



## RSE: Mapping Document

*Below is the mapping document to demonstrate how PSHCE and the broader curriculum meets the criteria for RSE.*

### Section 1: Family

	RSE criteria.	Curriculum coverage
Family	that there are different types of committed, stable relationships	<b>RE Year 11:</b> Relationships & Families
	how these relationships might contribute to human happiness and their importance for bringing up children	<b>RE Year 11:</b> Relationships & Families
	that marriage and civil partnerships are, including their legal status e.g. that marriage and civil partnerships carry legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	<b>RE Year 11:</b> Relationships & Families (in addition to examination content)
	why marriage is an important relationship choice for many couples and why it must be freely entered into	<b>RE Year 11:</b> Relationships & Families
	the characteristics and legal status of other types of long-term relationships	<b>RE Year 11:</b> Relationships & Families
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting	<b>RE Year 11:</b> Relationships & Families <b>English Year 7:</b> 'Parents' <b>English Year 10:</b> 'An Inspector Calls' family relationships;
	how to: determine whether peers, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationships is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	<b>RE Year 11:</b> Relationships & Families (in addition to examination content) <b>PSHCE Year 7:</b> Relationships & Sex Education. Year 11 Session 3

## Section 2: Respectful relationships, including friendships

	<b>RSE criteria.</b>	<b>Curriculum coverage</b>
<b>Respectful relationships, including friendships</b>	the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.	<b>PSHCE Year 7 Session 3 / 9</b> Session 2
	practical steps they can take in a range of different contexts to improve or support respectful relationships	<b>RE Year 8:</b> Are there limits to forgiveness? PSHE Year 7 Session 3
	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)	<b>RE Year 11:</b> Relationships and Families <b>RE Year 9:</b> Misconceptions of Islam
	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	<b>RE Year 7:</b> Baseline module (mission statement) <b>RE Year 8:</b> Holocaust <b>PSHCE Year 7 Session 3 / 9</b> Session 2
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	<b>PSHCE Year 7:</b> Session 1
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	<b>PSHCE Year 10 Session 2/ Year 11 Session 3</b>
	what constitutes sexual harassment and sexual violence and why these are always unacceptable	<b>RE Year 11:</b> Relationships and Families
	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	<b>RE Year 11:</b> Relationships and Families <b>PSHE Year 9 Session 1</b>

### **Section 3: Online and Media**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Online and Media</b>	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	<b>PSHCE Year 7:</b> Session 2
	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	<b>PSHCE Year 8:</b> Session 2/ <b>Year 9</b> session 2
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them	<b>PSHCE Year 9:</b> Session 2
	what to do and where to get support to report material or manage issues online	<b>PSHCE Year 7/8/9/10:</b> Session 2
	the impact of viewing harmful content	<b>PSHCE Year 10:</b> session 3
	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.	<b>PSHCE Year 10:</b> session 3
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	<b>PSHCE Year 9</b> Session 3
	how information and data is generated, collected, shared and used online	<b>To be included in PSHCE</b>

### **Section 4: Being Safe**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Being safe</b>	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	<b>PSHCE Year 10 session 2/ 11 session 3</b> <b>RE Year 11:</b> Relationships & Families
	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (on and offline)	<b>PSHCE Year 7:</b> Relationships and Sex Education PSHE Year 10 Session 3 <b>RE Year 11:</b> Relationships & Families

## Section 5: Intimate and sexual relationships, including sexual health

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Intimate and sexual relationships, including sexual health</b>	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	<b>RE Year 11:</b> Relationships and Families PSHE Year 11 Session 3
	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>RE Year 11:</b> Relationships and Families
	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause	<b>Science Year 10:</b> Managing fertility
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others	<b>RE Year 11:</b> Relationships and Families
	that they have a choice to delay sex or to enjoy intimacy without sex	<b>RE Year 11:</b> Relationships and Families
	the facts about the full range of contraceptive choices and options available	<b>Science Year 10:</b> Methods of contraception <b>RE Year 11:</b> Relationships and Families
	the facts around pregnancy including miscarriage	<b>Science Year 7:</b> Pregnancy <b>RE Year 11:</b> Sanctity of Life
	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)	<b>RE Year 11:</b> Religion and Life
	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	<b>Science Year 10:</b> STI (communicable diseases)
	how prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	<b>Science Year 10:</b> STI (communicable diseases)
	how the use of alcohol and drugs can lead to risky sexual behaviour	<b>PSHCE Year 11:</b> Session 1
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	<b>RE Year 11:</b> Relationships and Families

## Section 6: Mental Well-Being

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Mental well-being</b>	how to talk about their emotions accurately and sensitively, using appropriate vocabulary	<b>PSHCE Year 9:</b> Well Being
	that happiness is linked to being connected to others	<b>PSHCE Year 9:</b> Well Being
	how to recognise the early signs of mental wellbeing issues	<b>PSHCE Year 9:</b> Well Being
	common types of mental ill health (e.g. anxiety and depression)	<b>PSHCE Year 9:</b> Well Being
	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	<b>PSHCE Year 9:</b> Well Being Year 8 Session 1 Year 10 Session 2 Year 11 Session 3
	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	<b>PSHCE Year 9:</b> Well Being Year 8 Session 3

## Section 7: Family

	<b>RSE criteria</b>	<b>Curriculum</b>
<b>Internet safety and harms</b>	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.	<b>PSHCE Year 8:</b> session 1/ Year 11 Session 3
	how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or get support, if they have been affected by those behaviours	<b>PSHCE Year 7/8 and 10 :</b> session 2

## **Section 8: Physical Health and fitness**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Physical health and fitness</b>	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	<b>PSHCE Year 8:</b> Session 2
	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health	<b>PE Year 7:</b> Activity Blocks 1 & 2 <b>PE Year 8:</b> Activity Blocks 1 & 2
	Facts about the science relating to blood, organ and stem cell donation acts about wider issues such as organ/blood donation	<b>PSHCE Year 11:</b> Session 2

## **Section 9: Healthy Eating**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Healthy eating</b>	how to maintain healthy eating and the links between a poor diet and health risks, including eating disorders and cancer	<b>Science Year 8:</b> Balanced diets <b>Science Year 9:</b> Effects of lifestyle on non-communicable diseases. <b>PSHCE Year 8:</b> Healthy eating Sessions 3

## **Section 10: Drugs, alcohol and tobacco**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Drugs, alcohol and tobacco</b>	the facts about legal substances and illegal substances, including drug-taking, and the associated risks, including the link to serious mental health conditions	<b>PSHCE Year 9:</b> Session 3
	the law relating to the supply and possession of illegal substances	<b>PSHCE Year 9:</b> Session 3
	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	<b>PSHCE Year 11:</b> Session 1
	the physical and psychological consequences of addiction, including alcohol dependency	<b>PSHCE Year 10:</b> Session 5
	awareness of the dangers of drugs which are prescribed but still present serious health risks	<b>PSHCE Year 10:</b> Session 5
	the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so	<b>Science Year 8 &amp; 9:</b> Impact of smoking on the lungs & cancer.

### **Section 11: Health and prevention**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Health and Prevention</b>	about personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics	<b>PSHCE Year 8:</b> Session 3
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	<b>PSHCE Year 8:</b> Session 3
	(late secondary) the benefits of regular self-examination and screening	<b>PSHCE Year 7:</b> Relationships and Sex Education???
	the facts and science relating to immunisation and vaccination.	<b>Science Year 10:</b> Immunisation & vaccination
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	<b>PSHCE Year 8:</b> Session 6

### **Section 12: Basic first aid**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Basic first aid</b>	basic treatment for common injuries	<b>PE Year 9:</b> Activity block 5&6
	life-saving skills, including how to administer CPR	<b>Year 11</b> session 1 (minus CPR) <b>Year 9</b> Session 3 CPR video
	the purpose of defibrillators and when one might be needed	<b>PE Year 9:</b> Activity block 5&6

### **Section 13: Changing adolescent body**

	<b>RSE criteria</b>	<b>Curriculum coverage</b>
<b>Changing adolescent body</b>	key facts about puberty and the changing adolescent body	<b>PSHCE Year 7:</b> Relationships and Sex Education <b>Science Year 7:</b> Puberty
	the main changes which take place in males and females, and the implications for emotional and physical health	<b>PSHCE Year 7:</b> Relationships and Sex Education <b>Science Year 7:</b> Puberty