

DfE Guidance Mapping: KS4

This document maps the 13 key themes of the new DfE guidance in correspondence to our PSHE curriculum, including year groups, our 8 key themes and the lesson plans.

Click on the following to be taken to the respective theme:

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1. Families

DfE Guidance By the end of Secondary School, young people should know:	Year Group	Covered in which lesson(s)	Theme
<i>that there are different types of committed, stable relationships</i>	Year 10	<ul style="list-style-type: none"> Relationship Card Activity - Order of a Relationship 	Me, Myself and You
<i>how these relationships might contribute to human happiness and their importance of bringing up children</i>	Year 10	<ul style="list-style-type: none"> Parental Responsibilities and What Makes a Successful Parent 	Me, Myself and You
<i>the roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting</i>	Year 10	<ul style="list-style-type: none"> Parental Responsibilities and What Makes a Successful Parent 	Me, Myself and You
<i>how to: determine whether peers, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationships is unsafe (and to recognise this in others' relationships); and how to seek help or advice, including reporting concerns about others, if needed</i>	Year 10	<ul style="list-style-type: none"> Reporting Abuse 	Playing Safe
	Year 11	<ul style="list-style-type: none"> Help Seeking and Sources of Support 	3 R's
		<ul style="list-style-type: none"> Who can I Turn to? 	Mind and Body
		<ul style="list-style-type: none"> Reporting Abuse 	Playing Safe

2. Respectful Relationships including Friendships

DfE Guidance By the end of Secondary School, young people should know:	Year Group	Covered in which lesson(s)	Theme
<i>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)</i>	Year 10	<ul style="list-style-type: none"> How Prejudices Effect our Behaviour and Managing Stereotypes 	Me, Myself and You
<i>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</i>	Year 10	<ul style="list-style-type: none"> Relationship Card Activity - Order of a Relationship 	Me, Myself and You
<i>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</i>	Year 10	<ul style="list-style-type: none"> How Prejudices Effect our Behaviour and Managing Stereotypes 	Me, Myself and You
		<ul style="list-style-type: none"> Reporting Abuse 	Playing Safe
	Year 11	<ul style="list-style-type: none"> Help Seeking and Sources of Support 	3 R’s
		<ul style="list-style-type: none"> Reporting Abuse 	Playing Safe
<i>that some types of behaviour within relationships are criminal, including violent behaviour and coercive control</i>	Year 10	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	Sex Ed
	Year 11	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	Sex Ed
<i>what constitutes sexual harassment and sexual violence and why these are always unacceptable</i>	Year 10	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	Sex Ed
	Year 11	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	Sex Ed

3. Online Media

<p>DfE Guidance</p> <p>By the end of Secondary School, young people should know:</p>	<p>Year Group</p>	<p>Covered in which lesson(s)</p>	<p>Theme</p>
<p><i>what to do and where to get support to report material or manage issues online</i></p>	<p>Year 10</p>	<ul style="list-style-type: none"> • Reporting Abuse 	<p>Playing Safe</p>
	<p>Year 11</p>	<ul style="list-style-type: none"> • Reporting Abuse 	<p>Playing Safe</p>
<p><i>the impact of viewing harmful content</i></p>	<p>Year 10</p>	<ul style="list-style-type: none"> • Why Pornography is Negative and How to get Help 	<p>Sex Ed</p>
<p><i>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</i></p>	<p>Year 10</p>	<ul style="list-style-type: none"> • Why Pornography is Negative and How to get Help 	<p>Sex Ed</p>
<p><i>that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</i></p>	<p>Year 10</p>	<ul style="list-style-type: none"> • Why Pornography is Negative and How to get Help 	<p>Sex Ed</p>

4. Being Safe

<div>DfE Guidance</div> <div>By the end of Secondary School, young people should know:</div>	Year Group	Covered in which lesson(s)	Theme
<i>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</i>	Year 10	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	Sex Ed
	Year 11	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM Sex and the Law 	Sex Ed
<i>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)</i>	Year 10	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	Sex Ed
	Year 11	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM Sex and the Law 	Sex Ed

5. Intimate and Sexual Relationships, including Sexual Health

DfE Guidance	Year Group	Covered in which lesson(s)	Theme
By the end of Secondary School, young people should know:			
<i>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</i>	Year 10	• Relationship Card Activity – Order of a Relationship	Me, Myself and You
	Year 11	• Sex and the Law	Sex Ed
<i>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</i>	Year 10	• Relationship Card Activity – Order of a Relationship	Me, Myself and You
		• STIs, Contraception and Going to the Clinic • Unplanned Pregnancy	Sex Ed
	Year 11	• Pornography	Sex Ed
<i>the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</i>	Year 10	• STIs, Contraception and Going to the Clinic • Unplanned Pregnancy	Sex Ed
<i>that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</i>	Year 11	• Sex and the Law	Sex Ed
<i>that they have a choice to delay sex or to enjoy intimacy without sex</i>	Year 11	• Sex and the Law	Sex Ed
<i>the facts about the full range of contraceptive choices, efficacy and options available</i>	Year 10	• STIs, Contraception and Going to the Clinic • Accessing Sexual Health Services • Unplanned Pregnancy	Sex Ed
<i>the facts around pregnancy including miscarriage</i>	Year 10	• STIs, Contraception and Going to the Clinic • Unplanned Pregnancy	Sex Ed
<i>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)</i>	Year 10	• STIs, Contraception and Going to the Clinic • Unplanned Pregnancy	Sex Ed
<i>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</i>	Year 10	• Everything about Breast Cancer • Facts about Testicular Cancer • Facts about Testicular Cancer – Teacher Resource • Testicular Cancer Quiz • Testicular Cancer Quiz – Teacher Resource	Changing Bodies
		• STIs, Contraception and Going to the Clinic • Accessing Sexual Health Services	Sex Ed

<div>DfE Guidance</div> <div>By the end of Secondary School, young people should know:</div>	Year Group	Covered in which lesson(s)	Theme
<i>about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</i>	Year 10	<ul style="list-style-type: none"> STIs, Contraception and Going to the Clinic 	Sex Ed
<i>how the use of alcohol and drugs can lead to risky sexual behaviour</i>	Year 10	<ul style="list-style-type: none"> Substance Use and Assessing Risk Substance Use and Managing Influence 	3 R's
<i>how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</i>	Year 10	<ul style="list-style-type: none"> STIs, Contraception and Going to the Clinic Accessing Sexual Health Services 	Sex Ed
	Year 11	<ul style="list-style-type: none"> Help Seeking and Sources of Support 	3 R's
		<ul style="list-style-type: none"> Who Can I Turn to? 	Mind and Body

6. Mental Wellbeing

<p>DfE Guidance</p> <p>By the end of Secondary School, young people should know:</p>	<p>Year Group</p>	<p>Covered in which lesson(s)</p>	<p>Theme</p>
<p><i>how to talk about their emotions accurately and sensitively, using appropriate vocabulary</i></p>	<p>Year 11</p>	<ul style="list-style-type: none"> Who can I Turn to? 	<p>Mind and Body</p>
<p><i>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</i></p>	<p>Year 10</p>	<ul style="list-style-type: none"> Gambling - Risks, Management and Helping Others Gambling - Teacher Resource 	<p>3 R's</p>
		<ul style="list-style-type: none"> How Prejudices Effect our Behaviour and Managing Stereotypes 	<p>Me, Myself and You</p>
		<ul style="list-style-type: none"> Why Pornography is Negative and How to get Help Abuse, Sexual Exploitation, Grooming and FGM 	<p>Sex Ed</p>
	<p>Year 11</p>	<ul style="list-style-type: none"> Abuse, Sexual Exploitation, Grooming and FGM 	<p>Sex Ed</p>

7. Internet Safety and Harms

<div>DfE Guidance</div> <div>By the end of Secondary School, young people should know:</div>	Year Group	Covered in which lesson(s)	Theme
<p><i>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</i></p>	Year 10	<ul style="list-style-type: none"> Gambling - Risks, Management and helping Others Gambling - Teacher Resource 	3 R's
<p><i>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</i></p>	Year 10	<ul style="list-style-type: none"> Reporting Abuse 	Playing Safe
	Year 11	<ul style="list-style-type: none"> Reporting Abuse 	Playing Safe

8. Physical Health and Fitness

<p>DfE Guidance</p> <p>By the end of Secondary School, young people should know:</p>	<p>Year Group</p>	<p>Covered in which lesson(s)</p>	<p>Theme</p>
<p><i>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</i></p>	<p>Year 10</p>	<ul style="list-style-type: none"> • The Importance of Healthy Sleep • The Importance of Healthy Sleep - Resources 	<p>Mind and Body</p>

9. Healthy Eating

10. Drugs, Alcohol and Tobacco

DfE Guidance By the end of Secondary School, young people should know:	Year Group	Covered in which lesson(s)	Theme
<i>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</i>	Year 10	<ul style="list-style-type: none"> Categories and Classes of Drugs Drugs Fact Sheet Substance Use and Assessing Risk Substance Use and Managing Influence 	3 R's
	Year 11	<ul style="list-style-type: none"> Drugs Fact Sheet 	3 R's
<i>the law relating to the supply and possession of illegal substances</i>	Year 10	<ul style="list-style-type: none"> Categories and Classes of Drugs Drugs Fact Sheet Substance Use and Assessing Risk Substance Use and Managing Influence 	3 R's
	Year 11	<ul style="list-style-type: none"> Drugs Fact Sheet 	3 R's
<i>the physical and psychological consequences of addiction, including alcohol dependency</i>	Year 10	<ul style="list-style-type: none"> Substance Use and Managing Influence Gambling - Risks, Management and Helping Others Gambling - Teacher Resource Drugs Fact Sheet 	3 R's
		<ul style="list-style-type: none"> Why Pornography is Negative and How to get Help 	Sex Ed
	Year 11	<ul style="list-style-type: none"> Drugs Fact Sheet 	3 R's
<i>awareness of the dangers of drugs which are prescribed but still present serious health risks</i>	Year 10	<ul style="list-style-type: none"> Substance Use and Assessing Risk Substance use and Managing Influence 	3 R's
<i>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</i>	Year 11	<ul style="list-style-type: none"> Help Seeking and Sources of Support 	3 R's

11. Health and Prevention

<div>DfE Guidance</div> <div>By the end of Secondary School, young people should know:</div>	<div>Year Group</div>	<div>Covered in which lesson(s)</div>	<div>Theme</div>
<div>(late secondary) the benefits of regular self-examination and screening</div>	<div>Year 10</div>	<div> <ul style="list-style-type: none"> Everything about Breast Cancer Facts about Testicular Cancer Facts about Testicular Cancer - Teacher Resource Testicular Cancer Quiz Testicular Cancer Quiz - Teacher Resource </div>	<div>Changing Bodies</div>
		<div> <ul style="list-style-type: none"> STIs, Contraception and Going to the Clinic </div>	<div>Sex Ed</div>
<div>the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</div>	<div>Year 10</div>	<div> <ul style="list-style-type: none"> The Importance of Healthy Sleep The importance of Healthy Sleep - Resources </div>	<div>Mind and Body</div>

12. Basic First Aid

13. RSE and Changing Bodies