



S13 Relationships And Sex Education

**Reviewed: Education & Policy Committee
Approved: Full Governing Body**

**Approved Date: July 2025
Next Review Date: July 2026 (updated in September 2025 to reflect KCSiE Updates)**



GUIDANCE AND FRAMEWORK

This policy has regard to the following:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education; Statutory guidance for governing bodies, proprietors, headteachers, principals, senior leadership teams, teachers (September 2021)
- Keeping Children Safe in Education (September 2025)
- National Curriculum in England: science programmes of study (May 2015)
- Teaching about relationships, sex and health (March 2021)

1. AIMS

The aims of relationships and sex education (RSE) at Westminster Abbey Choir School are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Create an environment that promotes respect for oneself and other

2. STATUTORY REQUIREMENTS

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, made Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. At Westminster Abbey Choir School, we understand the importance of educating pupils about sex, relationships and their health, for that to make responsible and well-informed decisions in their lives.

Following the guidelines set out in the DfE document September 2021: Relationships Education, Relationships and Sex Education (RSE) and Health Education, Westminster Abbey Choir School is committed to delivering the specified topics to each student in their relevant stages. The PSHE schemes of work are comprehensive in its delivery of all aspects of Living in the Wider World; Health and Wellbeing, and Relationships. This policy aims to outline the specific content of the Relationships and Sex education within these areas, and in line with the DfE guidance.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

We must also have regard to our legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities



3. POLICY DEVELOPMENT

This policy has been developed in consultation with staff, pupils and parents/carers. The consultation and policy development process involved the following steps:

- i. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
- ii. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
- iii. Parent/stakeholder consultation – parents/carers and any interested parties were invited to attend a meeting about the policy
- iv. Ratification – once amendments were made, the policy was shared with the full governing body and ratified

This policy will be reviewed mid-year to reflect the changes coming into force regarding RSE for September 2026. At this point a consultation with pupils will also take place to understand what they want from their RSE lessons.

4. CURRICULUM

Our PSHE curriculum which covers RSE is set out as per Appendix 1 and 2, but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents/carers and staff, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online. This is likely to be encouraging the pupil to discuss their question with a parent.

We will share all curriculum materials with parents and carers upon request.

5. DELIVERY OF RSE

At Westminster Abbey Choir School, RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum.

In Forms I, II and III, relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Primary (Form I) sex education:

In Form I, none of the RSHE content is sex education; pupils are taught that families may choose to have a child and a child is a mix of 2 parents' genes.



Primary (Form II and III) sex education will focus on:

- How a baby is conceived and born. This topic is covered in science lessons as a science topic and reinforced in PSHE lessons.
- Female puberty – if an egg is fertilised, it embeds in the lining of the womb, if an egg is not fertilised, the lining of the womb sheds
- Male puberty – erection to enable the penis to enter the vagina.

In Forms I, II and III Health and Wellbeing education is provided to help pupils makes good decisions about their own health and wellbeing. Teaching focuses on:

- Mental wellbeing
- Internet and Safety Harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body – this includes preparing boys for the changes that adolescence brings and educating them on the changes for girls.

In Form IV and V, RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

In Forms IV, and V Health and Wellbeing education is provided to help pupil makes good decisions about their own health and wellbeing. Teaching focuses on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

For more information about the topics covered in our RSE curriculum, see Appendix 3

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive



parents and foster parents/carers, amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children or young carers). Different family structures are explicitly taught in Form III and IV but may be discussed at other points.

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

5.1. Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
 - Safe and supported
 - Able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
 - A whole-class setting
 - Small groups or targeted sessions
 - 1-to-1 discussions
 - Digital formats
- Give careful consideration to the level of differentiation needed and responds dynamically to the changing needs of pupils.

5.2. Use of resources

We will consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

6. USE OF EXTERNAL ORGANISATIONS AND MATERIALS

To enhance the teaching of RSE topics teachers will use a range of resources and on occasions we will invite external speakers to support pupils' understanding.

We will make sure that an agency and any materials used are appropriate and in line with our legal duties around political impartiality.



The school remains responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We will:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
- Comply with:
 - This policy
 - The [Teachers' Standards](#)
 - The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use
- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers
- Share all external materials with parents and carers at their request

We won't, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme

7. ROLES AND RESPONSIBILITIES

7.1 The governing body

The draft of this policy will have been approved by the governors' Education and Policy Committee, after step i in Section 3. Then, consultation on the policy will have occurred first with staff, then with parents and finally with pupils, making any amendments as



appropriate. The final version which includes any amendments will then be proposed to the Full Governing Body and ratified

7.2 The Senior Leadership Team

The Senior Leadership Team are responsible for ensuring that RSE is taught consistently across the school, for sharing resources and materials with parents and carers when requested, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 9).

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents/carers wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

The Deputy Head Teacher has responsibility for overview of the PSHE curriculum which includes the RSE curriculum.

The Deputy Head Teacher, Form I and Form II class teachers and Form III, IV and V form tutors have the responsibility for teaching RSE at Westminster Abbey Choir School.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. PARENTS' RIGHT TO WITHDRAW

Parents/carers of pupils in Forms I, II and III do not have the right to withdraw their child from relationships education.

Parents/carers in Forms I, II and III have the right to withdraw their child from the non-science components of sex education within RSE.

Requests for withdrawal should be put in writing to the Deputy Headteacher and Headteacher.

Alternative school work will be given to pupils in who are withdrawn from sex education.

Parents/carers in Form IV and V have the right to withdraw their child from the non-statutory components of sex education within RSE.



Requests for withdrawal should be put in writing to the headteacher and deputy headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher or deputy headteacher will discuss the request with parents/carers and take appropriate action.

Alternative school work will be given to pupils who are withdrawn from sex education.

9. TRAINING

To support the teaching of RSE at Westminster Abbey Choir School, staff will be provided with guidance and training as part of their induction and included in our continuing professional development.

Where appropriate, the school will invite visitors from outside the school such as the school GP to provide support and training to staff teaching RSE.

10. MONITORING ARRANGEMENTS

The delivery of RSE is monitored by the Deputy Headteacher through:

- Planning checks,
- Learning walks,
- Book looks,
- Discussion with pupils,
- Discussion with staff.

Pupils' development in RSE is monitored by class teachers as part of our everyday classroom practice.

This policy will be reviewed by the Deputy Headteacher at least every 2 years. At every review, the policy will be approved by the Education and Policy Committee.



APPENDIX 1

Forms I - III

During the first three years at WACS, PSHE which incorporates RSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness. It builds on the skills they need to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Healthy Me, Relationships and Changing Me explicitly cover the content relating to RSHE.

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Ages 10-11	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition



APPENDIX 2

Forms IV – V

In Forms IV and V, the boys build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE which incorporates RSE education acknowledges and addresses the changes that young people experience, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

Healthy Me, Relationships and Changing Me explicitly cover the content relating to RSHE.

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 7 (11-12)	Unique me, differences & conflict, my influences, gateway emotions, belonging to a group, peer pressure, child-on-child abuse, online safety, sexting, consequences, online legislation, online identity	Bullying, prejudice & discrimination (positive and negative). Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness, importance of being included	Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, county lines, control over your life, exploitation, emergency first aid	Stress and anxiety, managing physical activity and mental health, effects of substances, legal consequences, nutrition, sleep, vaccination and immunisation, importance of information on making health choices, physical illness and medicine, mindfulness	Characteristics of healthier relationships, consent, relationships and change, emotions and conflict within friendships, child-on-child abuse, rights and responsibilities, being discerning, assertiveness, sexting, social media vs real life, fake news, authenticity	Puberty changes, reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support
Year 8 (12-13)	Self-identity, influences, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, marriage and the law, beliefs and religions, protected characteristics, online and offline identity, active listening	Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion, stereotypes, prejudice, LGBT+ bullying, hate crime, fear and emotions, stand up to bullying, the golden rule	Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues	Types of health, nutrition and exercise, cardiovascular health and diabetes. Risks, illegal and legal substances, dental health, skin health, vaccinations, peer pressure, teenage brain	Positive relationship with self, social media, managing a range of relationships, child-on-child abuse, personal space, online etiquette, online privacy, bullying and personal safety, social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support	Types of close intimate relationships, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, What makes a healthier relationship?, Attraction, love or lust?, pornography and the law, dealing with unwanted messages. Alcohol and the law



APPENDIX 3

By the end of primary school at the end of Year 6 (our Form III), pupils should know (Relationships Education):

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none">That families are important for children growing up because they can give love, security and stabilityThe characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's livesThat others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and careThat stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow upThat marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelongHow to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none">How important friendships are in making us feel happy and secure, and how people choose and make friendsThe characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficultiesThat healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excludedThat most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never rightHow to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed



TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none">• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs• Practical steps they can take in a range of different contexts to improve or support respectful relationships• The conventions of courtesy and manners• The importance of self-respect and how this links to their own happiness• 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 those in positions of authority• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help• What a stereotype is, and how stereotypes can be unfair, negative or destructive• The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none">• That people sometimes behave differently online, including by pretending to be someone they are not• That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met• How information and data is shared and used online



TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none">• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)• About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know• How to recognise and report feelings of being unsafe or feeling bad about any adult• How to ask for advice or help for themselves or others, and to keep trying until they are heard• How to report concerns or abuse, and the vocabulary and confidence needed to do so• Where to get advice e.g. family, school and/or other sources



By the end of secondary school in Year 11 (3 years after they have left WACS), pupils should know (Relationships and Sex Education):

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none">That there are different types of committed, stable relationshipsHow these relationships might contribute to human happiness and their importance for bringing up childrenWhat 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 ceremonyWhy marriage is an important relationship choice for many couples and why it must be freely entered intoThe characteristics and legal status of other types of long-term relationshipsThe roles and responsibilities of parents/carers with respect to raising of children, including the characteristics of successful parentingHow 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



TOPIC	PUPILS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none">• 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• Practical steps they can take in a range of different contexts to improve or support respectful relationships• 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)• 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• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help• That some types of behaviour within relationships are criminal, including violent behaviour and coercive control• What constitutes sexual harassment and sexual violence and why these are always unacceptable• 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



TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none">• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online• 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• Not to provide material to others that they would not want shared further and not to share personal material which is sent to them• What to do and where to get support to report material or manage issues online• The impact of viewing harmful content• 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• That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail• How information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none">• 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• 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)



TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none">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 friendshipThat 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 wellbeingThe facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and womenThat there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising othersThat they have a choice to delay sex or to enjoy intimacy without sexThe facts about the full range of contraceptive choices, efficacy and options availableThe facts around pregnancy including miscarriageThat 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)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 testingAbout the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatmentHow the use of alcohol and drugs can lead to risky sexual behaviourHow to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment



APPENDIX 4

By the end of primary school at the end of Year 6 (our Form III), pupils should know (Physical Health and Wellbeing):

TOPIC	PUPILS SHOULD KNOW
Mental wellbeing	<ul style="list-style-type: none">that mental wellbeing is a normal part of daily life, in the same way as physical health.that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.



TOPIC	PUPILS SHOULD KNOW
Internet safety and harms	<ul style="list-style-type: none">that for most people the internet is an integral part of life and has many benefits.about the benefits of rationing 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.how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.why social media, some computer games and online gaming, for example, are age restricted.that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.where and how to report concerns and get support with issues online.
Physical health and fitness	<ul style="list-style-type: none">the characteristics and mental and physical benefits of an active lifestyle.the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.the risks associated with an inactive lifestyle (including obesity).how and when to seek support including which adults to speak to in school if they are worried about their health.



TOPIC	PUPILS SHOULD KNOW
Healthy eating	<ul style="list-style-type: none"> what constitutes a healthy diet (including understanding calories and other nutritional content). the principles of planning and preparing a range of healthy meals. the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	<ul style="list-style-type: none"> how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	<ul style="list-style-type: none"> how to make a clear and efficient call to emergency services if necessary. concepts of basic first-aid, for example dealing with common injuries, including head injuries.



TOPIC	PUPILS SHOULD KNOW
Changing adolescent body	<ul style="list-style-type: none">key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.about menstrual wellbeing including the key facts about the menstrual cycle



By the end of secondary school in Year 11 (3 years after they have left WACS), pupils should know (Physical Health and Wellbeing):

TOPIC	PUPILS SHOULD KNOW
Mental wellbeing	<ul style="list-style-type: none">• how to talk about their emotions accurately and sensitively, using appropriate vocabulary.• that happiness is linked to being connected to others.• how to recognise the early signs of mental wellbeing concerns.• common types of mental ill health (e.g. anxiety and depression).• 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.• the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Internet safety and harms	<ul style="list-style-type: none">• 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.• 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.



TOPIC	PUPILS SHOULD KNOW
Physical health and fitness	<ul style="list-style-type: none">the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.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.about the science relating to blood, organ and stem cell donation.
Healthy eating	<ul style="list-style-type: none">how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
Drugs, alcohol and tobacco	<ul style="list-style-type: none">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.the law relating to the supply and possession of illegal substances.the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.the physical and psychological consequences of addiction, including alcohol dependency.awareness of the dangers of drugs which are prescribed but still present serious health risks.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.



TOPIC	PUPILS SHOULD KNOW
Health and prevention	<ul style="list-style-type: none">• about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.• about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.• (late secondary) the benefits of regular self-examination and screening.• the facts and science relating to immunisation and 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.
Basic first aid	<ul style="list-style-type: none">• basic treatment for common injuries.• life-saving skills, including how to administer CPR.• the purpose of defibrillators and when one might be needed.
Changing adolescent body	<ul style="list-style-type: none">• key facts about puberty, the changing adolescent body and menstrual wellbeing.• the main changes which take place in males and females, and the implications for emotional and physical health.