



By the end of secondary school pupils should know:	
RELATIONSHIPS, SEX AND HEALTH EDUCATION (SECONDARY)	
Families	
RSHE R1	that there are different types of committed, stable relationships.
RSHE R2	how these relationships might contribute to human happiness and their importance for bringing up children.
RSHE R3	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.
RSHE R4	why marriage is an important relationship choice for many couples and why it must be freely entered into.
RSHE R5	the characteristics and legal status of other types of long-term relationships.
RSHE R6	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.
RSHE R7	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.
Respectful relationships including friendship	
RSHE R8	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 (nonsexual) types of relationship.
RSHE R9	practical steps they can take in a range of different contexts to improve or support respectful relationships.
RSHE R10	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).
RSHE R11	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.
RSHE R12	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
RSHE R13	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
RSHE R14	what constitutes sexual harassment and sexual violence and why these are always unacceptable.
RSHE R15	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.
Online and media	
RSHE R16	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
RSHE R17	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.
RSHE R18	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.
RSHE R19	what to do and where to get support to report material or manage issues online.
RSHE R20	the impact of viewing harmful content.
RSHE R21	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.
RSHE R22	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.
RSHE R23	how information and data is generated, collected, shared and used online.
Being safe	
RSHE R24	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.
RSHE R25	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).
Intimate and sexual relationships, including sexual health	
RSHE R26	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.
RSHE R27	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.
RSHE R28	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.
RSHE R29	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
RSHE R30	that they have a choice to delay sex or to enjoy intimacy without sex.
RSHE R31	the facts about the full range of contraceptive choices, efficacy and options available.
RSHE R32	the facts around pregnancy including miscarriage.
RSHE R33	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).
RSHE R34	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.
RSHE R35	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
RSHE R36	how the use of alcohol and drugs can lead to risky sexual behaviour.
RSHE R37	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

By the end of secondary school pupils should know:

HEALTH EDUCATION (SECONDARY) England from Sept 2020

Mental wellbeing

RSHE H1	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.
RSHE H2	that happiness is linked to being connected to others.
RSHE H3	how to recognise the early signs of mental wellbeing concerns.
RSHE H4	common types of mental ill health (e.g. anxiety and depression).
RSHE H5	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.
RSHE H6	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

RSHE H7	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.
RSHE H8	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.

Physical health and fitness

RSHE H9	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress
RSHE H10	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 cardio-vascular ill-health.
RSHE H11	about the science relating to blood, organ and stem cell donation.

Healthy Eating

RSHE H12	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
----------	--

Drugs, alcohol and tobacco

RSHE H13	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.
RSHE H14	the law relating to the supply and possession of illegal substances.
RSHE H15	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
RSHE H16	the physical and psychological consequences of addiction, including alcohol dependency.
RSHE H17	awareness of the dangers of drugs which are prescribed but still present serious health risks.
RSHE H18	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.

Health and prevention

RSHE H19	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
RSHE H20	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
RSHE H21	(late secondary) the benefits of regular self-examination and screening.
RSHE H22	the facts and science relating to immunisation and vaccination.
RSHE H23	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

RSHE H24	basic treatment for common injuries.
RSHE H25	life-saving skills, including how to administer CPR (CPR best taught after 12)
RSHE H26	the purpose of defibrillators and when one might be needed.

Changing adolescent body

RSHE H27	key facts about puberty, the changing adolescent body and menstrual wellbeing.
RSHE H28	the main changes which take place in males and females, and the implications for emotional and physical health.