



# THE KING'S SCHOOL

## GRANTHAM

### SRE Supporting Statutory Guidance

Guideline:	Year Group:	Booklet and lesson number:
<b>Families</b>		
That there are different types of committed, stable relationships.	Year 7 Year 8	Relationships lesson 2 Relationships lesson 1&2
How these relationships might contribute to human happiness and their importance for bringing up children.	Year 8 Year 9	Relationships lesson 4 Relationships lesson 4
What marriage is, including their legal status e.g. 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.	Year 11 Year 8	Health lesson 4 Relationships lesson 4
Why marriage is an important relationship choice for many couples and why it must be freely entered into.	Year 11 Year 8	Health lesson 4 Relationships lesson 4
The characteristics and legal status of other types of long-term relationships.	Year 11 Year 8	Health lesson 4 Relationships lesson 4
The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Year 8 Year 9	Relationships lesson 4 Relationships lesson 4
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 recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	Year 7 Year 7 Year 10	Relationships lesson 4 Relationships lesson 1 Relationships lesson 3
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth Form	Families assembly
<b>Respectful relationships, including friendships</b>		
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.	Year 7 Year 8 Year 9 Speaker	Relationships lesson 2&3 Relationships lesson 1 Relationships lesson 1&3 E-safety talk
Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Year 7	Relationships lesson 2&3

Guideline:	Year Group:	Booklet and lesson number:
	Year 8 Year 9 Speaker	Relationships lesson 1 Relationships lesson 1&3 E-safety talk
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).	Year 9 Year 10 Year 11	Relationships lesson 2 Relationships lesson 1&2 Relationships lesson 2
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.	Year 9 Year 11	Relationships lesson 2 Relationships lesson 2&3
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Year 7 Year 9 Speaker	Relationships lesson 2 Relationships lesson 2 E-safety talk
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Year 9	Relationships lesson 1
What constitutes sexual harassment and sexual violence and why these are always unacceptable.	Year 9	Relationships lesson 1
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.	Year 9	Relationships lesson 2
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth Form	Respectful relationships Assembly
<b>Online and media</b>		
Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Year 10 Speaker	Relationships lesson 1 E-safety talk
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 material placed online.	Year 10 Speaker	Relationships lesson 1 E-safety talk
Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Year 10 Speaker	Relationships lesson 1 E-safety talk
What to do and where to get support to report material or manage issues online.	Year 10 Speaker	Relationships lesson 1 E-safety talk
The impact of viewing harmful content.	Year 11 Speaker	Relationships lesson 2 E-safety talk
That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the	Year 11	Relationships lesson 2

Guideline:	Year Group:	Booklet and lesson number:
way people see themselves in relation to others and negatively affect how they behave towards sexual partners.		
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Year 10 Speaker	Relationships lesson 1 E-safety talk
How information and data is generated, collected, shared and used online.	Year 10 Speaker	Relationships lesson 1 E-safety talk
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth Form	Online and Media Assembly
<b>Being Safe</b>		
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.	Year 9	Relationships lesson 1
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).	Year 9 Year 10	Relationships lesson 1 Relationships lesson 3
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth Form	Being safe assembly
<b>Intimate and sexual relationships, including sexual health</b>		
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.	Year 7	Relationships lesson 3&4
	Year 8	Relationships lesson 1
	Year 9	Relationships lesson 1
	Year 10	Relationships lesson 3
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.	Year 10	Relationships lesson 3
	Year 11	Relationships lesson 3
The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Year 11	Health lesson 4
That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others.	Year 10	Relationships lesson 3
That they have a choice to delay sex or to enjoy intimacy without sex.	Year 10	Relationships lesson 3
The facts about the full range of contraceptive choices, efficacy and options available.	Year 11	Relationships lesson 3
The facts around pregnancy including miscarriage.	Year 9	Relationships lesson 3

Guideline:	Year Group:	Booklet and lesson number:
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).	Year 9	Relationships lesson 3
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.	Year 10 Year 11	Relationship lesson 3 Relationship lesson 3
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Year 10 Year 11	Relationship lesson 3 Relationship lesson 3
How the use of alcohol and drugs can lead to risky sexual behaviour.	Year 11	Relationships lesson 1
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Year 9	Relationships lesson 3
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth form	Sexual Health Assembly
<b>Mental Wellbeing</b>		
How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Year 7 Year 8 Year 9 Year 10 Year 11	Health lesson 3 Health lesson 3 Health lesson 2 Health lesson 2 Health lesson 3
That happiness is linked to being connected to others.	Year 7 Year 8	Relationship lesson 2 Relationship lesson 1
How to recognise the early signs of mental wellbeing concerns.	Year 7 Year 8 Year 9 Year 10 Year 11	Health lesson 3 Health lesson 3 Health lesson 2 Health lesson 2 Health lesson 3
Common types of mental ill health (e.g. anxiety and depression).	Year 9 Year 10 Year 11	Health lesson 2 Health lesson 2 Health lesson 2
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 7 Year 8 Year 9 Year 10 Year 11	Health lesson 3 Health lesson 3 Health lesson 2 Health lesson 2 Health lesson 3

Guideline:	Year Group:	Booklet and lesson number:
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Year 7	Health lesson 3
	Year 8	Health lesson 3
	Year 9	Health lesson 2
	Year 10	Health lesson 2
	Year 11	Health lesson 3
<b>Internet Safety and harms</b>		
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 8	Relationships lesson 2
	Year 11	Relationships lesson 2&5
	Speaker	E-safety talk
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 Speaker	Relationships lesson 3 E-safety talk
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth Form	Internet safety and harms assembly.
<b>Physical health and fitness</b>		
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	Year 7	Health lesson 1
	Year 8	Health lesson 2
	Year 11	Health lesson 1
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.	Year 7	Health lesson 1
	Year 8	Health lesson 2
	Year 9	Health lesson 1&2
	Year 11	Health lesson 1
About the science relating to blood, organ and stem cell donation.	Year 7	Health lesson 4
<b>Healthy Eating</b>		
How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	Year 9	Health lesson 1

Guideline:	Year Group:	Booklet and lesson number:
<b>Drugs alcohol and tobacco</b>		
The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.	Year 10	Health lesson 1
The law relating to the supply and possession of illegal substances.	Year 10	Health lesson 1
The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Year 10	Health lesson 1
The physical and psychological consequences of addiction, including alcohol dependency.	Year 11	Health lesson 5
Awareness of the dangers of drugs which are prescribed but still present serious health risks.	Year 11	Health lesson 5
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 10	Health lesson 1
<b>Health and prevention</b>		
About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Year 9	Health lesson 3
About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	Year 9	Health lesson 1
(Late secondary) the benefits of regular self-examination and screening.	Year 9	Health lesson 3
The facts and science relating to immunisation and vaccination.	Year 9	Health lesson 3
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 9	Health lesson 1
Students in sixth form receive an assembly which focuses on various different parts of this topic. This is followed up with a form time discussion session.	Sixth Form	Health and prevention Assembly
<b>Basic first aid</b>		
Basic treatment for common injuries.	Year 7	Year 7 First Aid PPT
	Year 8&9	Year 8&9 First Aid PPT
	Year 10&11	Year 10&11 First Aid PPT
Life-saving skills, including how to administer CPR.	Year 8&9	Year 8&9 First Aid PPT Year 10&11 First Aid PPT

Guideline:	Year Group:	Booklet and lesson number:
	Year 10&11	
The purpose of defibrillators and when one might be needed.	Year 8&9 Year 10&11	Year 8&9 First Aid PPT Year 10&11 First Aid PPT
<b>Changing Adolescent body</b>		
Key facts about puberty, the changing adolescent body and menstrual wellbeing.	Year 8 Year 11	Relationships lesson 3 Health lesson 4
The main changes which take place in males and females, and the implications for emotional and physical health.	Year 8 Year 11	Relationships lesson 3 Health lesson 4