                                                                | <p>Year 7 – FGM<br/> Year 7 – Media Literacy<br/> Year 8 – Contraception<br/> Year 8 – Sexual Health and STIs<br/> Year 8 – Condoms<br/> Year 9 – Health Advice Services<br/> Year 9 – Subcultures and Algorithms<br/> Year 10 – Body Image and Social Media<br/> Year 10 – Unwanted Pregnancy and Choices<br/> Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/> Year 10 – Abortion<br/> Year 11 – Virginity Testing and Hymenoplasty</p> |
| <p><b>New 2026 DfE RSHE Guidance for Being Safe</b></p>                                                                                                                                                                                                                                                                  | <p><b>Lessons Covering this in Tutor PD Programme</b></p>                                                                                                                                                                                                                                                                                                                                                                                         |
| <p><b>How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships (in all contexts, including online) and early sexual relationships that might involve kissing or touching. That kindness and care for others requires more than just consent.</b></p> | <p>Year 7 – Positive, Safe Healthy Relationships<br/> Year 7 – Friendships and Fall-outs<br/> Year 7 – Romance and Falling in Love<br/> Year 8 – Consent, Boundaries and Law<br/> Year 9 – Diverse Relationships<br/> Year 10 – Readiness for Sex</p>                                                                                                                                                                                             |
| <p><b>That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others, including sexual pressure, and how to avoid putting pressure on others.</b></p>                                                                                                  | <p>Year 7 – Friendships and Fall-outs<br/> Year 7 – Peer Pressure and Influence<br/> Year 7 – Romance and Falling in Love<br/> Year 8 – Consent, Boundaries and Law<br/> Year 9 – Sexual Harassment<br/> Year 10 – Stalking, Sexual Harassment and Law<br/> Year 10 – Coercive Controlling Relationships<br/> Year 10 – Gaslighting and Emotional Abuse<br/> Year 10 – Forced Marriage<br/> Year 11 – Mob Mentality and Criminal Behaviour</p>    |

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| <p><b>BS3. How to determine whether other children, adults or sources of information are trustworthy, how to judge when a relationship is unsafe (and recognise this in the relationships of others); how to seek help or advice, including reporting concerns about others, if needed.</b></p>                                                                                                                                                                                                                     | <p>Year 7 – Friendships and Fall-outs<br/> Year 7 – Online Grooming<br/> Year 7 – Stale Relationships, Commitment and Families<br/> Year 7 – Trust<br/> Year 7 – Media Literacy<br/> Year 8 – Cyberbullying and Online Trolls<br/> Year 8 – Consent, Boundaries and Law<br/> Year 9 – Health Advice Services<br/> Year 9 – Financial Exploitation and Online Fraud<br/> Year 9 – Sexual Harassment<br/> Year 10 – Gender Equality<br/> Year 10 – Deepfakes and Malicious AI<br/> Year 10 – Cybercrime and Illegal Online Behaviour<br/> Year 10 – Coercive and Controlling Relationships<br/> Year 10 – Gaslighting and Emotional Abuse<br/> Year 10 – Forced Marriage<br/> Year 10 – Stalking, Sexual Harassment and Law<br/> Year 10 - Obsessive Unwanted Repeated Behaviours<br/> Year 11 – Online Dating<br/> Year 11 – Sex and the Media</p> |
| <p><b>BS4. How to increase their personal safety in public spaces, including when socialising with friends, family, the wider community or strangers. Pupils should learn ways of seeking help when needed and how to report harmful behaviour. Pupils should understand that there are strategies they can use to increase their safety, and that this does not mean they will be blamed if they are victims of harmful behaviour. Pupils might reflect on the importance of trusting their instincts when</b></p> | <p>Year 7 – Online Grooming<br/> Year 7 – Trust<br/> Year 7 – Stereotypes and Prejudice<br/> Year 8 – Knife Crime<br/> Year 8 – County Lines<br/> Year 9 - Gambling and Risks<br/> Year 9 – Anti-social Behaviour<br/> Year 9 – Sexual Harassment<br/> Year 10 – Coercive Controlling Relationships<br/> Year 10 – Gaslighting and Emotional Abuse<br/> Year 10 – Forced Marriage<br/> Year 10 – Stalking, Sexual Harassment and Law</p>                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p><b>something doesn't feel right, and should understand that in some situations a person might appear trustworthy but have harmful intentions</b></p>                                                                                                                                                                                                                                                                                                                                                             | <p>Year 10 – LGBT Rights<br/> Year 11 – Personal Safety and Risk<br/> Year 11 – Online Dating<br/> Year 11 – Honour Violence<br/> Year 11 – Independent Travel</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <p><b>BS5. What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable, emphasising that it is never the fault of the person experiencing it.</b></p>                                                                                                                                                                                                                                                                                                                            | <p>Year 7 - FGM<br/> Year 8 – Consent, Boundaries and Law<br/> Year 8 – County Lines<br/> Year 10 – Coercive Controlling Relationships<br/> Year 10 – Gaslighting and Emotional Abuse<br/> Year 10 – Stalking, Sexual Harassment and Law</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>BS6. That sexual harassment includes unsolicited sexual language / attention / touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting.</b></p>                                                                                                                                                                                                                                                      | <p>Year 8 – Consent, Boundaries and Law<br/> Year 8 – County Lines<br/> Year 9 – Sexual Harassment<br/> Year 10 – Stalking, Sexual Harassment and Law<br/> Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/> Year 11- Deepfakes, Image Sharing and AI</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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| <p><b>BS7. The concepts and laws relating to sexual violence, including rape and sexual assault.</b></p>                                                                                                                                                                                                                                                                                                                                          | <p>Year 7 - FGM<br/>Year 8 – Consent, Boundaries and Law<br/>Year 9 – Sexual Harassment<br/>Year 10 – Stalking, Sexual Harassment and Law</p>                                                                                                                                                                                                |
| <p><b>BS8. The concepts and laws relating to harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people but also includes other forms of concerning behaviour like using age-inappropriate sexual language.</b></p>                                                                                                                                                                           | <p>Year 7 – FGM<br/>Year 8 – Consent, Boundaries and Law<br/>Year 8 – County Lines<br/>Year 9 – Sexual Harassment<br/>Year 10 – Stalking, Sexual Harassment and Law<br/>Year 11 – Offensive Language</p>                                                                                                                                     |
| <p><b>BSG. The concepts and laws relating to domestic abuse, including controlling or coercive behaviour, emotional, sexual, economic or physical abuse, and violent or threatening behaviour</b></p>                                                                                                                                                                                                                                             | <p>Year 8 – Knife Crime<br/>Year 8 – Consent, Boundaries and Law<br/>Year 8 – County Lines<br/>Year 9 – Anti-social Behaviour<br/>Year 10 – Coercive Controlling Relationships<br/>Year 10 – Gaslighting<br/>Emotional Abuse<br/>Year 10 – Forced Marriage<br/>Year 11 – Virginty Testing and Hymenoplasty<br/>Year 11 – Honour Violence</p> |
| <p><b>BS10. That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed</b></p>                                                                                                                                                                                                                                                                                                                    | <p>Year 8 – Eating Disorders<br/>Year 8 – Self-harm<br/>Year 9 – Pornography, Dangers and the Brain<br/>Year 10 - Obsessive Unwanted Repeated Behaviours</p>                                                                                                                                                                                 |
| <p><b>BS11. The concepts and laws relating to harms which are exploitative, including sexual exploitation, criminal exploitation and abuse, grooming, and financial exploitation</b></p>                                                                                                                                                                                                                                                          | <p>Year 7 – Online Grooming<br/>Year 8 – Knife Crime<br/>Year 8 – County Lines<br/>Year 9 – Financial Exploitation and Online Fraud<br/>Year 10 – Cybercrime and Illegal Behaviour Online<br/>Year 10 – Coercive Controlling Relationships<br/>Year 10 – Forced Marriage<br/>Year 11 – Virginty Testing and Hymenoplasty</p>                 |
| <p><b>BS12. The concepts and laws relating to forced marriage.</b></p>                                                                                                                                                                                                                                                                                                                                                                            | <p>Year 7 – Marriage<br/>Year 10 – Forced Marriage<br/>Year 11 – Virginty Testing and Hymenoplasty</p>                                                                                                                                                                                                                                       |
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| <p><b>BS13. The physical and emotional damage which can be caused by female genital mutilation (FGM), virginty testing and hymenoplasty, where to find support, and the law around these areas. This should include that it is a criminal offence for anyone to perform or assist in the performance of FGM, virginty testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible</b></p> | <p>Year 7 – FGM<br/>Year 11 – Virginty Testing and Hymenoplasty</p>                                                                                                                                                                                                                                                                          |

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| <p><b>BS14. That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury. That any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death</b></p> | <p>Year 9 – Pornography, Dangers and the Brain<br/>Year 10 – Porn, Sexual Ethics and Harmful Behaviour</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>BS15. That pornography presents some activities as normal which many people do not and will never engage in, some of which can be emotionally and/or physically harmful.</b></p>                                                                                                                                                                             | <p>Year 9 – Pornography, Dangers and the Brain<br/>Year 10 – Porn, Sexual Ethics and Harmful Behaviour<br/>Year 11 - Sextortion</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>BS16. How to seek support for their own worrying or abusive behaviour or for worrying or abusive behaviour they have experienced from others, including information on where to report abuse, and where to seek medical attention when required, for example after an assault.</b></p>                                                                       | <p>Year 7 – Friendships and Fall-outs<br/>Year 7 – Anti-bullying Focus<br/>Year 8 – Online Bullying and Large Group Chats<br/>Year 8 – Cyberbullying and Trolling<br/>Year 8 – County Lines<br/>Year 9 – First Aid and CPR<br/>Year 9 – Sexual Harassment<br/>Year 9 – Anti-social Behaviour<br/>Year 10 – Hate Crime<br/>Year 10 – Coercive Controlling Relationships<br/>Year 10 – Gaslighting and Emotional Abuse<br/>Year 11 – Personal Safety and Risk<br/>Year 11 – Virginity Testing and Hymenoplasty<br/>Year 11 – Honour Violence</p> <p>(signposting to useful external agencies, help and advice sites is also on all PowerPoints for all lessons for all topics)</p> |