New 2026 DfE RSHE Guidance for Mental Wellbeing	Lessons
MW1. How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Year 7 – Mental Health Introduction Year 7 - Resilience Year 7 – Boys' Puberty Year 7 – Periods and Menstruation Year 7 / Year 9 – Gratefulness Year 7 - Peer Pressure Year 8 - Masculinity Year 9 - Mental Health and Stigma Year 9 - Managing Conflict Year 10 - Social Anxiety Year 10 – Mental Health, Community and Support Networks Year 11 – Suicide Prevention
MW2. The benefits and importance of physical activity, sleep, time outdoors, community participation and volunteering or acts of kindness for mental wellbeing and happiness.	Year 7 – Mental Health Introduction Year 7 – Kindness and Empathy Year 7 – Wants and Needs Year 7 – Self-Esteem Year 8 – Benefits of Exercise Year 8 – Social Media Stress Year 8 – Mental Health in the Wider World Year 8 – Lifestyle Diseases and Cancer Year 9 – Managing Anxiety Year 9 – Happiness and Positivity Year 9 – Sleep and its benefits Year 9 – Importance of Community Year 9 – Importance of Volunteering Year 10 – Loneliness Year 10 – Mental Health, Community and Support Networks Year 10 – Exam Stress Management Year 10 – Work Experience Year 11 – Revision Skills and Management
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.	Year 7 – Mental Health Introduction Year 7 / Year 9 – Gratefulness Year 7 – Self-Esteem Year 9 – Managing Anxiety Year 9 – Happiness and Positivity Year 9 – Relationships and the Media Year 9 – Importance of Volunteering Year 9 – Divorce, Loss and Separations Year 10 – Mental Health, Community and Support Networks Year 11 – Suicide Prevention
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.	Year 7 – Mental Health Introduction Year 7 / Year 9 – Gratefulness Year 9 – Managing Anxiety Year 9 – Happiness and Positivity Year 9 - Mental Health and Stigma Year 9 – Divorce, Loss and Separations

	Year 8 – Benefits of Exercise Year 10 – Loneliness Year 10 – Mental Health, Community and Support Networks Year 11 – Suicide Prevention
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.	Year 7 – Mental Health Introduction Year 8 – Mental Health in the Wider World Year 9 - Mental Health and Stigma Year 9 – Managing Anxiety Year 8 – Eating Disorders Year 8 – Self-Harm Year 10 – Exam Stress Management Year 10 – Mental Health, Community and Support Networks Year 10 – Obsessive Unwanted Repeated Behaviours Year 11 – Suicide Prevention
MW6. How to critically evaluate which activities will contribute to their overall wellbeing.	Year 7 – Resilience Year 7 – Mental Health Introduction Year 7 / Year 9 – Gratefulness Year 7 – Peer Pressure and Influence Year 7 – Wants and Needs Year 7 – Self-Esteem Year 8 – Benefits of Exercise Year 8 – Health and Nutrition Year 8 – Social Media Stress Year 8 – Lifestyle Diseases and Cancer Year 8 – Entrepreneurism Year 8 – Saving and Budgeting Year 8 – Attendance and Punctuality Year 8 – Teamwork Year 8 – Communication Skills Year 9 – Managing Anxiety Year 9 – Happiness and Positivity Year 9 – Importance of Volunteering Year 10 – Loneliness Year 10 – Work Experience Year 10 – Mental Health, Community and Support Networks Year 11 – Sugar and Processed Foods
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.	Year 7 – Mental Health Introduction Year 7 - Resilience Year 7 / Year 9 – Gratefulness Year 8 – Benefits of Exercise Year 8 – Mental Health in the Wider World Year 9 – Managing Anxiety Year 10 - Obsessive Unwanted Repeated Behaviours Year 10 – Mental Health, Community and Support Networks Year 10 – Work Experience
MW8. That gambling can lead to serious mental health harms, including anxiety, depression, and	Year 9 – Gambling and Risks Year 9 – Responsible Finances and Avoiding Debt

suicide, and that some gambling products are more likely to cause these harms than others.	
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.	Year 7 – Drugs Introduction Year 8 – Alcohol, Risks and Relationships Year 8 – Lifestyle Diseases and Cancer Year 9 – Managing Anxiety Year 10 – Porn, Sexual Ethics and Harmful Behaviour

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

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	Year 8 – Eating Disorders Year 8 – Self-Harm Year 10 – Body Image and Online Media Year 11 – Suicide Prevention

New 2026 DfE RSHE Guidance for Physical Health and Fitness	**Lessons**
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	Year 7 – Health and Wellbeing Introduction Year 8 – Benefits of Exercise Year 8 – Health and Nutrition Year 8 – Lifestyle Diseases and Cancer Year 8 – Balanced Diet Year 8 – Eating Disorders Year 9 – Managing Anxiety Year 9 – Happiness and Positivity Year 9 – Healthy Diet on a Budget Year 10 – Body Image and Online Media Year 11 – Sugar and Processed Foods
PHF2. Factual information about the prevalence and characteristics of more serious health conditions	Year 7 – Vaping and Smoking Cessation Year 8 – Benefits of Exercise Year 8 – Illegal Drugs Year 8 – Balanced Diet Year 8 – Lifestyle Diseases and Cancer Year 8 – Eating Disorders Year 8 – Sexual Health and STIs Year 9 – Health Advice Services Year 9 – First Aid and CPR Year 10 – Body Image and Online Media Year 10 – Cancer, Prevention, Screening, Examination Year 11 – Sugar and Processed Foods Year 11 – Responsible Health Choices
PHF3. That physical activity can promote wellbeing and combat stress	Year 8 – Benefits of Exercise Year 8 – Health and Nutrition Year 8 – Lifestyle Diseases and Cancer Year 9 – Managing Anxiety Year 9 Happiness and Positivity Year 10 – Exam Stress Management Year 11 – Revision Skills and Management
HF4. The science relating to blood, organ and stem cell donation.	Year 11 – Responsible Health Choices

New 2026 DfE RSHE Guidance for Healthy Eating	Lessons
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 Year 7 – Personal and Oral Hygiene Year 8 – Benefits of Exercise Year 8 – Lifestyle Diseases and Cancer Year 8 – Health and Nutrition Year 8 – Balanced Diet Year 9 – Healthy Diet on a Budget Year 9 – Managing Anxiety Year 9 – Happiness and Positivity Year 10 – Cancer, Prevention, Screening, Examination Year 11 – Sugar and Processed Foods
HE2. The risks of unhealthy weight gain, including increased risks of cancer, type 2 diabetes and cardiovascular disease	Year 8 – Benefits of Exercise Year 8 – Balanced Diet Year 8 – Health and Nutrition Year 8 – Lifestyle Diseases and Cancer Year 9 – Healthy Diet on a Budget Year 10 – Cancer, Prevention, Screening, Examination Year 10 – Body Image and Online Media Year 11 – Sugar and Processed Foods
HE3. The impacts of alcohol on diet and unhealthy weight gain.	Year 8 – Benefits of Exercise Year 8 – Lifestyle Diseases and Cancer Year 10 – Cancer, Prevention, Screening, Examination Year 10 – Body Image and Online Media Year 11 – Sugar and Processed Foods

New 2026 DfE RSHE Guidance for Drugs, Alcohol, Tobacco and Vaping	Lessons
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.	Year 7 – Illegal Drugs Year 7 – Vaping and Smoking Cessation Year 8 – County Lines Year 10 – Stalking, Sexual Harassment and Law Year 9 – Prescription Drugs and Antibiotics Year 10 – Nitrous Oxide Year 10 - Cybercrime and Illegal Online Behaviour
DATV2. The law relating to the supply and possession of illegal substances.	Year 7 – Illegal Drugs Year 8 – County Lines Year 9 – Prescription Drugs and Antibiotics Year 10 – Nitrous Oxide Year 10 - Cybercrime and Illegal Online Behaviour
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**	Year 7 – Illegal Drugs Year 8 – Lifestyle Diseases and Cancer Year 8 – Alcohol, Risks and Relationships Year 9 – Anti-Social Behaviour Year 10 – Cancer, Prevention, Screening, Examination Year 11 – Personal Safety and Risk (can add in SEND topic intro lessons)
DATV4. The physical and psychological consequences of problem-use of alcohol, including alcohol dependency.	Year 7 – Illegal Drugs Year 8 – Alcohol, Risks and Relationships Year 8 – Lifestyle Diseases and Cancer Year 10 – Cancer, Prevention, Screening, Examination Year 11 – Personal Safety and Risk
DATV5. The dangers of the misuse of prescribed and over-the-counter medicines.	Year 9 – Prescription Drugs and Antibiotics
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	Year 7 – Vaping and Smoking Cessation Year 8 – Lifestyle Diseases and Cancer Year 10 – Cancer, Prevention, Screening, Examination Year 11 – Reproductive, Gynaecological Health and Fertility
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.	Year 7 – Vaping and Smoking Cessation Year 10 – Cancer, Prevention, Screening, Examination

New 2026 DfE RSHE Guidance for Health, Protection and Understanding the Healthcare System.	Lessons
HPP1. Personal hygiene, germs and how they are spread, including bacteria and viruses, treatment and prevention of infection, and about antibiotics.	Year 7 – Personal and Oral Hygiene Year 8 – Sexual Health and STIs Year 8 – Attendance and Punctuality Year 8 – Lifestyle Diseases and Cancer Year 9 – Prescription Drugs and Antibiotics Year 10 – Tattoos, Piercings and Body Modification Year 11 – Responsible Health Choices
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.	Year 7 – Personal and Oral Hygiene Year 7 – Health and Wellbeing Introduction Year 9 – First Aid and CPR Year 11 – Sugar and Processed Foods
HPP3. How and when to self-care for minor ailments, and the role of pharmacists as knowledgeable healthcare professionals.	Year 8 – Sexual Health and STIs Year 8 – Attendance and Punctuality Year 9 – Prescription Drugs and Antibiotics Year 9 – First Aid and CPR Year 10 – Tattoos, Piercings and Body Modification
HPP4. The importance of taking responsibility for their own health, and the benefits of regular self-examination and screening.	Year 7 – Health and Wellbeing Introduction Year 8 – Health and Nutrition Year 8 – Benefits of Exercise Year 8 – Lifestyle Diseases and Cancer Year 8 – Sexual Health and STIs Year 9 – Happiness and Positivity Year 9 – Sleep and its Benefits Year 9 – First Aid and CPR Year 10 – Body Image and Online Media Year 10 – Cancer, Prevention, Screening, Examination Year 10 – Exam Stress and Management Year 10 – Health and Safety at Work Year 11 – Reproductive, Gynaecological Health and Fertility Year 11 – Sugar and Processed Foods Year 11 – Responsible Health Choices
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.	Year 9 – Prescription Drugs and Antibiotics Year 11 – Responsible Health Choices
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.	Year 7 – Wants and Needs Year 8 – Social Media Stress Year 8 – Attendance and Punctuality Year 8 – Mental Health in Wider World Year 9 – Managing Anxiety Year 9 – Benefits of Sleep Year 10 – Exam Stress and Management Year 11 – Revision Skills and Management
HPP7. The importance of healthy behaviours before and during pregnancy, including the importance of	Year 11 – Reproductive, Gynaecological Health and Fertility

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	Year 11 – Brain development, Conception to Puberty
HPP8. How to navigate their local healthcare system: what a GP is; when to use AsE / 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.	Year 8 – Sexual Health and STIs Year 9 – Health Advice Services Year 9 – Prescription Drugs and Antibiotics Year 9 – First Aid and CPR Year 10 – Cancer, Prevention, Screening, Examination Year 10 – Unplanned Pregnancy and Choices Year 10 – Tattoos, Piercings and Body Modification Year 11 – Reproductive, Gynaecological Health and Fertility (signposting to useful external agencies, help and advice sites is also on all PowerPoints for all lessons for all topics)
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.	Year 9 – Prescription Drugs and Antibiotics Year 11 – Responsible Health Choices

New 2026 DfE RSHE Guidance for Personal Safety	Lessons
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).	Year 8 – Knife Crime Year 9 – Anti-Social Behaviour Year 10 – Tattoos, Piercings and Body Modification Year 10 – Health and Safety at Work Year 10 – LGBT Rights Year 11 – Personal Safety and Risk Year 11 – Online Dating Risks Year 11 – Independent Travel
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.	Year 7 – Online Safety Year 7 – Friendships and Fall-Outs Year 7 – Peer Pressure and Influence Year 8 – Social Media Stress Year 8 – Online Bullying and Large Group Chats Year 8 – Knife Crime Year 8 – Cyberbullying and Online Trolls Year 8 – County Lines Year 9 – Anti-Social Behaviour Year 9 – Gambling and Risks Year 9 – Sub-cultures and Algorithms Year 10 – Social Media Validation Year 11 – Personal Safety and Risk Year 11 – Extremism Online Year 11 – Mob Mentality and Criminal Behaviour
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.	Year 7 – Trust Year 7 – Kindness and Empathy Year 7 – Friendships and Fall-Outs Year 8 – Social Media Stress Year 8 – Online Bullying and Large Group Chats Year 8 – Cyberbullying and Online Trolls Year 8 – Teamwork Year 8 – Communication Skills Year 9 – Managing Conflict Year 9 – Anti-Social Behaviour Year 10 – Gaslighting and Emotional Abuse Year 11 – Personal Safety and Risk Year 11 – Mob Mentality and Criminal Behaviour
PS4. Understanding which trusted adults they can talk to if pupils are worried about violence and/or knife crime.	Year 7 – Trust Year 8 – Knife Crime Year 8 – County Lines Year 11 – Honour Violence Year 11 – Mob Mentality and Criminal Behaviour
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).	Year 8 – Knife Crime Year 8 – County Lines Year 9 – Anti-Social Behaviour Year 10 - Cybercrime and Illegal Behaviour Online Year 11 – Honour Violence Year 11 – Mob Mentality and Criminal Behaviour

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

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

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

New 2026 DfE RSHE Guidance for Families	Lessons
F1. That there are different types of committed, stable relationships.	Year 7 – Healthy, Safe Positive Relationships Year 7 – Stable Families and Commitment Year 7 – Marriage Year 7 – Protected Characteristics Year 9 – Diverse Relationships Year 10 – LGBT Rights Year 10 – Adoption and Fostering
F2. How these relationships might contribute to wellbeing, and their importance for bringing up children.	Year 7 – Stable Families and Commitment Year 7 – Marriage Year 9 – Happiness and Positivity Year 9 – Relationships and the Media Year 9 – Diverse Relationships Year 10 – Adoption and Fostering Year 11 – Parenting Costs and Considerations Year 11 – Brain Development Conception to Puberty
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.	Year 7 – Marriage Year 7 – Protected Characteristics Year 9 – Diverse Relationships Year 9 – Relationships and the Media Year 11 – Online Dating
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	Year 7 - Marriage
F5. That forced marriage and marrying before the age of 18 are illegal.	Year 7 – Marriage Year 10 – Forced Marriage Year 11 – Virginity Testing and Hymenoplasty Year 11 – Honour Violence
F6. How families and relationships change over time, including through birth, death, separation and new relationships.	Year 7 – Friendship and Fall-Outs Year 7 – Romance and falling in Love Year 7 - Stable Families and Commitment Year 9 – Relationships and the Media Year 9 – Grief and Loss Year 10 – Social Media and Resilience Year 10 – Divorce and Separations Year 10 – Adoption and Fostering Year 11 – Parenting Costs and Considerations
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.	Year 7 - Stable Families and Commitment Year 10 – Adoption and Fostering Year 11 – Reproductive, Gynaecological Health and Fertility Year 11 – Responsible Health Choices Year 11 – Parenting Costs and Considerations Year 11 – Brain Development Conception to Puberty
F8. How to judge when a relationship is unsafe and where to seek help when needed, including when	Year 7 - Healthy, Safe Positive Relationships Year 7 – Trust Year 7 – Anti-bullying Focus

pupils are concerned about violence, harm, or when they are unsure who to trust.	Year 8 – Social Media Stress Year 8 – Consent, Law and Boundaries Year 8 – County Lines Year 8 – Knife Crime Year 10 – Gaslighting and Emotional Abuse Year 10 - Coercive Controlling Relationships Year 10 – Forced Marriage Year 11 – Virginity Testing and Hymenoplasty Year 11 – Online Dating Year 11 – Honour Violence

New 2026 DfE RSHE Guidance for Respectful Relationships	Lessons
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.	Year 7 – Kindness and Empathy Year 7 - Healthy, Safe Positive Relationships Year 7 – Trust Year 7 – Protected Characteristics Year 7 – Friendships and Fall-outs Year 7 – Stable Families and Commitment Year 7 – Romance and Falling in Love Year 7 – Respectful Relationships Year 7 – Racism Year 8 – Social Media Stress Year 8 – Tolerance and Mutual Respect Year 8 – Consent, Law and Boundaries Year 8 – Teamwork Year 8 – Ableism Year 9 – Importance of Community Year 9 – Managing Conflict Year 9 – Importance of Volunteering Year 9 – Divorce and Separation Year 9 – AI, The Labour Market and Future Work Skills Year 10 – Readiness for Sex Year 10 – Equality and Equity Year 11 – Role of Pleasure in Intimate Relationships
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.	Year 7 – Kindness and Empathy Year 7 – Stereotyping and Prejudice Year 7 – Friendships and Fall-outs Year 7 – Anti-bullying Focus Year 7 – Protected Characteristics Year 7 – Racism Year 8 – Social Media Stress Year 8 – Exploring Identity and Diversity Year 8 – Tolerance and Mutual Respect Year 8 – Sexism in Society Year 8 – Ableism Year 8 – Mental Health in the Wider World Year 9 – Gender Equality Year 9 – Importance of Community Year 9 – Anti-Social Behaviour Year 9 – Mental Health and Stigma Year 9 – Importance of Volunteering Year 10 – Hate Crime and Extremism Year 10 – Equality and Equity Year 10 – Employment Rights and Responsibilities Year 11 – Neurodiversity Explored and Explained Year 11 – Offensive Language Year 11 – Mob Mentality and Criminal Behaviour
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	Year 7 – Respectful Relationships Year 7 – Self-Esteem Year 7 – Personal Development Year 7 – Stereotypes and Prejudice

one's own interests, hobbies, friendship groups, and skills. Pupils should understand what it means to be treated with respect by others	Year 7 – Careers, Skills and Qualities Year 8 – Exploring Identity and Diversity Year 8 – Tolerance and Mutual Respect Year 8 – Teamwork Year 8 – Communication Skills Year 8 – Mental Health in the Wider World Year 8 – Ambitious, Realistic Careers Year 9 – Importance of Community Year 9 – Considering Our KS4 / GCSE Option Choices Year 9 – Importance of Volunteering Year 9 – AI, The Labour Market and Future Work Skills Year 10 – Equality and Equity Year 10 – Social Media Validation Year 10 – Gaslighting and Emotional Abuse Year 11 – Neurodiversity Explored and Explained
RR4. What tolerance requires, including the importance of tolerance of other people's beliefs	Year 7 – Respectful Relationships Year 7 – Racism Year 7 – Stereotypes and Prejudice Year 7 – Protected Characteristics Year 8 – Exploring Identity and Diversity Year 8 – Tolerance and Mutual Respect Year 8 - Ableism Year 9 – Diverse Relationships Year 9 - Managing Conflict Year 10 – Hate Crime and Extremism Year 10 – Employment Rights and Responsibilities Year 10 – LGBT Rights Year 11 – Neurodiversity Explored and Explained Year 11 – Offensive Language Year 11 – Mob Mentality and Criminal Behaviour
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.	Year 7 – Kindness and Empathy Year 7 - Healthy, Safe Positive Relationships Year 7 – Friendships and Fall-outs Year 7 – Anti-bullying Focus Year 7 – Peer Pressure and Influence Year 7 – Stable Families and Commitment Year 7 – Respectful Relationships Year 8 – Tolerance and Mutual Respect Year 8 – Ableism Year 8 – Employability Skills Introduction Year 8 – Attendance and Punctuality Year 8 – Communication Skills Year 9 - Managing Conflict Year 9 – Importance of Community Year 9 – Importance of Volunteering Year 11 – Mob Mentality and Criminal Behaviour
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.	Year 7 – Online Safety Year 7 – Friendships and Fall-outs Year 7 – Anti-bullying Focus Year 7 – Peer Pressure and Influence Year 8 – Online Bullying and Large Group Chats

	Year 8 – Cyberbullying and Online Trolls Year 11 – Offensive Language
RR7. Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration.	Year 9 – Grief and Loss Year 10 – Social Media and Resilience Year 10 – Divorce and Separation Year 11 – Suicide Prevention
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	Year 7 – Anti-bullying Focus Year 7 – Marriage Year 8 – Knife Crime Year 8 – Consent, Law and Boundaries Year 9 – Sexual Harassment Year 10 – Cybercrime and Online Criminal Behaviour Year 10 – Coercive, Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 10 – Forced Marriage Year 10 – Stalking, Sexual Harassment and Law Year 10 – Readiness for Sex Year 11 – Honour Violence
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.	Year 7 – Respectful Relationships Year 7 – Racism Year 7 – Stereotypes and Prejudice Year 7 – Protected Characteristics Year 8 – Exploring Identity and Diversity Year 8 – Tolerance and Mutual Respect Year 8 – Masculinity Year 8 – Sexism in Society Year 8 – Ableism Year 9 – Gender Stereotypes Year 9 – Algorithms and Sub-Cultures Year 9 – Misogyny and the Manosphere Year 10 – Hate Crime and Extremism Year 10 – Employment Rights and Responsibilities Year 10 – LGBT Rights Year 10 – Equality and Equity Year 11 – Neurodiversity Explored and Explained Year 11 – Virginity Testing and Hymenoplasty Year 11 – Offensive Language Year 11 – Extremism Online Year 11 – Mob Mentality and Criminal Behaviour
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.	Year 7 - Healthy, Safe Positive Relationships Year 7 – Anti-bullying Focus Year 7 – Peer Pressure and Influence Year 8 – Ableism Year 8 – County Lines Year 8 – Sexism in Society Year 8 – Employment Rights and Responsibilities Year 9 – Sexual Harassment Year 10 – Coercive, Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 10 – Forced Marriage Year 10 – Stalking, Sexual Harassment and Law

	Year 10 – LGBT Rights Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 11 – Virginity Testing and Hymenoplasty Year 11 – Honour Violence Year 11 – Mob Mentality and Criminal Behaviour Year 11 - Sextortion
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.	Year 9 – Misogyny and the Manosphere Year 9 – Pornography, Danger and the Brain Year 9 – Sub-cultures and Algorithms Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 11- Deepfakes, Image Sharing and AI Year 11 – Online Dating Year 11 – Extremism Online Year 11 – Sex and the Media Year 11 - Sextortion
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.	Year 9 – Misogyny and the Manosphere Year 9 – Pornography, Danger and the Brain Year 9 – Sub-cultures and Algorithms Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 11- Deepfakes, Image Sharing and AI Year 11 – Online Dating Year 11 – Extremism Online Year 11 – Sex and the Media Year 11 – Virginity Testing and Hymenoplasty

New 2026 DfE RSHE Guidance for Online Safety and Awareness	Lessons
OSA1. Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Year 7 – Online Safety Year 7 – Friendships and Fallouts Year 7 – Anti-bullying Focus Year 7 – Respectful Relationships Year 8 – Social Media Stress Year 8 – Online Bullying and Large Group Chats Year 8 – Knife Crime Year 8 – Employability Skills Year 8 – Attendance and Punctuality Year 8 – Cyberbullying and Online Trolls Year 9 – Anti-social Behaviour Year 9 – Online Reputation Year 11 – Personal Safety and Risk Year 11 – Independent Travel
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.	Year 7 – Online Safety Year 7 – Trust Year 7 – Online Grooming Year 8 – Online Bullying and Large Group Chats Year 9 – Gambling and Risks Year 9 – Financial Exploitation and Online Fraud Year 9 – Online Reputation Year 11 – Online Dating Year 11- Deepfakes, Image Sharing and AI Year 11 – Online Privacy and Data Protection
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.	Year 7 – Friendships and Fall-outs Year 7 – Online Grooming Year 8 – Social Media Stress Year 8 – Cyberbullying and Online Trolls Year 9 – Health Advice Services Year 8 – Eating Disorders Year 9 – Relationships and the Media Year 9 – Misogyny and the Manosphere Year 9 – Algorithms and Sub-cultures Year 10 – Deepfakes and Malicious AI Year 10 – Social Media Validation Year 11- Deepfakes, Image Sharing and AI Year 11 – Extremism Online
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.	Year 7 – Online Safety Year 7 – Online Grooming Year 8 – Social Media Stress Year 8 – Online Bullying and Large Group Chats Year 9 – Financial Exploitation and Online Fraud Year 11 – Online Dating Year 11- Deepfakes, Image Sharing and AI Year 11 – Online Privacy and Data Protection Year 11 - Sextortion
OSA5. That keeping or forwarding indecent or sexual images of someone under 18 is a crime, even if the	Year 7 – Online Grooming Year 9 – Pornography, Danger and the Brain Year 10 – Deepfakes and Malicious AI

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	Year 10 – Cybercrime and Illegal Online Behaviour Year 11- Deepfakes, Image Sharing and AI Year 11 - Sextortion
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.	Year 7 – Online Grooming Year 8 – Social Media Stress Year 8 – Online Bullying and Large Group Chats Year 10 – Deepfakes and Malicious AI Year 10 – Cybercrime and Illegal Online Behaviour Year 11 – Extremism Online Year 11 – Suicide Prevention Year 11- Deepfakes, Image Sharing and AI Year 11 - Sextortion
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.	Year 10 – Deepfakes and Malicious AI Year 11- Deepfakes, Image Sharing and AI Year 11 – Sex and the Media Year 11 - Sextortion
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	Year 7 – Online Safety Year 8 – County Lines Year 8 – Eating Disorders Year 9 – Misogyny and the manosphere Year 9 – Pornography, Dangers and the Brain Year 9 – Sub-cultures and Algorithms Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 10 – Cybercrime and Illegal Online Behaviour Year 10 - Obsessive Unwanted Repeated Behaviours Year 11 – Extremism Online Year 11 – Mob Mentality and Criminal Behaviour Year 11- Deepfakes, Image Sharing and AI
OSAG. That social media can lead to escalations in conflicts, how to avoid these escalations and where to go for help and advice	Year 7 – Friendships and Fall-outs Year 7 – Anti-Bullying Focus Year 8 – Social Media Stress Year 8 – Online Bullying and Large Group Chats Year 8 – Cyberbullying and Online Trolls Year 10 – Social Media Validation Year 11 – Mob Mentality and Criminal Behaviour
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	Year 7 – Friendships and Fall-outs Year 7 – Anti-Bullying Focus Year 8 – Social Media Stress Year 8 – Cyberbullying and Online Trolls

and how to seek support about concerns.	Year 8 – County Lines Year 9 – Gambling and Risks Year 9 – Sexual Harassment Year 10 – Stalking, Sexual Harassment and Law Year 11 - Sextortion
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.	Year 9 – Misogyny and the Manosphere Year 9 – Pornography, Dangers and the Brain Year 9 – Algorithms and Subcultures Year 10 – Readiness for Sex Year 11- Deepfakes, Image Sharing and AI Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 11 – Online Dating Year 11 – Extremism Online Year 11 – Sex and the Media
OSA12. How information and data is generated, collected, shared and used online.	Year 7 – Online Safety Year 8 – Online Bullying and Large Group Chats Year 8 – Attendance and Punctuality Year 9 – Financial Exploitation and Online Fraud Year 9 – Online Reputation Year 11 – Online Privacy and Data Protection
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).	Year 7 – Online Safety Year 9 – Responsible Finances Avoiding Debt Year 9 – Online Reputation Year 11 – Online Privacy and Data Protection
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.	Year 7 – Online Safety Year 8 – County Lines Year 9 – Gambling Risks Year 9 – Responsible Finances Avoiding Debt Year 9 – Financial Exploitation and Online Fraud Year 10 – Cybercrime and Illegal Online Behaviour Year 11 – Online Privacy and Data Protection Year 11 - Sextortion
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.	Year 9 – AI, The Labour Market and Future Work Skills Year 10 – Deepfakes and Malicious AI Year 11 – Chatbots and AI Complacency

New 2026 DfE RSHE Guidance for Intimate and Sexual Relationships	Lessons
ISR1. That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive.	Year 8 – Consent, Boundaries and Law Year 8 – Sexual Health and STIs Year 8 – Condoms Year 10 – Readiness for Sex Year 11 – Role of Pleasure in Intimate Relationships
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	Year 7 – Peer Pressure and Influence Year 7 – Romance and Falling in Love Year 8 – Consent, Boundaries and Law Year 9 – Diverse Relationships Year 10 – Readiness for Sex Year 11 – Role of Pleasure in Intimate Relationships
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.	Year 7 – Romance and Falling in Love Year 8 – Consent, Boundaries and Law Year 9 – Diverse Relationships Year 10 – Gaslighting and Emotional Abuse
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.	Year 7 – Healthy, Positive, Safe Relationships Year 8 – STIs and Sexual Health Year 8 – Condoms Year 10 – Unplanned Pregnancy and Choices Year 10 – Abortion Year 10 – Coercive, Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 11 – Reproductive, Gynaecological Health and Fertility Year 11 – Parenting Costs and Considerations
ISR5. That some sexual behaviours can be harmful.	Year 8 – Consent, Boundaries and Law Year 8 – County Lines Year 9 – Pornography, Dangers and the Brain Year 9 – Sexual Harassment Year 10 – Stalking, Sexual Harassment and Law Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 10 – Coercive Controlling Behaviour Year 11 – Sextortion Year 11 – Virginity Testing and Hymenoplasty
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	Year 8 – Contraception Year 8 – Condoms Year 8 – Sexual Health and STIs Year 10 – Readiness for Sex Year 11 – Responsible Health Choices Year 11 – Reproductive, Gynaecological Health and Fertility
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.	Year 10 – Unplanned Pregnancy and Choices Year 10 – Abortion Year 11 – Reproductive, Gynaecological Health and Fertility Year 11 – Parenting Costs

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**	Year 8 – Sexual Health and STIs Year 8 – Condoms Year 8 – Contraception Year 10 – Readiness for Sex
ISRG. The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.	Year 8 – Sexual Health and STIs Year 8 – Condoms Year 8 – Contraception Year 10 – Readiness for Sex Year 11 – Reproductive, Gynaecological Health and Fertility
ISR10. How the use of alcohol and drugs can lead people to take risks in their sexual behaviour	Year 8 – Consent, Boundaries and Law Year 8 – Alcohol, Relationships and Risk Year 8 – County Lines Year 11 – Online Dating
ISR11. How and where to seek support for concerns around sexual relationships including sexual violence or harms.	Year 8 – Consent, Boundaries and Law Year 8 – County Lines Year 8 – Alcohol, Relationships and Risk Year 8 – Pornography, Danger and Risk Year 9 – Sexual Harassment Year 10 – Sexual Harassment, Stalking and Law Year 11 – Virginity Testing and Hymenoplasty
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	Year 7 – FGM Year 7 – Media Literacy Year 8 – Contraception Year 8 – Sexual Health and STIs Year 8 – Condoms Year 9 – Health Advice Services Year 9 – Subcultures and Algorithms Year 10 – Body Image and Social Media Year 10 – Unwanted Pregnancy and Choices Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 10 – Abortion Year 11 – Virginity Testing and Hymenoplasty (signposting to useful external agencies, help and advice sites is also on all PowerPoints for all lessons for all topics)

New 2026 DfE RSHE Guidance for Being Safe	Lessons
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.	Year 7 – Positive, Safe Healthy Relationships Year 7 – Friendships and Fall-outs Year 7 – Romance and Falling in Love Year 8 – Consent, Boundaries and Law Year 9 – Diverse Relationships Year 10 – Readiness for Sex
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.	Year 7 – Friendships and Fall-outs Year 7 – Peer Pressure and Influence Year 7 – Romance and Falling in Love Year 8 – Consent, Boundaries and Law Year 9 – Sexual Harassment Year 10 – Stalking, Sexual Harassment and Law Year 10 – Coercive Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 10 – Forced Marriage Year 11 – Mob Mentality and Criminal Behaviour
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.	Year 7 – Friendships and Fall-outs Year 7 – Online Grooming Year 7 – Stale Relationships, Commitment and Families Year 7 – Trust Year 7 – Media Literacy Year 8 – Cyberbullying and Online Trolls Year 8 – Consent, Boundaries and Law Year 9 – Health Advice Services Year 9 – Financial Exploitation and Online Fraud Year 9 – Sexual Harassment Year 10 – Gender Equality Year 10 – Deepfakes and Malicious AI Year 10 – Cybercrime and Illegal Online Behaviour Year 10 – Coercive and Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 10 – Forced Marriage Year 10 – Stalking, Sexual Harassment and Law Year 10 - Obsessive Unwanted Repeated Behaviours Year 11 – Online Dating Year 11 – Sex and the Media
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	Year 7 – Online Grooming Year 7 – Trust Year 7 – Stereotypes and Prejudice Year 8 – Knife Crime Year 8 – County Lines Year 9 - Gambling and Risks Year 9 – Anti-social Behaviour Year 9 – Sexual Harassment Year 10 – Coercive Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 10 – Forced Marriage Year 10 – Stalking, Sexual Harassment and Law

something doesn't feel right, and should understand that in some situations a person might appear trustworthy but have harmful intentions	Year 10 – LGBT Rights Year 11 – Personal Safety and Risk Year 11 – Online Dating Year 11 – Honour Violence Year 11 – Independent Travel
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.	Year 7 - FGM Year 8 – Consent, Boundaries and Law Year 8 – County Lines Year 10 – Coercive Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 10 – Stalking, Sexual Harassment and Law
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.	Year 8 – Consent, Boundaries and Law Year 8 – County Lines Year 9 – Sexual Harassment Year 10 – Stalking, Sexual Harassment and Law Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 11- Deepfakes, Image Sharing and AI
BS7. The concepts and laws relating to sexual violence, including rape and sexual assault.	Year 7 - FGM Year 8 – Consent, Boundaries and Law Year 9 – Sexual Harassment Year 10 – Stalking, Sexual Harassment and Law
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.	Year 7 – FGM Year 8 – Consent, Boundaries and Law Year 8 – County Lines Year 9 – Sexual Harassment Year 10 – Stalking, Sexual Harassment and Law Year 11 – Offensive Language
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	Year 8 – Knife Crime Year 8 – Consent, Boundaries and Law Year 8 – County Lines Year 9 – Anti-social Behaviour Year 10 – Coercive Controlling Relationships Year 10 – Gaslighting Emotional Abuse Year 10 – Forced Marriage Year 11 – Virginity Testing and Hymenoplasty Year 11 – Honour Violence
BS10. That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed	Year 8 – Eating Disorders Year 8 – Self-harm Year 9 – Pornography, Dangers and the Brain Year 10 - Obsessive Unwanted Repeated Behaviours
BS11. The concepts and laws relating to harms which are exploitative, including sexual exploitation, criminal exploitation and abuse, grooming, and financial exploitation	Year 7 – Online Grooming Year 8 – Knife Crime Year 8 – County Lines Year 9 – Financial Exploitation and Online Fraud Year 10 – Cybercrime and Illegal Behaviour Online Year 10 – Coercive Controlling Relationships Year 10 – Forced Marriage Year 11 – Virginity Testing and Hymenoplasty
BS12. The concepts and laws relating to forced marriage.	Year 7 – Marriage Year 10 – Forced Marriage Year 11 – Virginity Testing and Hymenoplasty

	Year 11 Honour Violence
BS13. The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity 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, virginity testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible	Year 7 – FGM Year 11 – Virginity Testing and Hymenoplasty
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	Year 9 – Pornography, Dangers and the Brain Year 10 – Porn, Sexual Ethics and Harmful Behaviour
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.	Year 9 – Pornography, Dangers and the Brain Year 10 – Porn, Sexual Ethics and Harmful Behaviour Year 11 - Sextortion
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.	Year 7 – Friendships and Fall-outs Year 7 – Anti-bullying Focus Year 8 – Online Bullying and Large Group Chats Year 8 – Cyberbullying and Trolling Year 8 – County Lines Year 9 – First Aid and CPR Year 9 – Sexual Harassment Year 9 – Anti-social Behaviour Year 10 – Hate Crime Year 10 – Coercive Controlling Relationships Year 10 – Gaslighting and Emotional Abuse Year 11 – Personal Safety and Risk Year 11 – Virginity Testing and Hymenoplasty Year 11 – Honour Violence (signposting to useful external agencies, help and advice sites is also on all PowerPoints for all lessons for all topics)