

PSHE 2020 Statutory topics and coverage

Only includes the most relevant lessons, for full coverage, see 2019 Mapping Document

Theme	What pupils should know	KS3	KS3 Lessons knowledge taught	KS4	KS4 Lessons knowledge taught
Families	that there are different types of committed, stable relationships	R1, R36	<ul style="list-style-type: none"> • Behaviour • Friendships • Homophobia • LGBT • Internet Safety • Consent • Online Relationships • Parenting • Family Life • Parenting Pathways • Bullying or Banter 	R1, R4	<ul style="list-style-type: none"> • Break Ups • Conflict Management • Consent and Sexual Boundaries • Having Children • Marriage and Honour Killings
	how these relationships might contribute to human happiness and their importance for bringing up children	H2, R36	<ul style="list-style-type: none"> • Friendships • Peer Pressure • Online Relationships • Anger Management • Domestic Conflict • Parenting • Family Life • Diversity • Social Media 	R2, R4, R25	<ul style="list-style-type: none"> • Conflict Management • Consent and Sexual boundaries. • Having Children

	what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.	R6	<ul style="list-style-type: none"> • Family Life 	R4, R10	<ul style="list-style-type: none"> • Marriage and Honour Killings
	why marriage is an important relationship choice for many couples and why it must be freely entered into	R6	<ul style="list-style-type: none"> • Family Life 	R4, R10, R33	<ul style="list-style-type: none"> • Marriage and Honour Killings
	the characteristics and legal status of other types of long-term relationships	R1	<ul style="list-style-type: none"> • Family Life • Teenage Pregnancy 	R1, R4	<ul style="list-style-type: none"> • Having Children • Marriage and Honour Killings
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	R35, R36	<ul style="list-style-type: none"> • Family Life • Parenting • Teenage Pregnancy 	R25	<ul style="list-style-type: none"> • Having Children
	how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	R2, R6, R23, R37, R38, R46, L23, L27	<ul style="list-style-type: none"> • Friendships • Prevent Extremism • Peer Pressure • Online Relationships • Anger Management • Domestic Conflict 	R2, R17, R23, L24, L27	<ul style="list-style-type: none"> • Conflict Management • Suicide • Stalking and Harassment • Sexual Boundaries • Abusive Relationships
Respectful relationships, including friendships	The characteristics of positive and healthy relationships, including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. Including non-sexual relationships.	R2, R10, R13, R14, R16, R19, R21	<ul style="list-style-type: none"> • Friendships • Bullying or banter • Homophobia • LGBT • Internet Safety • Online Grooming • Peer Pressure • Consent • Anger Management • Domestic Conflict • FGM 	R1, R12, R13	<ul style="list-style-type: none"> • Conflict Management • Break ups • Consent and sexual boundaries • Stalking and harassment • Abusive Relationships • Negotiation and STIs

			<ul style="list-style-type: none"> • Pornography • Parenting • Family Life • Human Rights 		
	Practical steps they can take in a range of different contexts to improve or support respectful relationships	R13, R14, R41, R42	<ul style="list-style-type: none"> • Friendships • Bullying or banter • Internet Safety • Online Grooming • Peer Pressure • Consent • Anger Management • Domestic Conflict 	R30, R31, R34, R36	<ul style="list-style-type: none"> • Conflict Management • Break ups • Consent and sexual boundaries • Stalking and harassment • Abusive Relationships • Negotiation and STIs (New 2020 Lesson)
	How stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage.	R7, R8, R39, R40, L10	<ul style="list-style-type: none"> • Bullying or banter • Homophobia • Body Image • Prevent Extremism • Religious Toleration • Racism • Teenage pregnancy • Diversity • Immigration • Refugees 	L5	<ul style="list-style-type: none"> • LGBT Lesson • Body shaming
	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.	R2, R14	<ul style="list-style-type: none"> • Bullying or banter • Homophobia • Body Image • Prevent Extremism • Religious Toleration • Racism • Teenage pregnancy • Diversity 	R1, R10, L29	<ul style="list-style-type: none"> • Break Ups • Conflict Management • Consent and Sexual Boundaries • Employment Law

			<ul style="list-style-type: none"> • Immigration • Refugees 		
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	R14, R23, R38, R40	<ul style="list-style-type: none"> • Bullying or banter • Homophobia • Online relationships • gangs 	R7, R34	<ul style="list-style-type: none"> • Body shaming • Revenge Porn • Stalking and harassment
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	R2, R25, R37	<ul style="list-style-type: none"> • Homophobia • Extremism • Radical Groups • Racism • Sexting • All drug lessons • FGM • Gangs • Knife Crime 	R28, R29, R30	<ul style="list-style-type: none"> • County Lines • Consent and Sexual Boundaries • Sexual Harassment • Abusive Relationships
	what constitutes sexual harassment and sexual violence and why these are always unacceptable.	R37	<ul style="list-style-type: none"> • Homophobia • Online grooming • Sexting • 	R16, R29, L15	<ul style="list-style-type: none"> • Consent and Sexual Boundaries • Sexual Harassment
	the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	R40, R41, L10	<ul style="list-style-type: none"> • LGBT • Homophobia • Human Rights • Diversity 	R5, R6, L15	<ul style="list-style-type: none"> • LGBT Lesson
Online and Media	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	R13, R14, L20, L22	<ul style="list-style-type: none"> • Internet Safety • Online Grooming + Benefits of the internet. • Selfies • Prevent Extremism • Sexting • Online Relationships 	R15, R16, L11, L12, L22, L23	<ul style="list-style-type: none"> • Sharing Images (police) • Safety in the Online World

about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	H30, R17, R21, R37, L20, L21	<ul style="list-style-type: none"> • Internet Safety • Online Grooming + Benefits of the internet. • Selfies • Prevent Extremism • Sexting • Online Relationships 	H22, R14, R22, L25	<ul style="list-style-type: none"> • Sharing Images (police) • Safety in the Online World
not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	R29, R30, L21	<ul style="list-style-type: none"> • Online Grooming + Benefits of the internet. • Selfies • Sexting • Online Relationships 	R22, L23, L25	<ul style="list-style-type: none"> • Sharing Images (police) • Safety in the Online World
what to do and where to get support to report material or manage issues online	R17, R30, R37, L27	<ul style="list-style-type: none"> • Online Grooming • Sexting 	R14, R17, L23	<ul style="list-style-type: none"> • Sharing Images (police) • Safety in the Online World
the impact of viewing harmful content.	H3, R7, R8, L25	<ul style="list-style-type: none"> • Online grooming • Sexting • Pornography 	H3, R8	<ul style="list-style-type: none"> • Sharing Images (police) • Safety in the Online World
that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.	R8	<ul style="list-style-type: none"> • Pornography 	R8	<ul style="list-style-type: none"> • Revenge Porn
that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	R30	<ul style="list-style-type: none"> • Sexting 	R22	<ul style="list-style-type: none"> • Sharing Images
how information and data is generated, collected, shared and used online.	L20, L21	<ul style="list-style-type: none"> • Online safety • Sexting • Online 	L22, L23, L25, L26	<ul style="list-style-type: none"> • Safety in the Online World

			Relationships		
Being Safe	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships	H22, R6, R24, R25, R27, R37	<ul style="list-style-type: none"> • Online grooming • Sexting • Online relationships • Domestic Conflict • FGM • Pornography • Human Rights 	H23, R16, R18, R19, R28, R29, R30, R31, R32, R33, R37	<ul style="list-style-type: none"> • Revenge Porn • Consent and Sexual Boundaries • Stalking and Harassment • Abusive Relationships • Congo Today • Police - sharing images
	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)	R24, R26, R27	<ul style="list-style-type: none"> • Online Grooming • Consent • Pornography 	R18, R20, R21, R22	<ul style="list-style-type: none"> • Revenge Porn • Consent and Sexual Boundaries • Stalking and Harassment • Abusive Relationships • Negotiation and STIs
Intimate and sexual relationships, including sexual health	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.	R2, R10, R14, R24, R31	<ul style="list-style-type: none"> • Friendships • LGBT • Internet Safety • Consent • Peer Pressure • Online Relationships • Domestic Conflict 	R1, R2, R18	<ul style="list-style-type: none"> • Break Ups • Conflict Management • Consent and Sexual Boundaries • Negotiation and STIs • LGBT Lesson
	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.	H2, H36, R13, R18, R33	<ul style="list-style-type: none"> • Online Grooming • Sexting • STIs • Pornography • Safe Sex 	H2, H6, H26, H27, R24	<ul style="list-style-type: none"> • Consent and Sexual Boundaries • Revenge Porn • Stalking and

			<ul style="list-style-type: none"> • Parenting pathways 		<ul style="list-style-type: none"> • harassment • Having Children
	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.		<ul style="list-style-type: none"> • Puberty • Contraception • Parenting pathways • Safe Sex 	H26, H30, H31, H32, R24, R26	<ul style="list-style-type: none"> • Having Children
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	H2, H36, R13, R18, R33	<ul style="list-style-type: none"> • Online Grooming • Peer Pressure • Consent • Pornography 	H4, R3, R18, R21, R28	<ul style="list-style-type: none"> • Consent and Sexual Boundaries • Negotiation and STIs (New 2020 Lesson)
	that they have a choice to delay sex or to enjoy intimacy without sex	R9, R11, R12, R24, R25, R28, R31	<ul style="list-style-type: none"> • Online Grooming • Peer Pressure • Consent • Pornography 	R2, R9, R10, R21	<ul style="list-style-type: none"> • Consent and Sexual Boundaries • Negotiation and STIs
	the facts about the full range of contraceptive choices, efficacy and options available.	H35, H36, R33	<ul style="list-style-type: none"> • Contraception • STIs • Safe Sex 	H26, H29, R23	<ul style="list-style-type: none"> • Negotiation and STIs (New 2020 Lesson)
	the facts around pregnancy including miscarriage.	R33, R34	<ul style="list-style-type: none"> • Puberty • Teenage Pregnancy • Parenting Pathways 	H30, H32	<ul style="list-style-type: none"> • Having Children
	that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).	R34	<ul style="list-style-type: none"> • Teenage Pregnancy • Parenting Pathways 	H33, R23, R24, R26, R27	<ul style="list-style-type: none"> • Having Children
	how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	H35, H36, R33	<ul style="list-style-type: none"> • Contraception • STIs • Safe Sex 	H27, H28, H31, R23	<ul style="list-style-type: none"> • Negotiation and STIs

	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	H36	<ul style="list-style-type: none"> • Contraception • STIs • Safe Sex 	H27, H28, H31	<ul style="list-style-type: none"> • Negotiation and STIs
	how the use of alcohol and drugs can lead to risky sexual behaviour	H27	<ul style="list-style-type: none"> • Consent • Alcohol 	H20, R20	<ul style="list-style-type: none"> • Negotiation and STIs • Risk Behaviour
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	H35, R23, R34, R37	<ul style="list-style-type: none"> • Contraception • STIs • Safe Sex • Parenting Pathways 	H14, H28, H29, H32, H33, R7, R17, R24, R32	<ul style="list-style-type: none"> • Negotiation and STIs (New 2020 Lesson)
Mental Wellbeing	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	H6, H8	<ul style="list-style-type: none"> • Behaviour • Resilience • Consent • Anger Management • Depression • Eating Disorders • Domestic Conflict 		<ul style="list-style-type: none"> • Conflict Management • Suicide • Body Shaming • Body Image and Eating Disorders
	that happiness is linked to being connected to others			R1	<ul style="list-style-type: none"> • Grief • Suicide • Conflict Management
	how to recognise the early signs of mental wellbeing concerns	H11, H12	<ul style="list-style-type: none"> • Bullying or Banter • Healthy Living • Anger Management • Screen Time • Depression • Eating Disorders • Domestic Conflict • Gambling 	H8, H9	<ul style="list-style-type: none"> • Grief • Suicide • Conflict Management • Body Image and Eating Disorders
	common types of mental ill health (e.g. anxiety and depression).	H11	<ul style="list-style-type: none"> • Depression • Eating Disorders • Gambling • Depression 		<ul style="list-style-type: none"> • Grief • Suicide • Conflict Management

			<ul style="list-style-type: none"> • Alcohol 		<ul style="list-style-type: none"> • Body Image and Eating Disorders
	how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.	H1, H7, H13, H14, H15, L2, L25	<ul style="list-style-type: none"> • Resilience • Bullying or Banter • Homophobia • Racism • Religious Toleration • Screen Time • Depression • Eating Disorders • Gambling • Depression • Alcohol • Gangs 	H2, H7, H11	<ul style="list-style-type: none"> • Break Ups • Conflict Management • Suicide • Revenge Porn • Consent and sexual boundaries • Stalking and harassment • Abusive Relationships • County Lines • Fake News
	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	H2, H10, H13, H14, L11	<ul style="list-style-type: none"> • Resilience • Healthy Living • Exercise and Food Labels • Year 7 Assessment 	H7, H11	<ul style="list-style-type: none"> • Keeping Healthy
Internet Safety and harms	the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.	H3, H13, H14, H30, H32, L18, L20, L24	<ul style="list-style-type: none"> • Body Image • Internet Safety • Online Grooming • Selfies • Prevent Extremism • Sexting • Online Relationships • Screen Time • Eating Disorders • Pornography • Social Media 	H3, H12, H22, H25, L11, L18, L24, L25, L26	<ul style="list-style-type: none"> • Body Shaming • Fake News
	how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they	H30, R13, R14, R17, R23, R30,	<ul style="list-style-type: none"> • Body Image • Internet Safety 	H23, R3, R7, R14, R15, R16,	<ul style="list-style-type: none"> • Body Shaming • Fake News

	have been affected by those behaviours.	R37, R38, L27	<ul style="list-style-type: none"> • Online Grooming • Selfies • Prevent Extremism • Sexting • Online Relationships • Screen Time • Eating Disorders • Pornography • Social Media 	R17, R22, R29, R30, R31, R34, R38, L20	
Healthy Eating	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	H17, H18	<ul style="list-style-type: none"> • Healthy Living • Exercise and Food Labels • Unhealthy Diets • Smoking 	H11	<ul style="list-style-type: none"> • Healthy Monitoring • Binge Drinking • Smoking and Vaping
Drugs, alcohol and tobacco	the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.	H23, H26, H27, H28, R20	<ul style="list-style-type: none"> • Drugs Class • Cannabis • Impact of Drugs • Alcohol 	H19, H20, R20	<ul style="list-style-type: none"> • County Lines • Synthetic Drugs • Binge Drinking
	the law relating to the supply and possession of illegal substances	H26, H28	<ul style="list-style-type: none"> • Drugs Class • Cannabis 	H19	<ul style="list-style-type: none"> • County Lines • Synthetic Drugs
	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	H26, H28 H24, H26, H27, H29, R20	<ul style="list-style-type: none"> • Alcohol 	H19, R20	<ul style="list-style-type: none"> • Binge Drinking
	physical and psychological consequences of addiction, including alcohol dependency	H26, H27, H29, R20	<ul style="list-style-type: none"> • Cannabis • Impact of Drugs • Alcohol • Gambling 	H19, H20, H21	<ul style="list-style-type: none"> • County Lines • Synthetic Drugs • Binge Drinking
	awareness of the dangers of drugs which are prescribed but still present serious health risks	H23, H26, H27	<ul style="list-style-type: none"> • Cannabis 	H19	<ul style="list-style-type: none"> • Keeping Healthy
	the facts about the harms from smoking tobacco (particularly the link to lung	H26, H27	<ul style="list-style-type: none"> • Smoking 	H19, H21	<ul style="list-style-type: none"> • Health Monitoring

	cancer), the benefits of quitting and how to access support to do so.				<ul style="list-style-type: none"> Smoking and Vaping
Health and Prevention	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	H19, H20	<ul style="list-style-type: none"> Covered in the Science Curriculum during Year 8 during Health (Unit 8.2) 	H16	<ul style="list-style-type: none"> Topics are in Biology Unit for GCSE Science Keeping Healthy
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	H19, H20	<ul style="list-style-type: none"> Healthy Living 	NA	NA
	(late secondary) the benefits of regular self-examination and screening.	H19	NA	H16	<ul style="list-style-type: none"> Health Monitoring
	the facts and science relating to immunisation and vaccination.	H19	<ul style="list-style-type: none"> Covered in the Science Curriculum during Year 8 during Health (Unit 8.2) 	H16	<ul style="list-style-type: none"> Topics taught in Biology Unit for GCSE Science Keeping Healthy
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	H15	<ul style="list-style-type: none"> Healthy Living 	H11	<ul style="list-style-type: none"> Keeping Healthy
Basic First Aid	basic treatment for common injuries.	H33	<ul style="list-style-type: none"> First Aid First Aid Workshop 	H24	<ul style="list-style-type: none"> Keeping Healthy
	life-saving skills, including how to administer CPR	H33	<ul style="list-style-type: none"> First Aid First Aid Workshop 	H24	<ul style="list-style-type: none"> CPR
	the purpose of defibrillators and when one might be needed.	H33	<ul style="list-style-type: none"> First Aid First Aid Workshop 	H24	<ul style="list-style-type: none"> CPR
Changing adolescent body	key facts about puberty, the changing adolescent body and menstrual wellbeing.	H34	<ul style="list-style-type: none"> Puberty Body Image 		<ul style="list-style-type: none"> Body Image
	the main changes which take place in males and females, and the implications for emotional and physical health	H34, R5, R18	<ul style="list-style-type: none"> Puberty Body Image 	R6	<ul style="list-style-type: none"> Having Children