

## PSHE Statutory Health

### **Mental wellbeing**

Pupils should know:

<ul style="list-style-type: none"><li>• how to talk about their emotions accurately and sensitively, using appropriate vocabulary</li></ul>	Year 7, Year 9, Year 11 Mental Health and Wellbeing lessons
<ul style="list-style-type: none"><li>• that happiness is linked to being connected to others</li></ul>	Year 7, Year 9, Year 11 Mental Health and Wellbeing lessons
<ul style="list-style-type: none"><li>• how to recognise the early signs of mental wellbeing concerns</li></ul>	Year 7, Year 9, Year 11 Mental Health and Wellbeing lessons
<ul style="list-style-type: none"><li>• common types of mental ill health (e.g. anxiety and depression)</li></ul>	Year 9 and 11 Mental health and Wellbeing lessons
<ul style="list-style-type: none"><li>• 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</li></ul>	Year 7, Year 9, Year 11 Mental Health and Wellbeing lessons
<ul style="list-style-type: none"><li>• the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li></ul>	Year 7, Year 9, Year 11 Mental Health and Wellbeing lessons

### **Internet safety and harms**

Pupils should know:

<ul style="list-style-type: none"><li>• 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 <a href="#">(Curriculum links – IT)</a></li></ul>	Year 7 – digital resilience  Year 8 – Online and Internet Safety day  Year 9 – Mental health and wellbeing lessons (body image)  Year 11 – financial capabilities (gambling)
<ul style="list-style-type: none"><li>• 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 <a href="#">(Curriculum links – IT)</a></li></ul>	Year 7- Cyberbullying  Year 8 – Online and Internet Safety day  Year 9 – RSE lessons/ Choices day - harassment  Year 11 – RSE – harassment

## Physical health and fitness

Pupils should know:

<ul style="list-style-type: none"> <li>the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress (Curriculum link – PE)</li> </ul>	Year 7, 9 and 11 – mental health and wellbeing lessons.
<ul style="list-style-type: none"> <li>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 cardio-vascular ill-health. (Curriculum link – PE, Food and Nutrition)</li> </ul>	Year 7, 9 and 11 – mental health and wellbeing lessons.
<ul style="list-style-type: none"> <li>about the science relating to blood, organ and stem cell donation (Curriculum link – Science)</li> </ul>	Year 11

## Healthy eating

Pupils should know:

<ul style="list-style-type: none"> <li>how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (Curriculum link – Food and Nutrition, Science)</li> </ul>	Year 9 – Eatwell plate, Eating disorders.
---	---

## Drugs, alcohol and tobacco

Pupils should know:

<ul style="list-style-type: none"> <li>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</li> </ul>	Year 7 – Choices day – smoking, vaping, illegal substances  Year 9 and 11 Drugs and Substance misuse lessons
<ul style="list-style-type: none"> <li>the law relating to the supply and possession of illegal substances</li> </ul>	Year 9 and 11 Drugs and Substance misuse lessons
<ul style="list-style-type: none"> <li>the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood (Curriculum link – Food and Nutrition, Science)</li> </ul>	Year 9 and 11 Drugs and Substance misuse lessons
<ul style="list-style-type: none"> <li>the physical and psychological consequences of addiction, including alcohol dependency (Curriculum link – Science)</li> </ul>	Year 9 and 11 Drugs and Substance misuse lessons
<ul style="list-style-type: none"> <li>awareness of the dangers of drugs which are prescribed but still present serious health risks (Curriculum link – Science)</li> </ul>	Year 9 and 11 Drugs and Substance misuse lessons

<p>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.</p> <p>(Curriculum link – Science)</p>	<p>Year 7 – Choices day</p> <p>Year 9 and 11 Drugs and Substance misuse lessons</p>
---	---

### Health and prevention

Pupils should know:

<ul style="list-style-type: none"> <li>about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics</li> </ul> <p>(Curriculum link – Food and Nutrition, Science)</p>	<p>Year 7- Health</p> <p>Year 9/11 RSE - STIs</p>
<ul style="list-style-type: none"> <li>about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist</li> </ul> <p>(Curriculum link – Food and Nutrition, Science)</p>	<p>Year 7 - Health</p>
<ul style="list-style-type: none"> <li>(late secondary) the benefits of regular self-examination and screening</li> </ul>	<p>Year 11 – RSE lessons</p>
<ul style="list-style-type: none"> <li>the facts and science relating to immunisation and vaccination</li> </ul> <p>(Curriculum link – Science)</p>	<p>Year 9 - Health</p>
<ul style="list-style-type: none"> <li>the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> </ul>	<p>Year 7, 9 and 11 Mental Health and Wellbeing lessons</p>

### Basic first aid

Pupils should know:

<ul style="list-style-type: none"> <li>basic treatment for common injuries</li> </ul>	<p>Year 9 – First Aid day (Expert tutor)</p>
<ul style="list-style-type: none"> <li>life-saving skills, including how to administer CPR</li> </ul>	<p>Year 9 – First Aid day (Expert tutor)</p>
<ul style="list-style-type: none"> <li>the purpose of defibrillators and when one might be needed</li> </ul> <p>(Curriculum link – Science)</p>	<p>Year 9 – First Aid day (Expert tutor)</p>

### Changing adolescent body

Pupils should know:

<ul style="list-style-type: none"> <li>key facts about puberty, the changing adolescent body and menstrual wellbeing</li> </ul> <p>(Curriculum link – Science)</p>	<p>Year 7 – RSE lessons</p>
<ul style="list-style-type: none"> <li>the main changes which take place in males and females, and the implications for emotional and physical health</li> </ul>	<p>Year 7 – RSE lessons</p>

