DfE Guidline	DQ.	English	Maths	Science	Geography	History	Snapish	10	Food	Technology	Art	Music	E	National Curriculum Objective
Mental wellbeing														
how to talk about their emotions accurately and sensitively, using appropriate vocabulary	Υ	Υ						١	,		Υ			
that happiness is linked to being connected to others	Υ							١	<i>'</i>					
how to recognise the early signs of mental wellbeing concerns	Υ							١	,					
common types of mental ill health (e.g. anxiety and depression)	Υ							١	′					
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	Υ	Υ						١	,	У	Υ			
the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	Υ			У				١	,	у				
Internet safety and harms														
the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online	Υ							\	,	у	Y		Y	*understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns
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	Υ												Υ	*understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns

DfE Guidline	6	English	Maths	Science	Geography	History	RE	Spanish	FE	Food	Technology	Art	Music	⊨	National Curr	iculum Objective
the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Υ		Υ	у				Υ	Υ		у	Υ				
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.	Υ		Υ	У	Υ			Y	Υ		Υ				"*Health, disease and the development of medicines the relationship between health and disease"	
as about the science relating to blood, organ and stem cell donation				У					Υ						stem cells in animals and meristems in plants	
Healthy eating																
how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	Υ		Y	у					Y		у				*understand and apply the principles of nutrition and health	"**Nutrition and digestion the content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed calculations of energy requirements in a healthy daily diet the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases"
Drugs alcohol and tobacco																
the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions	Υ		Υ	у					Υ						"*Health the effects of recreational drugs (including substance misuse) on behaviour, health and life processes"	
the law relating to the supply and possession of illegal substances	Υ								Υ							
the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	Υ			у					Υ		У				"*Health the effects of recreational drugs (including substance misuse) on behaviour, health and life processes"	
the physical and psychological consequences of addiction, including alcohol dependency	Υ			У					Υ		У					
awareness of the dangers of drugs which are prescribed but still present serious health risks	Υ			у							У					

DfE Guidline	8	English	Maths	Science	Geography	History	KE Spanish	PE	Food	Technology	Art	Music	⊨	National Curriculum Objective
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	Υ		Υ	У				Υ		У				"*Health the effects of recreational drugs (including substance misuse) on behaviour, health and life processes"
Health and prevention														
about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	Υ			У				Υ		У				"*bacteria, viruses and fungi as pathogens in animals and plants reducing and preventing the spread of infectious diseases in animals and plants body defences against pathogens and the role of the immune system against disease"
about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	Υ									У				
the benefits of regular self-examination and screening	Υ													
The facts and science relating to immunization and vaccination	Υ			У										*reducing and preventing the spread of infectious diseases in animals and plants
the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	Υ		Υ	у				Υ		У				
Basic first aid														
Basic treatment for common injuries	Υ							Υ		У				
Life-saving skills, including how to administer CPR	Υ													
The purpose of defibrillators and when one might be needed	Υ			У										
Changing adolescent body														

DfE Guidline	8	English	Maths	Science	Geography	History	æ	Spanish	FE	Food	Technology	600	Art	Music	Ŀ	National Curriculum Objective
key facts about puberty, the changing adolescent body and menstrual wellbeing	Υ			У												"Reproduction reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta"
the main changes which take place in males and females, and the implications for emotional and physical health	Υ			у												
Families																
That there are different types of committed, stable relationships.	Υ	Υ					Υ	Υ								
How these relationships might contribute to human happiness and their importance for bringing up children	Υ	Υ					Υ									
what marriage is, including its 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	Υ						Υ									
why marriage is an important relationship choice for many couples and why it must be freely entered into	Υ						Υ									
the characteristics and legal status of other types of long-term relationships	Υ						Υ									
the roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting	Υ	Υ					Υ									

DfE Guidline	PD	English	Maths	Science	Geography	RE	Spanish	PE	Food	Technology	Art	Music	E	National Curriculum Objective
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 neede	V					Υ								
Respectful relationships, including friendships														
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	Υ					Y		Υ		У				
practical steps they can take in a range of different contexts to improve or support respectful relationships	Υ					Υ		Υ		У				
how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise nonconsensual behaviour or encourage prejudice)	Υ	Υ		,	ΥΥ	Υ		Υ		у				"*sex determination in humans genetic variation in populations of a species"
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	Υ	Υ		,	ΥΥ	Υ		Υ		у				
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	Υ												Υ	
that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Υ	Υ											Υ	

DfE Guidline	8	English	Maths	Science	Geography	RE	Spanish	PE	Food	Technology	Art	Music	E	National Curriculum Objective
what constitutes sexual harassment and sexual violence and why these are always unacceptable	Υ	Υ								•				
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	Υ					Y		Υ						
Online and media														
their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	Υ												Υ	*understand a range of ways to use technology safely, respectfully, responsibly and securely
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	Υ												Y	*understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy
not to provide material to others that they would not want shared further and not to share personal material which is sent to them	Υ												Υ	*understand how changes in technology affect safety, including new ways to protect their online privacy and identity
what to do and where to get support to report material or manage issues online*	Υ												Υ	*how to report a range of concerns
the impact of viewing harmful content	Υ													
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 partner	Υ													
that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	Υ													*recognise inappropriate content, contact and conduct
how information and data is generated, collected, shared and used online	Υ												Υ	*understand how changes in technology affect safety
Being Safe														

DfE Guidline	DQ	English	Maths	Science	History	RE	Spanish	PE	Food	Technology	Art	Music	E	National Curriculum Objective
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	Υ					Υ								
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)	Υ	Υ												
Intimate and sexual relationships, including sexual health														
how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship	Υ													
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	Υ					Υ								"*Health, disease and the development of medicines the relationship between health and disease"
the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women				У		Υ								"*Reproduction the effect of maternal lifestyle on the foetus through the placenta"
that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Υ													
that they have a choice to delay sex or to enjoy intimacy without sex	Υ					Υ								
the facts about the full range of contraceptive choices, efficacy and options available	Υ			у		Υ								*hormones in human reproduction, hormonal and non-hormonal methods of contraception
The facts around pregnancy including miscarriage**	Υ			У		Υ				у				

DfE Guidline	8	English	Maths	Science	Geography	History	RE Cnanish	Spallisii DF	Food	Technology	to t	Music	Ė	=	National Curriculum Objective
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)	Υ					,	Y								
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	Υ			у											"Health, disease and the development of medicines the relationship between health and disease communicable diseases including sexually transmitted infections in humans (including HIV/AIDs)"
about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	Υ														"Health, disease and the development of medicines the relationship between health and disease"
how the use of alcohol and drugs can lead to risky sexual behaviour	Υ														the relationship between health and disease
how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	Υ														