

## RSHE Upper secondary framework v1 Jan 2020

This document is to be used alongside the Secondary **RSHE Outcomes progression framework v1 Jan 2020**. It provides statements of progression across the year groups in KS4 and KS5 for the new statutory outcomes for Relationships, Sex and Health Education..

Parents are able to withdraw from sex education elements up until 3 terms before a child's 16<sup>th</sup> birthday where a child can opt-in. Those elements marked with an asterisk in the table below may be considered sex education and therefore eligible for parental withdrawal.

Year 10 pupils have the opportunity to learn:	Year 11 pupils have the opportunity to learn:	Year 12 and 13 pupils have the opportunity to learn:
<b>Families</b> <ul style="list-style-type: none"> <li>about forced marriage laws, impact and support (RE4, RE24)</li> </ul>	<b>Families and people who care for me</b>	<b>Families and people who care for me</b> <ul style="list-style-type: none"> <li>about the range of organisations that support people experiencing relationship difficulties and how to access them (RE7, RE9)</li> <li>being a parent, roles and responsibilities (RE6)</li> <li>about the benefits of breastfeeding (RE6)</li> <li>the importance for families of managing money effectively and budgeting (RE6)</li> </ul>
<b>Respectful relationships (including friendships)</b> <ul style="list-style-type: none"> <li>facts about domestic abuse and how it impacts on individuals, children and families in the short and long-term (RE13, RE24)</li> <li>about abuse in teen relationships (RE13, RE24)</li> <li>how to recognise warning signs of abuse in relationships (RE13, RE24)</li> <li>about sexual exploitation, including grooming (RE13, RE22, RE24, RE25)</li> </ul>	<b>Respectful relationships (including friendships)</b> <ul style="list-style-type: none"> <li>laws around and the impact of sexual violence, sexual harassment and rape (RE13, RE14, RE24, RE25)</li> <li>about services that support people who have experienced sexual violence, harassment and rape and how to access these (RE7)</li> <li>about gangs, initiation and sexual abuse (RE8, RE11, RE12, RE13, RE14)</li> </ul>	<b>Respectful relationships (including friendships)</b> <ul style="list-style-type: none"> <li>legal rights regarding equality in the workplace (RE15)</li> <li>how to cultivate positive relationships in the workplace, including managing conflict (RE8, RE9, RE11)</li> <li>about team roles and recognising their own strengths as a team member (RE8, RE9)</li> </ul>
<b>Online and media</b> <ul style="list-style-type: none"> <li>how pornography shows an unreal representation of sex and the impact that watching it may have on expectations in relationships (RE21)</li> <li>'Cat-fishing' and fake identities online (RE16, RE17, RE19)</li> </ul>	<b>Online and media</b> <ul style="list-style-type: none"> <li>about useful apps and websites that support revision (HE16)</li> </ul>	<b>Online and media</b> <ul style="list-style-type: none"> <li>basic information about General Data Protection Regulation (GDPR) and what it means in the workplace (RE23)</li> <li>about dating websites, risks and safety (RE16, RE17, RE19)</li> </ul>

<b>Being safe</b> <ul style="list-style-type: none"> <li>facts and laws around stalking and harassment, both on and offline, and where to get help (RE24, HE8)</li> </ul>	<b>Being safe</b> <ul style="list-style-type: none"> <li>to recognise the signs of consent in a range of situations (RE8, RE24)</li> </ul>	<b>Being safe</b> <ul style="list-style-type: none"> <li>recognising and reporting bullying and harassment in a range of settings, including work-place (RE10, RE11, RE12, RE15, RE19, HE24)</li> </ul>
<b>Intimate and sexual relationships incl. sexual health</b> <ul style="list-style-type: none"> <li>about choices around pregnancy, including keeping the baby, adoption, abortion and where to get further help (RE33)</li> <li>about HIV transmission, prevalence, treatment and living with the illness (RE34, RE35, HE19)</li> <li>Strategies for identifying, managing and resisting sexual pressure (RE29, RE30)</li> <li>Skills for discussing contraception with a partner (RE26, RE31)</li> </ul>	<b>Intimate and sexual relationships incl. sexual health</b> <ul style="list-style-type: none"> <li>facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women (RE27, RE28)</li> <li>about the impact of drug, alcohol and substance use on choices around sex (RE36, HE13)</li> </ul>	<b>Intimate and sexual relationships incl. sexual health</b> <ul style="list-style-type: none"> <li>about menopause, symptoms and impact (RE28)</li> <li>facts around, and impact of, miscarriage (RE32)</li> <li>healthy pregnancy and how life choices can impact on the growing foetus (RE32)</li> <li>about support available for those who are having difficulty conceiving (RE28)</li> <li>the risks associated with a range of different sexual practices (RE27, RE31, RE34, RE35, RE36, HE19)</li> </ul>
<b>Mental wellbeing</b> <ul style="list-style-type: none"> <li>what stress is, including fight, flight, freeze response (HE3)</li> <li>helpful strategies to deal with time and stress management (HE5)</li> <li>about common mental illnesses and their treatment, including medication and talking therapies (HE3, HE4)</li> <li>Strategies for dealing with the end of relationships (HE1, HE2, HE3, HE5, HE6)</li> </ul>	<b>Mental wellbeing</b> <ul style="list-style-type: none"> <li>about the impact exam stress may have on mental health and when to seek help (HE5)</li> <li>helpful techniques to cope with exam stress, including revision techniques (HE5)</li> <li>about different strategies people use to cope with poor emotional health and which might be more helpful in the long term (HE5)</li> </ul>	<b>Mental wellbeing</b> <ul style="list-style-type: none"> <li>about how to keep emotionally healthy when living away from home and/or independently (HE2, HE5)</li> <li>recognising the signs of mental ill health in themselves and others (HE3)</li> <li>services that can help with emotional wellbeing and mental ill-health (RE7, HE1)</li> </ul>
<b>Internet safety and harms</b> <ul style="list-style-type: none"> <li>laws and risks around online gambling, including the accumulation of debt (HE7)</li> </ul>	<b>Internet safety and harms</b> <ul style="list-style-type: none"> <li>about how the media and internet often show unrealistic images of people and bodies (HE7)</li> <li>how to critically analyse images and information they receive online (HE7)</li> </ul>	<b>Internet safety and harms</b> <ul style="list-style-type: none"> <li>about how to use social media platforms effectively for career development within appropriate safety boundaries (HE7)</li> </ul>
<b>Physical health and fitness</b> <ul style="list-style-type: none"> <li>About the science relating to blood, organ and stem cell donation (HE11)</li> <li>how physical activity impacts on emotional</li> </ul>	<b>Physical health and fitness</b>	<b>Physical health and fitness</b> <ul style="list-style-type: none"> <li>about cancer and prevention (HE10, HE21)</li> <li>how to become a blood donor and the benefits for</li> </ul>

wellbeing (HE9, HE5, HE6)		all (HE6, HE11)
<b>Healthy eating</b> <ul style="list-style-type: none"> <li>How to plan healthy meals (HE12)</li> </ul>	<b>Healthy eating</b> <ul style="list-style-type: none"> <li>about food hygiene rules and why they are important (HE12)</li> </ul>	<b>Healthy eating</b> <ul style="list-style-type: none"> <li>how to plan nutritious meals on a budget (HE12)</li> <li>strategies to make their money go further when purchasing healthy food (eg. buying in season, own brands, etc) (HE12)</li> </ul>
<b>Drugs, alcohol and tobacco</b> <ul style="list-style-type: none"> <li>about dependency and addiction and the services that can support people experiencing these (HE16)</li> <li>the long-term health risks associated with smoking and second-hand smoke (HE18)</li> <li>the different ways that people can use to give up smoking and where these are accessed (HE18)</li> </ul>	<b>Drugs, alcohol and tobacco</b> <ul style="list-style-type: none"> <li>the impact of drug and substance misuse on individuals, families and communities (HE13)</li> </ul>	<b>Drugs, alcohol and tobacco</b> <ul style="list-style-type: none"> <li>Strategies for keeping safe at parties and festivals, in particular regarding drugs, substances and alcohol (HE13, HE14)</li> </ul>
<b>Health and prevention</b> <ul style="list-style-type: none"> <li>the importance of sleep for mental and physical well-being (HE23)</li> <li>about how phone, internet use and social networking may impact on sleep quality (HE5, HE23)</li> <li>about self-examination and when to seek help from a professional about changes to their body (HE21)</li> <li>about antibiotics, how they treat infections and dangers of over-use and mis-use (HE19)</li> </ul>	<b>Health and prevention</b> <ul style="list-style-type: none"> <li>how to develop and follow a healthy sleep routine, particularly around revision and exams (HE23)</li> <li>about what supports healthy sleep (HE23)</li> </ul>	<b>Health and prevention</b> <ul style="list-style-type: none"> <li>to take responsibility for their own health, including health services and how to access</li> <li>the benefits of self-examination and screening and what is available at what age (HE21)</li> </ul>
<b>Basic first aid</b> <ul style="list-style-type: none"> <li>the skills to administer CPR and a defibrillator (HE25, HE26)</li> </ul>	<b>Basic first aid</b> N/A	<b>Basic first aid</b> <ul style="list-style-type: none"> <li>To recognise the signs that someone may need medical assistance in different scenarios, eg. bars, festivals (HE25)</li> </ul>
<b>Changing adolescent body</b> N/A	<b>Changing adolescent body</b> N/A	<b>Changing adolescent body</b> N/A

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