



## Secondary Audit Tool

# Relationships and sex education and Physical health and mental wellbeing education (RSHE) and Citizenship: What pupils will learn – how and when

### Relationships and Sex Education

(numbering corresponds to RSHE model secondary policy 2024 **page 8-10**)

[PSHE and RSHE Policy 2024](#)

### Physical Health and Mental Wellbeing

(numbering corresponds to RSHE model secondary policy 2024 **page 10-12**)

[PSHE and RSHE Policy 2024](#)

### Citizenship

(criteria corresponds to Department for Education Citizenship programmes of study KS3 and KS4: National curriculum in England **page 2-3**)

[National Curriculum - Citizenship key stages 3 and 4](#)

8. Relationships and Sex education	Year group delivery					How is it delivered?
	7	8	9	10	11	Ten Ten LTF/PSHE Association (PA)/form time activity/ planned event/talk/ <b>whole school initiative</b>
8.1.1 that there are different types of committed, stable relationships.						Yr 7- Ten Ten resources- Session 5- Family and friends
8.1.2 How these relationships might contribute to human happiness and						Yr 7- Ten Ten resources- Session 5- Family and friends



their importance for bringing up children.					
8.1.3 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.					Yr 9- Ten Ten resources- Session 5- Marriage
8.1.4 Why marriage is an important relationship choice for many couples and why it must be freely entered into.					Yr 9- Ten Ten resources- Session 6- One Hundred Percent (consent)
8.1.5 The characteristics and legal status of other types of long-term relationships.					Yr 9- Ten Ten resources- Session 5- Marriage
8.1.6 The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.					Yr 10- Ten Ten resources- Session 4- Parenthood
8.1.7 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.					Yr 8- Ten Ten resources- Session 5- Tough relationships



<p>8.2.1 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.</p>					<p>Yr 9- Ten Ten resources- Session 3- In control of my choices</p>
<p>8.2.2 Practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>					<p>Yr 8- Ten Ten resources- Session 3- Feelings</p>
<p>8.2.3 How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).</p>					<p>Yr 8- Ten Ten resources- Session 2- Appreciating differences</p>
<p>8.2.4 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.</p>					<p>Yr 7- Ten Ten resources- Session 7- Living responsibly Yr 8- Ten Ten resources- Session 7- Wider world</p>
<p>8.2.5 About different types of bullying (including cyberbullying), the impact of</p>					<p>Yr 7- Ten Ten resources- Session 6- My life on screen Yr 8- Ten Resources- Session 5- Tough relationships</p>



bullying, responsibilities of bystanders to report bullying and how and where to get help.					
8.2.6 That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.					Yr 11- Ten Ten resources- Session 7- Coercive control
8.2.7 What constitutes sexual harassment and sexual violence and why these are always unacceptable.					Yr 9- Ten Ten resources- Session 6- One hundred percent (consent)
8.2.8 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.					Yr 7- Ten Ten resources Session 1- Who am I?
8.3.1 Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.					Yr 7- Ten resources- Session 6- My life on screen
8.3.2 About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.					Yr 8- Ten Ten resources- Session 6- Think before you share



8.3.3 Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.					Yr 8- Ten Ten resources- Session 6- Think before you share Yr 9- Ten Ten resources- Session 6- One Hundred Percent (consent)
8.3.4 What to do and where to get support to report material or manage issues online.					Yr 8- Ten Ten resources- Session 6- Think before you share Yr 9- Ten Ten resources- Session 6- One Hundred Percent (consent)
8.3.5 The impact of viewing harmful content.					Yr 7- Ten Ten resources- Session 6- My life on screen Yr 11- Ten Ten resources- Session 5- Pornography
8.3.6 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.					Yr 9- Ten Ten resources- Session 2- Love people, use Things Yr 11- Ten Ten resources- Session 5- Pornography
8.3.7 That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.					Yr 8- Ten Ten resources- Session 6- Think before you share Yr 9- Ten Ten resources- Session 6- One Hundred Percent (consent)



8.3.8 How information and data is generated, collected, shared and used online.					Yr 8- Ten Ten resources- Session 6- Think before you share Yr 9- Ten Ten resources- Session 6- One Hundred Percent (consent)
8.4.1 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.					Yr 9- Ten Ten resources- Session 7- Knowing my rights and responsibilities Yr 10- Ten Ten resources- Session 7- Solidarity Yr 11- Ten Ten resources- Session 5- Pornography Yr 11- Ten Ten resources- Session 7- Coercive control
8.4.2 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).					Yr 9- Ten Ten resources- Session 6- One Hundred Percent (consent)
8.5.1 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.					Yr 9- Ten Ten resources- Session 5- Marriage Yr 11- Ten Ten resources- Session 7- Coercive control



8.5.2 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.					Yr 9- Ten Ten resources- Session 4- Fertility and Contraception
8.5.3 The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.					Yr 7- Ten Ten resources- Session 4- Where we come from Yr 8- Ten resources- Session 4- Before I was born
8.5.4 That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.					Yr 8- Ten Ten resources- Session 3- Feelings Yr 11- Ten Ten resources- Session 6- STIs
8.5.5 That they have a choice to delay sex or to enjoy intimacy without sex.					Yr 8- Ten Ten resources- Session 3- Feelings Yr 10- Ten Ten resources- Session 5- Pregnancy and Abortion
8.5.6 The facts about the full range of contraceptive choices, efficacy and options available.					Yr 9- Ten Ten resources- Session 4- Fertility and contraception
8.5.7 The facts around pregnancy including miscarriage.					Yr 8- Ten Ten resources- Session 4- Before I was born
8.5.8 That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby,					Yr 8- Ten Ten resources- Session 4- Before I was born Yr 10- Ten Ten resources- Session 5- Pregnancy and abortion



adoption, abortion and where to get further help).					
8.5.9 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.					Yr 11- Ten Ten resources- Session 6- STIs
8.5.10 About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.					Yr 11- Ten Ten resources- Session 6- STIs
8.5.11 How the use of alcohol and drugs can lead to risky sexual behaviour.					Yr 11- Ten Ten resources- Session 2- Addiction
8.5.12 How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.					Yr 10- Ten Ten resources- Session 5- Pregnancy and Abortion





<p>8.6.1 Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:</p> <ul style="list-style-type: none"><li>• marriage</li><li>• consent, including the age of consent</li><li>• violence against women and girls</li><li>• online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)</li><li>• pornography</li><li>• abortion</li><li>• sexuality</li><li>• gender identity</li><li>• substance misuse</li><li>• violence and exploitation by gangs</li><li>• extremism/radicalisation</li><li>• criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)</li><li>• hate crime</li><li>• female genital mutilation (FGM)</li></ul>			<p>Yr 10- Ten Ten resources- Session 5- Pregnancy and Abortion</p> <p>Yr 10- Ten Ten resources- Session 7- Solidarity</p> <p>Yr 9- Ten Ten resources- Session 7- Knowing my rights and responsibilities</p> <p>Yr 8- Ten Ten resources- Session 7- Wider world</p>
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9. Physical Health and Mental wellbeing	Year group delivery					How is it delivered? Ten Ten LTF/PSHE Association (PA)/form time activity/ planned event/talk/ whole school initiative
	Year 7	Year 8	Year 9	Year 10	Year 11	
<b>9.1 Mental Wellbeing</b>						
9.1.1 How to talk about their emotions accurately and sensitively, using appropriate vocabulary.						Yr 7- Ten Ten resources- Session 3- Healthy inside and out Yr 9- Ten Ten resources- Session 6- One hundred percent (consent)
9.1.2 That happiness is linked to being connected to others.						Yr 7- Ten Ten resources- Session 7- Living in the wider world Yr 9- Ten Ten resources- Session 5- Marriage Yr 10- Ten Ten resources- Session 1- Authentic freedom
9.1.3 How to recognise the early signs of mental wellbeing concerns.						Yr 8- Physical Health and Mental Well-Being- Unhealthy coping strategies (PA)
9.1.4 Common types of mental ill health (e.g. anxiety and depression).						Yr 10- Physical Health and Mental Well-Being- New challenges (PA)
9.1.5 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.						Yr 8- Ten Ten resources- Session 6- Think before you share Yr 11- Ten Ten resources- Session 1- Self-worth



9.2 Internet safety and harms						
<p>9.2.1 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.</p>						<p>Yr 7- Ten Ten resources- Session 6- My life on screen Yr 11- Ten Ten resources- Session 3- Eating disorders</p>
<p>9.2.2 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.</p>						<p>Yr 8- Ten Ten resources- Session 6- Think before you share Yr 9- Ten Ten resources- Session 6- One hundred Percent (consent)</p>
<p>9.3.1 The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.</p>						<p>Yr 7- Ten Ten resources- Session 3- Healthy inside and out</p>



9.3.2 The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.					Yr 8- Physical Health and Mental Well-Being- A balanced lifestyle (PA)
9.3.3 About the science relating to blood, organ and stem cell donation.					Y10/11 science Homeostasis + response
9.4.1 How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.					Yr 7- Physical Health and Mental Well-Being- Dental Health (PA) Yr 8- Physical Health and Mental Well-Being- A balanced lifestyle (PA)
9.5.1 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.					Yr 7- Risk and safety- Understanding drugs (PA) Yr 10- Risk and safety- Substance use and assessing risk (PA)
9.5.2 The law relating to the supply and possession of illegal substances.					Yr 7- Risk and safety- Understanding drugs (PA) Yr 10- Risk and safety- Substance use and assessing risk (PA)
9.5.3 The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.					Yr 9- Risk and safety- Alcohol and risks (PA) Yr 11- Ten Ten resources- Session 2- Addiction



9.5.4 The physical and psychological consequences of addiction, including alcohol dependency.					Yr 9- Risk and safety- Alcohol and risks Yr 11- Ten Ten resources- Session 2- Addiction
9.5.5 Awareness of the dangers of drugs which are prescribed but still present serious health risks.					Yr 8 Science- 8.3 L3-5 Yr 10 Science- infection and response
9.5.6 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.					Yr 8- Risk and safety- Tobacco- risks and influences
9.6.1 About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.					Yr 7 science- 10.2 L1-5
9.6.2 About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.					Yr 7- Physical Health and Mental Well-Being- Dental Health
9.6.3 (Late secondary) the benefits of regular self-examination and screening.					Yr 10 science- non communicable diseases
9.6.4 The facts and science relating to immunisation and vaccination.					Yr 10 science- injection response
9.6.5 The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.					Yr 9- Physical Health and Mental Well-being- Getting enough sleep



9.7.1 Basic treatment for common injuries.					<p>Yr 7- Physical Health and Mental Well-Being- Basic life support with focus on bleeding</p> <p>Yr 8- Physical Health and Mental Well-Being- Basic life support with focus on asthma and allergies</p> <p>Yr 9- Physical Health and Mental Well-Being- Basic life support with focus on choking and head injuries</p> <p>Yr 10- Physical Health and Mental Well-Being- Basic life support with focus on chest pain</p>
9.7.2 Life-saving skills, including how to administer CPR (Cardio Pulmonary Resuscitation is usually best taught after 12 years old.)					<p>Yr 7- Physical Health and Mental Well-Being- Basic life support with focus on bleeding</p> <p>Yr 8- Physical Health and Mental Well-Being- Basic life support with focus on asthma and allergies</p> <p>Yr 9- Physical Health and Mental Well-Being- Basic life support with focus on choking and head injuries</p> <p>Yr 10- Physical Health and Mental Well-Being- Basic life support with focus on chest pain</p>
9.7.3 The purpose of defibrillators and when one might be needed.					<p>Yr 7- Physical Health and Mental Well-Being- Basic life support with focus on bleeding</p> <p>Yr 8- Physical Health and Mental Well-Being- Basic life support with focus on asthma and allergies</p> <p>Yr 9- Physical Health and Mental Well-Being- Basic life support with focus on choking and head injuries</p> <p>Yr 10- Physical Health and Mental Well-Being- Basic life support with focus on chest pain</p>
9.8.1 Key facts about puberty, the changing adolescent body and menstrual wellbeing.					<p>Yr 7- Ten Resources- Session 2- Changing bodies</p> <p>Yr 9- Ten Resources- Session 4- Fertility and contraception</p>



9.8.2 The main changes which take place in males and females, and the implications for emotional and physical health.						Yr 8- Ten Resources- Session 2- Appreciating difference Yr 7- Ten Resources- Session 2- Changing bodies
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Citizenship KS3	Curriculum Delivery Ten Ten LTF/PSHE Association/etc (school specific)			How is it delivered? Ten Ten LTF/PSHE Association/form time activity/ planned event/talk/ whole school initiative
	Yr 7	Yr 8	Yr 9	
<b>KS3 Citizenship</b>				
The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch				Yr 7- Law & Democracy- What is democracy? Yr 9- Local and Central Government
The operation of Parliament, including voting and elections, and the role of political parties				Yr 8- Law & Democracy- Voting
The precious liberties enjoyed by the citizens of the United Kingdom				Yr 7- Law & Democracy- Discrimination and Protected characteristics Yr 8- Law & Democracy- Voting Yr 9- Law & Democracy- Valuing diversity
The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals				Yr 7- Law & Democracy- What is democracy?
The roles played by public institutions and voluntary groups in society, and the ways				Yr 7- Law & Democracy- Identity and community





in which citizens work together to improve their communities, including opportunities to participate in school-based activities				<p>Yr 9- Law &amp; Democracy- Diverse and supportive communities</p> <p>Whole school initiative- Charities such as the local Ribble Valley foodbank, Pendle Hospice and more.</p>
The functions and uses of money, the importance and practice of budgeting, and managing risk.				<p>Yr 7- Finance- How can I use a bank account?</p> <p>Yr 8- Finance- How can I make informed decisions?</p> <p>Yr 9- Finance- Why do my decisions matter?</p>

Citizenship KS4	Curriculum Delivery Ten Ten LTF/PSHE Association/etc (school specific)		How is it delivered? Ten Ten LTF/PSHE Association/form time activity/ planned event/talk
	Yr 10	Yr 11	
<b>KS4 Citizenship</b>			
Parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press			Yr 10- Law & Democracy- What is a political party?



<p>The different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond</p>			<p>Yr 10- Law &amp; Democracy- What is a political party?</p>
<p>Other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom Citizenship – key stages 3 and 4</p>			<p>Yr 10- Law &amp; Democracy- Beyond the UK</p>
<p>10.2.4 local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world</p>			<p>Yr 10- Law &amp; Democracy- Beyond the UK</p>
<p>10.2.5 Human rights and international law</p>			<p>Yr 10- Law &amp; Democracy- Human Rights and International Law</p>
<p>10.2.6 The legal system in the UK, different sources of law and how the law helps society deal with complex problems</p>			<p>Yr 10- Law &amp; Democracy- Human Rights and International Law</p>
<p>10.2.7 Diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding</p>			<p>Whole school initiative- Interfaith week</p>



10.2.8 The different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity			Whole school initiative- Charities such as the local Ribble Valley foodbank, Pendle Hospice and more.
10.2.9 Income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.			Yr 10- Finance- Planning for retirement