

## RSE – Topic Breakdown

Celebrating Diversity & Equality			
		Learning Outcomes	Statutory RSE 2026
Celebrating Differences - 01 - What is your Identity	Year 7	To appreciate the wide variety of aspects that make up my identity To understand the nature vs nurture debate To accept that it's okay to be different and to be proud of your identity	T1 - Families
Celebrating Differences - 02 - Multicultural Britain	Year 7	To understand and describe how diverse modern Britain is To explore the facts and figures of immigration and pull factors To evaluate the concept of Britishness and whether multiculturalism works	T1 - Families
Celebrating Differences - 03 - Importance of Being Kind	Year 7	To define kindness and give examples of kind acts To understand the impact an act of kindness can have To know what acts of kindness I can do for myself and those around me	T2 - Respectful Relationships
Celebrating Differences - 04 - Breaking Down Stereotypes	Year 7	To define stereotyping and prejudice To evaluate what can be done to challenge stereotypes To understand the impact both positive and negative stereotypes can have	T2 - Respectful Relationships
Celebrating Differences - 05- Learning Disabilities	Year 7	To have a base knowledge of learning disabilities To understand how important the right language is To know basic etiquette with disabled people	T2 - Respectful Relationships
Celebrating Differences - 06 - Prejudice and Discrimination	Year 7	To identify different forms of prejudice and discrimination To consider how we can ensure equality for all in society To evaluate how cohesive Britain really is	T2 - Respectful Relationships
Celebrating Differences - 07 - Challenging Islamophobia	Year 7	To define islamophobia and give examples of it in UK society To explore where islamophobia comes from To consider how the government and legislation are attempting to combat different forms of discrimination	T2 - Respectful Relationships
Relationships and Sex Education			
		Learning Outcomes	Statutory RSE 2026
Friends, Respect & Relationships - 01 - Consent and Boundaries	Year 7	To understand what constitutes consent and why consent should always be respected To evaluate why personal space and boundaries are important when growing up To understand how to deal with situations in an assertive way	T4 - Being Safe
Friends, Respect & Relationships - 02 - Respect and Relationships	Year 7	To understand the wide range of relationships young people have To understand that different types of relationships will work in different ways To consider the differences between people and learn how to respect those differences	T2 - Respectful Relationships
Friends, Respect & Relationships - 03 - What Makes a Good Friend	Year 7	To understand the importance of friendship and the qualities that make a good friend To know what is needed to form positive relationships with friends To evaluate why some friendships can be more beneficial than others	T2 - Respectful Relationships
Friends, Respect & Relationships - 04 - Friendships & Online Relationships	Year 7	To understand the different types of friendships that exist To understand what an unhealthy relationship might look like To explore what being a true friend to someone really entails	T2 - Respectful Relationships
Friends, Respect & Relationships - 05 - Being Positive	Year 7	To understand that most people feel the same range of emotions, but do not always respond in the same way to similar situations To celebrate personal strengths and achievements and promote awareness of what can affect us	T1 - Families
Friends, Respect & Relationships - 06 - Pressure, Influence and Friends	Year 7	To explain why it is important to be confident and assertive To know how to deal with peer pressure To understand when peer pressure can go wrong and how it can make someone else feel	T1 - Families
Friends, Respect & Relationships - 07 - What Does it Mean to be a Man in Today	Year 7	To understand what it means to be a man in modern society To explore rigid gender stereotypes of masculine men To evaluate the characteristics of a 'good man' and a 'real man'	T1 - Families

Staying Safe, Online & Offline			
		Learning Outcomes	Statutory RSE 2026
Staying Safe Online & Offline - 02 - Staying Safe Online	Year 7	I can explain what a gut feeling is and how it links to my intuition I can identify a range of risks associated with being online I know how to reduce the potential risks when I am online and where to go to seek further help and support	T3 - Online Safety and Awareness
Staying Safe Online & Offline - 08 - Knife Crime and Safety	Year 7	To know basic knife safety and what to do if threatened To explain the legal, emotional and physical consequences of carrying a knife To understand how knife crime impacts families and communities	T3 - Online Safety and Awareness
Life Beyond School			
		Learning Outcomes	Statutory RSE 2026
Managing Change - 07 - Transition Points in Your Life	Year 7	Describe how people's feelings change during stages of transition Identify ways of coping with transition points and how you would apply them to future times of change in your life.	T2 - Respectful Relationships

Rights, Responsibilities & British Values			
Lesson		Learning Outcomes	Statutory RSE 2026
Law, Crime & Society - 02 - Desert Island - Building a Community	Year 8	To understand the concept of community cohesion and what makes a community To be able to make decisions and understand their impact To understand the different forms of prejudice that exist	T1 - Families
Celebrating Diversity & Equality			
lesson		Learning Outcomes	Statutory RSE 2026
Equality and Diversity Explored - 01 - Equality Act 2010	Year 8	To know what equality means and why it is important. To be able to explain some challenges the Equality Act has faced To understand the Equality Act 2010 and how it can be applied in different cases	T1 - Families
Equality and Diversity Explored - 02 - LGBTQ+ What is it	Year 8	To define the acronym LGBTQ+ To explore a variety of LGBTQ+ Role Models in British society To understand the many different key terms and concepts that are used within this topic	T2 - Respectful Relationships
Equality and Diversity Explored - 03 - LGBTQ+ Rights Across the World	Year 8	To identify some areas of the world where homosexuality is still illegal To evaluate the varying views and laws on homosexuality across the world To understand the responsibility of the international community to help combat homophobia	T2 - Respectful Relationships
Equality and Diversity Explored - 04 - Gender Equality	Year 8	To understand what gender equality means To be able to evaluate gender equality in the workplace, families and in politics To evaluate how as a society, we can challenge gender stereotypes	T1 - Families
Equality and Diversity Explored - 05 - Ableism and Disability Discrimination	Year 8	To understand what ableism is and why it's a problem To identify language and behaviour that is ableist To know how to be anti-ableist and to be an ally for disabled people	T2 - Respectful Relationships

Equality and Diversity Explored - 06 - Removing the Barriers Equality for all	Year 8	To understand what is meant by 'barriers to employment' To consider how these barriers impact people living with a disability To think about how we can move towards equality	T2 - Respectful Relationships
<b>Relationships and Sex Education</b>			
<b>Lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Identity, Relationships & Sex Education - 01 - Relationships and Sex Education	Year 8	To understand the core aims of RSE in secondary schools To understand how physical touch may be different in a sexual relationship to any other relationship To explore what rights in relationships look like	T3 - Online Safety and Awareness
Identity, Relationships & Sex Education - 02 - Being Yourself & Self-Love	Year 8	To know what self-love really is To be able to explain why self-love is so important, and good for us To see how society has evolved to minimise self-love	T1 - Families
Identity, Relationships & Sex Education - 03 - Healthy Respectful Relationships	Year 8	Compare and contrast the characteristics of healthy and unhealthy relationships To know what respect in a healthy relationship looks like To explain various aspects of a healthy relationship and understand how they are connected	T5 - Intimate & sexual relationships inc sexual health
Identity, Relationships & Sex Education - 04 - What is Love	Year 8	To define the term love and understand that it comes in many forms To identify how you might like give and receive love yourself To understand different types of love and love languages	T5 - Intimate & sexual relationships inc sexual health
Identity, Relationships & Sex Education - 07 - Introduction to Contraception	Year 8	To describe the concept of abstinence To understand the main other ways of reducing the risk of pregnancy To be able to identify a wide range of contraceptive methods	T5 - Intimate & sexual relationships inc sexual health
Identity, Relationships & Sex Education - 08 - Sexual Orientation	Year 8	To understand the many different key terms and concepts that are used To explore and challenge LGBTQ+ prejudices and stereotypes To understand the damaging impact homophobic language has on people	T1 - Families
<b>Staying Safe, Online &amp; Offline</b>			
<b>lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Dangerous Society Online & Offline - 04 - Cyberbullying	Year 8	Describe the meaning of bullying and cyberbullying and the impact they can have on an individual Explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour To know how to manage oneself appropriately online	T3 - Online Safety and Awareness
Dangerous Society Online & Offline - 05 - Online Grooming	Year 8	To understand how to stay safe online from grooming To explain how to spot a fake profile and catfishers To know where to seek specialist support and advice to help anyone who is at risk	T1 - Families
Dangerous Society Online & Offline - 07 - Child Exploitation & Online Protection	Year 8	Exploitation and be able to give examples To explore a variety of risks and dangers related to being online To evaluate how to reduce the risks associated with being online	T3 - Online Safety and Awareness
<b>Health &amp; Wellbeing</b>			
<b>lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Physical Health & Mental Wellbeing - 03 - Positive Body Image	Year 8	To understand what body image is and who can be affected To explore what influences body image for boys and girls To know various ways someone can improve their own or a friends self-esteem	T3 - Online Safety and Awareness

Physical Health & Mental Wellbeing - 04 - Child Abuse	Year 8	To understand the different forms of child abuse To explore various warning signs that someone might need help To know who to talk to and where to access support and help for any form of abuse	T2 - Respectful Relationships
Physical Health & Mental Wellbeing - 05 - Types of Bullying	Year 8	To define bullying and cyberbullying and explain the impact they can have To explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour To know where to seek support and advice on bullying and cyberbullying	T2 - Respectful Relationships
Physical Health & Mental Wellbeing - 06 - Healthy Eating and Cholesterol	Year 8	To identify the components of a healthy diet To understand the difference between good cholesterol and bad cholesterol To understand how to replace unhealthy snacks and foods with healthier alternatives	T4 - Being Safe
<b>Life Beyond School</b>			
<b>lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Proud to be me - 02 - Proud to be me	Year 8	To identify what is important for you and what you expect from yourself, taking into account the beliefs and expectations that others have of you I can describe my self esteem and understand ways to improve it To evaluate what self self love is	T2 - Respectful Relationships
Proud to be me - 04 - Self Esteem and the Media	Year 8	To describe self esteem and how it impacts someone's life To explore ways to boost self esteem To evaluate the impact negative self talk can have on self esteem	T2 - Respectful Relationships
Proud to be me - 06 - What Makes Me Angry	Year 8	To understand the science behind why someone gets angry To explore how our thoughts and feelings can impact what we do and say To understand how to deal with and manager anger	T2 - Respectful Relationships

<b>Rights, Responsibilities &amp; British Values</b>			
<b>Lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Combatting Extremism & Terrorism - 01 - Conspiracy Theories and Extremist Narratives	Year 9	To understand what a conspiracy theory is To explore why conspiracy theories and extremist narratives are interlinked To evaluate why conspiracy theories can be damaging to society	T3 - Online Safety and Awareness
Combatting Extremism & Terrorism - 07 - Antisemitism	Year 9	To define the terms Zionism and antisemitism To explore why Jews have been persecuted in Europe for hundreds of years To understand what is happening today in the UK	T2 - Respectful Relationships
<b>Relationships and Sex Education</b>			
<b>Lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Sex, the Law & Consent - 01 - Sexual Consent and the Law	Year 9	To know the legal definition of consent and the law surrounding it To understand the purpose and the importance of consent To understand the consequences of sexual activity with no consent	T4 - Being Safe
Sex, the Law & Consent - 02 - FGM and the Law	Year 9	To revise the different parts of the female reproductive organs To understand what FGM is and its impact To know that FGM is illegal and where you can go for help and support	T4 - Being Safe
Sex, the Law & Consent - 03 - Relationships and Partners	Year 9	To understand the meaning of a healthy relationship between a couple and the expectations that form a positive relationship To understand the non-physical characteristics someone might look for in a future partner To look at relationships and understand the factors necessary to develop a healthy relationship	T5 - Intimate & sexual relationships inc sexual health
Sex, the Law & Consent - 04 - Domestic Abuse and Domestic Violence	Year 9	To describe what an unhealthy relationship looks like To understand the different types of abuse that exist	T1 - Families

		To identify how and where to get help with abusive relationships	
Sex, the Law & Consent - 05 - Why have Sex	Year 9	To know the various things to consider when thinking about making a relationship sexual To understand the positive and negative reasons to have sex To explore the benefits and consequences of making a relationship sexual	T5 - Intimate & sexual relationships inc sexual health
Sex, the Law & Consent - 06 - Delaying Sexual Activity	Year 9	To understand the benefits of delaying sexual activity To know how to be assertive and deal with undue pressure To know why consent and respect for each other should be the priority in any relationship	T5 - Intimate & sexual relationships inc sexual health
Sex, the Law & Consent - 07 - Sexual Harassment and Stalking	Year 9	To define the terms stalking and harassment To explore the differences between flirting and sexual harassment To understand the laws surrounding Stalking and Harassment (PHA 1997, EA 2010 & PFA 2012)	T5 - Intimate & sexual relationships inc sexual health
<b>Lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Contraception & STIs - 01 - What are STIs	Year 9	To be able to name at least five common STIs and explain how they are transmitted To understand the different groups that STIs are categorised by To identify the facts, dangers and symptoms of some common STIs	T5 - Intimate & sexual relationships inc sexual health
Contraception & STIs - 02 - Treating STIs and the Clinic	Year 9	To describe the key symptoms and risks associated with a variety of different STIs To understand the importance of Sexual Health Clinics (GUM) To explain why people should always get themselves checked out after unprotected sex	T5 - Intimate & sexual relationships inc sexual health
Contraception & STIs - 03 - Contraception Explored	Year 9	To understand how a variety of different forms of contraception work To be able to identify which types of contraception would be best used by different types of people To explore which forms of contraception protect against pregnancy, STIs or both	T5 - Intimate & sexual relationships inc sexual health
Contraception & STIs - 04 - Contraception - Condoms	Year 9	To understand the correct steps for using an external or male condom To describe obstacles to condom use and explain how they can be overcome To know what a C-Card scheme is and how it works	T5 - Intimate & sexual relationships inc sexual health
Contraception & STIs - 05 - Contraception Explored Further	Year 9	To understand the block, suppress and disable methods to reduce the risk of pregnancy To explore which forms of contraception protect against pregnancy, STI's or both To know what thrush is and the common symptoms of it in men and women	T5 - Intimate & sexual relationships inc sexual health
Contraception & STIs - 06 - HIV and AIDS	Year 9	I know what HIV and AIDS are and explain the difference I understand the main ways HIV is transmitted from person to person I can explain the vital importance of World AIDS Day	T5 - Intimate & sexual relationships inc sexual health
Contraception & STIs - 07 - HIV and AIDS Prejudice and Discrimination	Year 9	To understand the history of HIV and AIDS and the recent advances in HIV treatment and prevention To explain what the stigma is surround HIV and AIDS and why it exists To explore how the cycle of prejudice and discrimination towards HIV and AIDS sufferers can be broken	T5 - Intimate & sexual relationships inc sexual health
<b>Health &amp; Wellbeing</b>			
<b>Lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Body Confidence - 04 - Bullying in all its forms	Year 9	To understand the different forms of bullying and why people bully others To know what HBT bullying is and the impact it can have on the victim To evaluate what support schools and students can give to those impacted by the effects of HBT bullying	T1 - Families
Body Confidence - 06 - Media and Airbrushing	Year 9	To describe how photo editing and air brushing are contributing to a false sense of beauty To explore what it means to be body positive and body neutral To evaluate the impact advertisements are having on our self esteem	T3 - Online Safety and Awareness
<b>Life Beyond School</b>			

lesson		Learning Outcomes	Statutory RSE 2026
Essential Life Skills - 02 - Assertiveness	Year 9	Know the difference between passive, assertive and aggressive Recognise assertive behaviour in dealing with peer pressure to drink Demonstrate strategies to manage risk and explain why they are useful	T2 - Respectful Relationships

<b>Rights, Responsibilities &amp; British Values</b>			
Lesson		Learning Outcomes	Statutory RSE 2026
Exploring British Values - 01 - Critical Thinking & Fake News	Year 10	To understand how to spot fake news To explore the damaging consequences of Fake news To understand why critical thinking is important	T3 - Online Safety and Awareness
Exploring British Values - 02 - Hate Crime in the UK	Year 10	To understand the definition of a hate crime and the protected characteristics To know the difference between free speech and hate speech To evaluate recent police statistics for hate related crime	T2 - Respectful Relationships
Exploring British Values - 03 - British Values and Identity	Year 10	To define the different British values To understand the importance of promoting British Values To understand where our sense of identity comes from and why it is important to have a sense of belonging	T1 - Families
Exploring British Values - 04 - Mutual Respect & Tolerance	Year 10	To know the meaning of mutual respect and tolerance To can explain why mutual respect and tolerance is important between different groups of people To understand how multiculturalism and diversity play a big part in teaching us respect	T2 - Respectful Relationships
<b>Celebrating Diversity &amp; Equality</b>			
lesson		Learning Outcomes	Statutory RSE 2026
Exploring World Issues - 06 - Women's Rights and Equality	Year 10	To explore the changing role of women in society over the 20th century To understand the key events that led up to women gaining equal rights with men To evaluate what support networks are available to help support those in need	T1 - Families
<b>Relationships and Sex Education</b>			
Lesson		Learning Outcomes	Statutory RSE 2026
Risk, Relationships & Sex Education - 01 - Pleasure and Delaying Sexual Activity	Year 10	To define the terms pleasure, masturbation and sexual activities To explore the benefits and risks associated with masturbation To evaluate the risks associated with different sexual activities and identify high and low risk activities and ways to mitigate the high risk activities	T5 - Intimate & sexual relationships inc sexual health
Risk, Relationships & Sex Education - 02 - Campaigning Against FGM	Year 10	To understand what FGM is and to know that FGM is illegal and where you can go for help and support To explore the social and economic excuses used by people to encourage FGM To evaluate the best way to campaign against FGM practices here in the UK and abroad	T4 - Being Safe
Risk, Relationships & Sex Education - 03 - Sexting, Nudes and Dick Pics	Year 10	To understand the legal, emotional and social consequences of sending sexts To explore the reasons why some young people send sexts, nudes and dick pics To be able to deal effectively assertively with requests and pressure to send sexts	T3 - Online Safety and Awareness
Risk, Relationships & Sex Education - 04 - Online Pornography (Myths vs Reality)	Year 10	To outline what is and is not legal in terms of pornography To identify the differences between what is seen in porn and what happens in real life To look at the impact of porn on society and relationships	T3 - Online Safety and Awareness

Risk, Relationships & Sex Education - 05 - Porn and its Impact on Society	Year 10	To understand how porn may negatively influence a person's behaviour in society To explore how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self-esteem To know what revenge porn is and the law surrounding it	T5 - Intimate & sexual relationships inc sexual health
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<b>Relationships and Sex Education</b>			
<b>Lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Sexual Health - 01 - Peer on Peer Abuse	Year 11	To define the phrase 'peer on peer abuse' and understand what constitutes abuse To explore circumstances when peer pressure becomes peer abuse To evaluate what support networks are available to help support those in need	T1 - Families
Sexual Health - 02 - Fertility and What Impacts it	Year 11	To define and describe the human fertilisation process at a cellular level To explore what makes women and men fertile and understand ways to improve fertility To understand the various ways women can become pregnant, including IVF treatment	T5 - Intimate & sexual relationships inc sexual health
Sexual Health - 03 - Alcohol, Parties and Bad Choices	Year 11	To describe the risks associated with house parties and alcohol To explore alcohol abuse, drink spiking and the associated risks To evaluate what and who impacts our decisions about our own health and the choices we make	T5 - Intimate & sexual relationships inc sexual health
Sexual Health - 04 - Importance of Sexual Health	Year 11	To increase awareness of the importance of a young person's sexual health To explore various consequences of neglecting sexual health To understand what emergency contraception is available and when it is appropriate to use it	T5 - Intimate & sexual relationships inc sexual health
Sexual Health - 05 - Revisiting STIs	Year 11	To understand the way STIs spread and the groups at higher risk To increase awareness of the process of a young person's sexual health consultation at a clinic To understand the differences between viral, bacterial, fungal and parasitic STIs	T5 - Intimate & sexual relationships inc sexual health
Sexual Health - 06 - Revisiting Contraception	Year 11	To revisit how a variety of different forms of contraception work To further understand the advantages and disadvantages of different contraceptive methods To explore which forms of contraception protect against pregnancy, STIs or both	T5 - Intimate & sexual relationships inc sexual health
Sexual Health - 07 - Respect, Love and Relationships	Year 11	To understand the importance of respecting others, especially those we are in a relationship with To be able to describe what love is and what love is not To evaluate what support is available for someone in an abusive relationship	T5 - Intimate & sexual relationships inc sexual health
<b>Staying Safe, Online &amp; Offline</b>			
<b>lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Staying Safe - 02 - Online Reputation and Digital Footprints	Year 11	To define the terms digital footprints and online reputation To understand how to complete an online audit of yourself and know why it is important To understand why and how to build an online personal brand	T3 - Online Safety and Awareness
Staying Safe - 03 - Group Chats & Anti-Bullying	Year 11	To identify other terms surrounding cyberbullying To analyse the effects of bullying in group chats To explain how and where someone can ask for help if they are being bullied	T3 - Online Safety and Awareness
<b>Health &amp; Wellbeing</b>			
<b>lesson</b>		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>

Adult Health and Looking After Yourself - 02 - Teenage Pregnancy Choices	Year 11	To understand the impact of an unplanned pregnancy To know what to do if you think you or a friend is pregnant To understand the options available for unplanned pregnancies	T5 - Intimate & sexual relationships inc sexual health
Adult Health and Looking After Yourself - 03 - Abortion Laws, Morals and Ethics	Year 11	Examine what is meant by abortion and the law regarding abortion. Consider different reasons why women have abortions. To be able to explain the religious and legal perspectives on abortion in the UK and Northern Ireland	T5 - Intimate & sexual relationships inc sexual health
Adult Health and Looking After Yourself - 04 - Parenthood for Teenagers	Year 11	To understand the challenges that raising a child presents for a couple To evaluate the impact parenthood has on teenagers To understand the many ways people can become parents	T1 - Families
Adult Health and Looking After Yourself - 07 - Love and Abuse	Year 11	To describe a positive and healthy relationship To understand the different types of abuse that exist To identify where to go for help and support with abusive relationships	T1 - Families
<b>Life Beyond School</b>			
lesson		<b>Learning Outcomes</b>	<b>Statutory RSE 2026</b>
Your Future and Beyond - 04 - Social Media Vs Real Life	Year 11	To describe the differences between real life and social media life To explore the impact social media influencers have on society To identify coping strategies for social media wellness and improving self-esteem	T3 - Online Safety and Awareness

## Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> <li>• That there are different types of committed, stable relationships</li> <li>• How these relationships might contribute to human happiness and their importance for bringing up children</li> <li>• 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</li> <li>• Why marriage is an important relationship choice for many couples and why it must be freely entered into</li> <li>• The characteristics and legal status of other types of long-term relationships</li> <li>• The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</li> <li>• 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</li> </ul>
Respectful relationships, including friendships	<ul style="list-style-type: none"> <li>• 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</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• 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)</li> <li>• 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</li> <li>• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</li> <li>• That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</li> <li>• What constitutes sexual harassment and sexual violence and why these are always unacceptable</li> <li>• 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</li> </ul>

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> <li>• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</li> <li>• 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</li> <li>• Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</li> <li>• What to do and where to get support to report material or manage issues online</li> <li>• The impact of viewing harmful content</li> <li>• 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</li> <li>• That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</li> <li>• How information and data is generated, collected, shared and used online</li> </ul>
Being safe	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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)</li> </ul>
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</li> <li>• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</li> <li>• That they have a choice to delay sex or to enjoy intimacy without sex</li> <li>• The facts about the full range of contraceptive choices, efficacy and options available</li> <li>• The facts around pregnancy including miscarriage</li> </ul>

TOPIC	PUPILS SHOULD KNOW
	<ul style="list-style-type: none"><li>• 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)</li><li>• 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</li><li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</li><li>• How the use of alcohol and drugs can lead to risky sexual behaviour</li><li>• How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</li></ul>