

RSHE Statutory Requirements: Health Education

Component:	Statutory Guidance:	Headlands PSHE Scheme
Mental Wellbeing	Pupils should know how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Students are educated on the sensitivity of language and correct vocabulary in all Personal Development lessons. An example of this is: Year 8- Effective Communication Year 8- Assertive, Aggressive and Passive Year 9- Mental Health Issues
	Pupils should know that happiness is linked to being connected to others.	Year 7- Role of Friendship in Life Year 8- Loneliness
	Pupils should know how to recognise the early signs of mental wellbeing concerns.	Year 7- Self-Esteem and Social Media Year 7- Self Esteem and Others Year 7- Body Image and Media Year 9- Mental Health Issues Year 9- The Nature of Eating Disorders Year 9- Anxiety and Panic Disorder Year 9- Depression
	Pupils should know common types of mental ill health (e.g. anxiety and depression).	Year 9- Mental Health Issues Year 9- The Nature of Eating Disorders Year 9- Anxiety and Panic Disorder Year 9- Depression

	Pupils should know 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.	Year 8- Actions creating positive/negative effects Year 9- Mental Health Issues Year 9- The Nature of Eating Disorders Year 9- Anxiety and Panic Disorder Year 9- Depression
	Pupils should know the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Year 7- Keeping Fit: physically and emotionally Year 8- Importance of Physical Exercise
Internet Safety	Pupils should know 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.	Year 7- Self-Esteem and Social Media Year 7- Self Esteem and Others Year 7- Body Image and Media Year 8- Gambling (The Different Forms) Year 8- Ethical Consumerism- Adverts
	Pupils should know 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.	Year 7- Positive Online Relationships and the risks Year 7- Nature of prejudice and bullying Year 7- Self-esteem and Social Media Year 8- Digital Romances and the Risks Year 8- Catfish: Strangers Online Year 9- Sexual Harassment and Rape

Physical Health and Fitness	Pupils should know the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	Year 7- Keeping Fit: physically and emotionally Year 8- Importance of Physical Exercise
	Pupils should know 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.	Year 7- Keeping Fit: physically and emotionally Year 8- Importance of Physical Exercise Year 9- Difference between a balanced diet and dieting Year 9- Influences on Diet Year 10- poor Diet and Health Risks
	Pupils should know about the science relating to blood, organ and stem cell donation.	Science Curriculum covers this aspect of Health Education
Heathy Eating	Pupils should know how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	Year 7- Keeping Fit: physically and emotionally Year 8- Importance of Physical Exercise Year 9- Difference between a balanced diet and dieting Year 9- Influences on Diet Year 9- The Nature of Eating Disorders
Drugs, alcohol and tobacco	Pupils should know 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.	Year 7- Why People use Nicotine, Alcohol and other drugs Year 7- Risks in taking Nicotine, Alcohol and other drugs Year 8- Pressure to Drink/Smoke Year 8- Status of Drugs and Classifications Year 8- Short term and Long term effects of Cannabis Year 8- Legal and Personal Consequences Year 8- Family and Social Consequences

		Year 10- Benefits to Quitting Smoking
	Pupils should know the law relating to the supply and possession of illegal substances.	Year 8- Status of Drugs and Classifications Year 8- Legal and Personal Consequences
	Pupils should know the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Year 7- Why People use Nicotine, Alcohol and other drugs Year 7- Risks in taking Nicotine, Alcohol and other drugs Year 8- Pressure to Drink/Smoke Year 10- Drink Responsibly
	Pupils should know the physical and psychological consequences of addiction, including alcohol dependency.	Year 7- Why People use Nicotine, Alcohol and other drugs Year 7- Risks in taking Nicotine, Alcohol and other drugs Year 8- Pressure to Drink/Smoke Year 10- Drink Responsibly
	Pupils should know awareness of the dangers of drugs which are prescribed but still present serious health risks.	Year 9- Danger of Prescribed Drugs
	Pupils should know 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.	Year 7- Why People use Nicotine, Alcohol and other drugs Year 7- Risks in taking Nicotine, Alcohol and other drugs Year 10- Benefits to Quitting Smoking
Health and Prevention	Pupils should know about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Year 7- Personal Hygiene: Self-esteem Year 7- Dental Hygiene and Tooth Decay Year 7- How germs spread infections Year 8- Immunization and Vaccinations Year 10- Personal Health Year 10- Preventative Care
	Pupils should know about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	Year 7- Dental Hygiene and Tooth Decay

	Pupils should know (late secondary) the benefits of regular self-examination and screening.	Year 10- Personal Health Year 10- Preventative Care Year 10- Sex Organs and STI Checks Year 10- Self Examination
	Pupils should know the facts and science relating to immunisation and vaccination.	Year 8- Immunization and Vaccinations
	Pupils should know the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Year 10- Healthy Sleeping Patterns
Basic First Aid	Pupils should know basic treatment for common injuries.	Year 8- First Aid Skills and when to use them
	Pupils should know life-saving skills, including how to administer CPR	Year 8- Basic First Aid: CPR and Recovery Position
	Pupils should know the purpose of defibrillators and when one might be needed.	Year 8- Purpose of Defibrillators
Changing Adolescent Body	Pupils should know key facts about puberty, the changing adolescent body and menstrual wellbeing.	Year 7- Physical and Emotional changes Year 7- Personal Hygiene: Self-esteem
	Pupils should know the main changes which take place in males and females, and the implications for emotional and physical health.	Year 7- Physical and Emotional changes Year 7- Personal Hygiene: Self-esteem