

Secondary RSHE Outcomes progression framework v1 Jan 2020

This document has been created to help you address sequencing and progression of the [new statutory outcomes for Relationships and Sex Education and Health Education \(RSHE\)](#) in your curriculum.

The table indicates where the new statutory requirements are addressed across the year groups in **RSHE lower secondary framework** and **RSHE upper secondary framework**. (see other documents) .

This is a recent documents so will be developed in time through use- please do amend and adjust as necessary to suit your setting.

Please note it does not include progression for the non-statutory areas of PSHE – for further clarification go to [We've Got It Covered](#) by the PSHE Association.

Theme	Pupils should know:	Code	Y7	Y8	Y9	Y10	Y11	Y12 /13
RELATIONSHIPS EDUCATION								
Families	That there are different types of committed stable relationships	RE1		♥	♥			
	How these relationships might contribute to human happiness and their importance for bringing up children	RE2	♥					
	What marriage is, including their legal status, eg. 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	RE3			♥			
	Why marriage is an important relationships choice for many couples and why it must be freely entered into	RE4		♥	♥	♥		
	The characteristics and legal status of other types of long-term relationships	RE5			♥			
	The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting	RE6		♥	♥			♥
	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	RE7	♥		♥	♥	♥	♥

	recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.							
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 (non-sexual) types of relationship.	RE8	♥	♥	♥	♥	♥	♥
	Practical steps they can take in a range of different contexts to improve or support respectful relationships	RE9	♥	♥	♥		♥	♥
	How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (eg. how they might normalise non-consensual behaviour or encourage prejudice)	RE10	♥	♥	♥			♥
	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	RE11	♥	♥	♥		♥	♥
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	RE12	♥	♥	♥		♥	♥
	That some types of behaviour within relationships are criminal, including violence behaviour and coercive control	RE13		♥		♥	♥	
	What constitutes sexual harassment and sexual violence and why these are always unacceptable	RE14		♥	♥	♥	♥	
	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	RE15	♥	♥	♥			♥
Online and media	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	RE16	♥				♥	♥

	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 materials placed online	RE17	♥	♥			♥	♥
	Not to provide material to others that they would not want shared further and not to share personal materials which is sent to them	RE18	♥	♥				
	What to do and where to get support to report material or manage issues online	RE19	♥	♥			♥	♥
	The impact of viewing harmful content	RE20		♥	♥			
	That specifically sexually explicit material eg. 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	RE21		♥	♥	♥		♥
	That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	RE22	♥	♥		♥		
	How information and data is generated, collected, shared and used online	RE23	♥					♥
Being safe	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	RE24	♥	♥	♥	♥	♥	♥
	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)	RE25	♥	♥	♥	♥	♥	
Intimate and sexual relationships including	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	RE26		♥	♥	♥		

sexual health	That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, eg. physical, emotional, mental, sexual and reproductive health and wellbeing	RE27	♥	♥			♥	♥
	The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause	RE28	♥				♥	♥
	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	RE29				♥		
	That they have a choice to delay sex or to enjoy intimacy without sex	RE30	♥	♥		♥		
	The facts about the full range of contraceptive choices, efficacy and options available	RE31	♥	♥	♥	♥		♥
	The facts about pregnancy including miscarriage	RE32	♥				♥	♥
	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)	RE33	♥			♥		
	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	RE34		♥	♥	♥		♥
	About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	RE35		♥	♥	♥		♥
	How the use of alcohol and drugs can lead to risky sexual behaviour	RE36			♥			♥
	How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	RE37		♥	♥			
HEALTH EDUCATION								

Mental wellbeing	How to talk about their emotions accurately and sensitively, using appropriate vocabulary	HE1	♥	♥		♥		♥
	That happiness is linked to being connected to others	HE2	♥		♥	♥		♥
	How to recognise the early signs of mental wellbeing concerns	HE3	♥	♥	♥	♥		♥
	Common types of mental ill health (eg. anxiety and depression)	HE4		♥		♥		
	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	HE5	♥	♥	♥	♥	♥	♥
	The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	HE6	♥		♥	♥		♥
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 for 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	HE7	♥	♥	♥	♥	♥	♥
	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	HE8	♥	♥	♥			
Physical health and fitness	The positive associations between physical activity and promotion of wellbeing, including as an approach to combat stress	HE9			♥			
	The characteristics and evidence of what constitutes a healthy lifestyle, maintaining and healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health	HE10	♥		♥			♥
	About the science relating to blood, organ and stem cell donation.	HE11				♥		♥
Healthy eating	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	HE12	♥	♥	♥	♥	♥	♥

Drugs, alcohol and tobacco	The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions	HE13	♥	♥	♥		♥	♥
	The law relating to the supply and possession of illegal substances	HE14		♥	♥			♥
	The physical and psychological risks associated with alcohol consumption in adulthood	HE15			♥			
	The physical and psychological consequences of addiction, including alcohol dependency	HE16		♥		♥		
	Awareness of the dangers of drugs which are prescribed but still present serious health risks	HE17	♥					
	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	HE18	♥			♥		
Health and Prevention	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	HE19	♥				♥	♥
	About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	HE20	♥					
	(late secondary) the benefits of regular self-examination and screening	HE21				♥		♥
	The facts and science relating to immunisation and vaccination	HE22		♥				
	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	HE23	♥			♥		
Basic first aid	Basic treatment for common injuries	HE24	♥	♥	♥			
	Life-saving skills, including how to administer CPR	HE25		♥		♥		
	The purpose of defibrillators and when one might be needed	HE26		♥		♥		
Changing adolescent body	Key facts about puberty, the changing adolescent body and menstrual wellbeing	HE27	♥	♥				
	The main changes which take place in males and females, and the implications for emotional and physical health	HE28	♥	♥				