Appendix 3 - Lancaster

In addition to the coverage of these topics in PSHE lessons, they will also be covered in science, computing and Physical Education.

By the end of secondary school:

Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

Mental wellbeing	Pupils should know: • how to talk about their emotions accurately and sensitively, using appropriate vocabulary Year 7 - Autumn term 1& 2, Spring 1 and Summer term 2 Year 8 - Autumn term 1 & 2, Spring term 1 Summer term 2 Year 9 - Spring term 1, Spring term 2 and Summer term 2 • that happiness is linked to being connected to others Year 7 - Autumn term 1& 2, Spring 1 and Summer term 2 Year 8 - Autumn term 1 & 2 and Spring 1 Summer term 2 Year 9 - Spring term 1, Spring term 2 and Summer term 2 • how to recognise the early signs of mental wellbeing concerns Year 7 - Autumn term 1& 2 and Spring 1 and Summer term 2 Year 8 - Autumn 1 & 2, Spring 1 Summer term Year 9 – Spring term 1, Spring term 2 and Summer term 2 • common types of mental ill health (e.g. anxiety and depression) Year 7 - Autumn term 1& 2, Spring 1 and Summer term 2 Year 8 - Autumn 1 & 2, Spring 1 and Summer term 2 Year 9 - Spring term 1, Spring term 2 and Summer term 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 - Autumn term 1& 2, Spring 1 and Summer term 2 Year 8 - Autumn 1 & 2, Spring and 1 Summer term 2 Year 9 - Spring term 1, Spring term 2 and Summer term 2 Th

	Year 10 - Autumn term 2, Spring term 2 and Summer term 2 Year 11 - Spring term 2 and Summer term 2 • the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness
Internet safety and harms	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- Autunm term 1 and 2 Spring term 1 and 2 Year 8 - Autumn term 1 and 2 and Spring term 1 and 2 Year 9 - Autumn term 1 Year 10 - Autumn term 1 and Spring term 2 Year 11 - Spring term 1 • 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 - Autunm term 1 and 2 Spring term 1 and 2 Year 8 - Autumn term 1 and 2 and Spring term 1 and 2 Year 9 - Autumn term 1 Year 10 - Autumn term 1 and Spring term 2 Year 11 - Spring term 1 (Staying safe online unit – each year group will cover this topic. This is interwoven across several lesson and topics.)

Physical health and fitness	This topic will also be taught during Science and P.E lessons. Pupils should know: • the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress Year 9 Spring term 2 • 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 9 Spring term 2 • about the science relating to blood, organ and stem cell donation

Healthy eating	This topic will also be taught during Science and P.E lessons Pupils should know: • how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer Year 9 Spring term 2
Drugs, alcohol and tobacco	There is another unit in our PSHE provision about staying safe and this topic will also be taught during Science lessons. 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 11 – Spring term 2 • the law relating to the supply and possession of illegal substances Year 11 – Spring term 2 • the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood • the physical and psychological consequences of addiction, including alcohol dependency • awareness of the dangers of drugs which are prescribed but still present serious health risks • 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

Health and prevention	This topic will also be taught during Science Pupils should know: • about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics • about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist • (late secondary) the benefits of regular self-examination and screening • the facts and science relating to immunisation and vaccination • 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 7 - Spring term 1 and Summer term 2 Year 8 - Summer term 2 Year 9 - Spring term 2 and Summer term 2 Year 10 - Spring term 2 and Summer term 2 Year 11 - Spring term 2 and Summer term 2

Basic first aid	Pupils should know: • basic treatment for common injuries Year 8 – Summer term 2 Year 9 – Spring term 2 Year 10 - Summer term 2 • life-saving skills, including how to administer CPR Year 11 - Summer term 1 • the purpose of defibrillators and when one might be needed Year 11 - Summer term 1
Changing adolescent body	This topic will also be taught during Science lessons. Pupils should know: • key facts about puberty, the changing adolescent body and menstrual wellbeing Year 7 - Spring term 2 • the main changes which take place in males and females, and the implications for emotional and physical health Year 7 - Spring term 2