

Strand		Sub-strand	Content Descriptor	Key Stage 3 - Wellio Lessons	Key Stage 4 - Wellio Lessons
Relationships and Sex Education (RSE)		Families	That there are different types of committed, stable relationships.	• Different Types of Families	• Healthy relationships (Assembly)
			How these relationships might contribute to wellbeing, and their importance for bringing up children.	• Different Types of Families	• Healthy relationships (Assembly)
			That forced marriage and marrying before the age of 18 are illegal.	• Forced Marriages	• Differences Between Forced and Arranged Marriages
			How families and relationships change over time, including through birth, death,	• Different Types of Families	• Healthy relationships (Assembly)
			The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a	• Positive Parenting	• Postive parenting (Character and community)
			How to judge when a relationship is unsafe and where to seek help when needed,	• Ending Relationships	• Domestic Abuse
Relationships and Sex Education (RSE)		Respectful relationships	The characteristics of positive relationships of all kinds, online and offline, including	• Building Healthy Relationships	• Different Kinds of Intimacy
			How to evaluate their impact on other people and treat others with kindness and	• Examining the Equality Act 2010	• Homophobia
			The importance of self-esteem, independence and having a positive relationship with	• Combatting Negative Self Talk	• Moving Towards Your Ideal Self
			What tolerance requires, including the importance of tolerance of other people's	• Racism and Discrimination	• Racism and Discrimination
			The practical steps pupils can take and skills they can develop to support respectful and kind relationships. This includes skills for communicating respectfully within relationships and with strangers, including in situations of conflict.	• Building Healthy Relationships • Repairing Relationships	• Healthy relationships (Assembly)
			The different types of bullying (including online bullying), the impact of bullying, the	• Rising Above Cyberbullying	• Rising Above Cyberbullying
			Skills for ending relationships or friendships with kindness and managing the difficult	• Ending Relationships	• Healthy relationships (Assembly)
			How to evaluate their impact on other people and treat others with kindness and	• Power Dynamics and Consent	• Power Dynamics and Consent
			The role of consent, including in romantic and sexual relationships. Pupils should	• Gender-Based Discrimination	• Gender-Based Discrimination
			How stereotypes, in particular stereotypes based on sex, gender reassignment, race,	• Power Dynamics and Consent	• Power Dynamics and Consent
			How inequalities of power can impact behaviour within relationships, including sexual	• Explicit Sexual Imagery	• The Distorted Reality of Pornography
			How pornography can negatively influence sexual attitudes and behaviours, including	• Online Masculine Narratives	• Rethinking Masculinity
Relationships and Sex Education (RSE)		Online safety and awareness	Rights, responsibilities and opportunities online, including that the same expectations	• Safe Relationships Online	• Safe Relationships Online
			Online risks, including the importance of being cautious about sharing personal	• Managing Privacy Online	• Digital Footprint
			The characteristics of social media, including that some social media accounts are	• Instagram vs Reality	• Instagram vs Reality
			Not to provide material to others that they would not want to be distributed further	• Digital Footprint	• Digital Footprint
			That keeping or forwarding indecent or sexual images of someone under 18 is a crime,	• Viewing Harmful Content	• Sharing Illegal Images
			What to do and how to report when they are concerned about material that has been	• Sextortion	• The Dangers of Sextortion
			About the prevalence of deepfakes including videos and photos, how deepfakes can be	• Deepfakes and AI	• The Questions Around Deepfakes
			That the internet contains inappropriate and upsetting content, some of which is	• Viewing Harmful Content	• The Limitless Internet
			That social media can lead to escalations in conflicts, how to avoid these escalations	• Tackling Cyberbullying• Rising Above Cyberbullying	• Online Stalking
			How to identify when technology and social media is used as part of bullying,	• Online Grooming	• Online Stalking
			That pornography, and other online content, often presents a distorted picture of	• Explicit Sexual Imagery	• The Distorted Reality of Pornography
			How information and data is generated, collected, shared and used online.	• Managing Privacy Online	• Keeping Your Online Data Safe
			That websites may share personal data about their users, and information collected on	• Managing Privacy Online	• Keeping Your Online Data Safe
			That criminals can operate online scams, for example using fake websites or emails to	• Sextortion	• The Dangers of Sextortion
			That AI chatbots are an example of how AI is rapidly developing, and that these can	• AI and Chatbots	• AI and Society
Relationships and Sex Education (RSE)		Being safe	How to recognise, respect and communicate consent and boundaries in relationships,	• Sexual Consent	• Understanding Consent
			That there are a range of strategies for identifying, resisting and understanding	• Peer Pressure Survival Guide	• Peer Pressure Survival Guide
			How to determine whether other children, adults or sources of information are	• Assessing the Trustworthiness of Others	• Online Grooming
			How to identify risk and manage personal safety in increasingly independent situations, including around roads, railways - including level crossings - and water (including the water safety code), and in unfamiliar social or work settings (for example the first time a	• Fire and Water Safety • Safety in Public	• Road safety week (Assembly)
			What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable, emphasising that it is never the fault of the person experiencing it.	• Sexual Harassment (Assembly)	• Sexual Harassment and Aggression • Sexual Violence and Abuse • Domestic Abuse

			That sexual harassment includes unsolicited sexual language / attention / touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting.	• Sexual Harassment (Assembly)	• Sexual Harassment and Aggression • Domestic Abuse
			The concepts and laws relating to sexual violence, including rape and sexual assault.	• Sexual Harassment (Assembly)	• Sexual Violence and Abuse
			The concepts and laws relating to harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people but also includes other forms of concerning behaviour like using age-inappropriate sexual language.	• Sexual Harassment (Assembly)	• Sexual Harassment and Aggression • Sexual Violence and Abuse
			The concepts and laws relating to domestic abuse, including controlling or coercive	• Power Dynamics and Consent	• Domestic Abuse
			That fixated, obsessive, unwanted and repeated behaviours can be criminal, and	• Stalking and Unwanted Behaviour	• Online Stalking
			The concepts and laws relating to harms which are exploitative, including sexual	• Online Grooming	• Online Grooming
			The concepts and laws relating to forced marriage.	• Forced Marriages	• Differences Between Forced and Arranged Marriages
			The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. This should include that it is a criminal offence for anyone to perform or assist in the performance of FGM, virginity testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible.	• Introduction to FGM	
			That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury. That any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death.	• Sexual Harassment (Assembly)	• Sexual Harassment and Aggression
			That pornography presents some activities as normal which many people do not and	• Explicit Sexual Imagery	• The Distorted Reality of Pornography
Relationships and Sex Education (RSE)		Intimate and sexual relationships, including sexual health	How to seek support for their own worrying or abusive behaviour or for worrying or	• Differences Between Forced and Arranged Marriages	• Domestic Abuse
			That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive.	• Staff nurse RSE lesson	• Different Kinds of Intimacy
			The law about the age of consent, that they have a choice about whether to have sex,	• Understanding Consent	• Understanding Consent
			Sexual consent and their capacity to give, withhold or remove consent at any time,	• Power Dynamics and Consent	• Power Dynamics and Consent
			That all aspects of health can be affected by choices they make in sex and	• Pregnancy Choices	• Power Dynamics and Consent
			That some sexual behaviours can be harmful.	• Sexual Harassment (Assembly)	• Sexual Violence and Abuse
			The facts about the full range of contraceptive choices, efficacy and options	• Safe and Healthy Sex	• Safe and Healthy Sex
			That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help.	• Pregnancy Choices	• Staff nurse RSE lesson
			How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma	• Wellbeing day	• Sexually Transmitted Infections • Safe and Healthy Sex
			The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.	• Wellbeing day	• Sexually Transmitted Infections • Safe and Healthy Sex
			How the use of alcohol and drugs can lead people to take risks in their sexual	• Alcohol and Social Inhibitions	• Sex and Substances
			How and where to seek support for concerns around sexual relationships including sexual violence or harms.	• Sexual Harassment (Assembly)	• Sexual Harassment and Aggression • Sexual Violence and Abuse
Physical Health and Wellbeing		Mental wellbeing	How to talk about their emotions accurately and sensitively, using appropriate	• Changing Emotions	• Children's mental health week (Assembly)
			The benefits and importance of physical activity, sleep, time outdoors, community	• Sleep, Exercise and Diet	• Sleep, Exercise and Diet
			That happiness is linked to being connected to others. Pupils should be supported to	• Expressing Gratitude	• Expressing Gratitude

			That worrying and feeling down are normal, can affect everyone at different times	• Managing Anxiety	• Exam Stress
			Characteristics of common types of mental ill health (e.g. anxiety and depression),	• Managing Anxiety	• Online Content and Mental Health
			How to critically evaluate which activities will contribute to their overall wellbeing.	• Mental health week (Assembly)	• Moving Towards Your Ideal Self
			Understanding how to overcome anxiety or other barriers to participating in fun,	• Managing Anxiety	• Exam Stress
			That gambling can lead to serious mental health harms, including anxiety, depression,	• Gambling Addiction	• Gambling Addiction
			That the co-occurrence of alcohol/drug use and poor mental health is common and	• Substance Addiction	• Drugs
Physical Health and Wellbeing		Wellbeing online	About the benefits of limiting time spent online, the risks of excessive time spent on	• Social Media Addiction	• Social Media Addiction
			The similarities and differences between the online world and the physical world,	• Instagram vs Reality	• Instagram vs Reality
			How to identify harmful behaviours online (including bullying, abuse or harassment)	• Rising Above Cyberbullying	• Rising Above Cyberbullying
			The risks related to online gambling and gambling-like content within gaming,	• Gambling Addiction	• Gambling Addiction
			How advertising and information is targeted at them and how to be a discerning	• The Dangers Of Your Internet Algorithm	• Safer internet day (Assembly)
			The risks of illegal behaviours online, including drug and knife supply or the sale or	• Knife Crime	• Knife Crime
			The serious risks of viewing online content that promotes self-harm, suicide or	• Viewing Harmful Content	• Online Content and Mental Health
Physical Health and Wellbeing		Physical health and fitness	The characteristics of a healthy lifestyle, including physical activity and maintaining a healthy weight, including the links between an inactive lifestyle and ill-health, including cardiovascular ill-health.	• Investing In Your Health • Sleep, Exercise and Diet • Evaluating Eating Habits	• Health Conditions • Sleep, Exercise and Diet • Evaluating Eating Habits
			Factual information about the prevalence and characteristics of more serious health conditions.	• Healthy eating (Character and community)	• Health Conditions
			That physical activity can promote wellbeing and combat stress	• Sleep, Exercise and Diet	• Sleep, Exercise and Diet
			The science relating to blood, organ and stem cell donation	• Organ Donation	• Organ Donation
Physical Health and Wellbeing		Healthy eating	How to maintain healthy eating and the links between a poor diet and health risks,	• The Balanced Diet	• The Balanced Diet
			The risks of unhealthy weight gain, including increased risks of cancer, type 2 diabetes and cardiovascular disease.	• Healthy eating (Character and community)	• Health Conditions
			The impacts of alcohol on diet and unhealthy weight gain.	• Alcohol and Your Health• Informed Drug and Alcohol C	• Healthy eating (Character and community)
Physical Health and Wellbeing		Drugs, alcohol, tobacco and vaping	The facts about which drugs are illegal, the risks of taking illegal drugs, including the	• Informed Drug and Alcohol Choices	• Drugs
			The law relating to the supply and possession of illegal substances.	• Drug Laws in the UK	• Drugs and County Lines
			The physical and psychological risks associated with alcohol consumption. What	• Alcohol and Your Health	• Informed Drug and Alcohol Choices
			The physical and psychological consequences of problem-use of alcohol, including	• Alcohol and Your Health	• Healthy eating (Character and community)
			The dangers of the misuse of prescribed and over-the-counter medicines.	• Wellbeing day	• Prescription Medication Misuse
			The facts about the multiple serious harms from smoking tobacco (particularly the link to lung cancer and cardiovascular disease), the benefits of quitting and how to access support to do so.	• Dangers of smooking and vaping (Character and community)	• Health Conditions
			The facts about vaping, including the harms posed to young people, and the role that vapes can play in helping adult smokers to quit.	• The Truth About Vaping	• The Truth About Vaping
Physical Health and Wellbeing		Health protection and prevention, and understanding the healthcare system	Personal hygiene, germs and how they are spread, including bacteria and viruses, treatment and prevention of infection, and about antibiotics	• Health and Hygiene	• Personal and oral hygiene (Character and community)
			Dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste and cleaning between teeth, reducing consumption of sugar-containing food and drinks, and regular check-ups at the dentist.	• Oral Hygiene	• Personal and oral hygiene (Character and community)
			How and when to self-care for minor ailments, and the role of pharmacists as	• Making Health Decisions	• The Healthcare System
			The importance of taking responsibility for their own health, and the benefits of	• Making Health Decisions	• Self-Examination and Screening
			The facts and scientific evidence relating to vaccination, immunisation and		• Understanding Vaccination and Immunisation
			The importance of sufficient good-quality sleep for good health, the importance of	• Phones And Sleep	• Phones And Sleep
			How to navigate their local healthcare system: what a GP is; when to use AandE /	• Making Health Decisions	• The Healthcare System
			The concept of Gillick competence. That the legal age of medical consent is 16. That	• Making Health Decisions	• The Healthcare System

Physical Health and Wellbeing		Personal safety	How to identify risk and manage personal safety in increasingly independent situations, including around roads, railways - including level crossings - and water (including the water safety code), and in unfamiliar social or work settings (for example the first time a young person goes on holiday without their parents).	• Fire and Water Safety • Safety in Public	• Road safety week (Character and community) • Keeping yourself safe in summer (Character and community)
			How to recognise and manage peer influence in relation to risk-taking behaviour and	• Peer Pressure Survival Guide	• Peer Pressure Survival Guide
			How to develop key social and emotional skills that will increase pupils' safety from	• Peer Pressure Survival Guide	• Peer Pressure Survival Guide
			Understanding which trusted adults they can talk to if pupils are worried about	• Knife Crime	• Knife Crime
			The law as it relates to knives and violence. Content and examples should relate to	• Knife Crime	• Knife Crime
			The risks and signs that they may be at risk of grooming or exploitation, and how to	• Online Grooming	• Online Grooming
Physical Health and Wellbeing		Basic first aid	Basic treatment for common injuries and ailments.	• First Aid Beyond Emergencies	• First Aid Beyond Emergencies
			Life-saving skills, including how to administer CPR.	• Saving Lives With First Aid	• Saving Lives With First Aid
			The purpose of defibrillators, when one might be needed and who can use them.	• Saving Lives With First Aid	• Saving Lives With First Aid
Physical Health and Wellbeing		Developing bodies	The main changes which take place in males and females, and the implications for emotional and physical health.	• The Changing Adolescent Body and The Menstrual Cycle • Body Changes During Puberty	• Staff nurse RSE lesson
			The facts about puberty, the changing adolescent body, including brain development.	• Body Changes During Puberty • The Changing Adolescent Body and The Menstrual Cycle	• Staff nurse RSE lesson
			About menstrual and gynaecological health, including: what is an average period; period problems such as premenstrual syndrome; heavy menstrual bleeding; endometriosis; and polycystic ovary syndrome (PCOS). When to seek help from healthcare professionals.	• The Changing Adolescent Body and The Menstrual Cycle • Body Changes During Puberty	• Menstrual Health and Conditions
			The facts about reproductive health, including fertility and menopause, and the potential impact of lifestyle on fertility for men and women.		• Menstrual Health and Conditions
Citizenship		N/A	Pupils should be taught about the development of the political system of democratic	• Exploring the Democratic Process	
		N/A	Pupils should be taught about the operation of Parliament, including voting and	• Exploring the Democratic Process	
		N/A	Pupils should be taught about the precious liberties enjoyed by the citizens of the	• Examining the Equality Act 2010	
		N/A	Pupils should be taught about the nature of rules and laws and the justice system,	• The Role of the Courts and Tribunals	
		N/A	Pupils should be taught about the roles played by public institutions and voluntary	• Volunteering in My Community	
		N/A	Pupils should be taught about the functions and uses of money, the importance and	• Making Sense of Money	
		N/A	Pupils should be taught about parliamentary democracy and the key elements of the		• Understanding Democracy
		N/A	Pupils should be taught about the different electoral systems used in and beyond the		• Understanding Democracy
		N/A	Pupils should be taught about other systems and forms of government, both		• Understanding Democracy
		N/A	Pupils should be taught about local, regional and international governance and the		• The UK's Relationship to the World
		N/A	Pupils should be taught about human rights and international law		• Respecting Human Rights
		N/A	Pupils should be taught about the legal system in the UK, different sources of law and		• The Rule of Law
		N/A	Pupils should be taught about diverse national, regional, religious and ethnic		• Discrimination and the Equality Act
British Values		British Values	Pupils should be taught about the different ways in which a citizen can contribute to	• Volunteering in My Community	
			Pupils should be taught about income and expenditure, credit and debt, insurance,		• Insurance
			Pupils should learn an understanding of how citizens can influence decision-making	• Exploring the Democratic Process	• Understanding Democracy
			Pupils should learn an appreciation that living under the rule of law protects	• The Role of the Courts and Tribunals	• The Rule of Law
			Pupils should learn an understanding that there is a separation of power between the executive and the judiciary, and that while some public bodies such as the police and the army can be held to account through Parliament, others such as the courts	• The Role of the Courts and Tribunals	• The Rule of Law
			Pupils should learn an understanding that the freedom to choose and hold other faiths	• Respecting and Celebrating Religious Diversity	• Discrimination and the Equality Act
			Pupils should learn an acceptance that other people having different faiths or beliefs	• Respecting and Celebrating Religious Diversity	• Discrimination and the Equality Act
			Pupils should learn an understanding of the importance of identifying and combatting	• Racism and Discrimination	• Discrimination and the Equality Act