



1decision Mapping Document

Supporting the new statutory changes to Relationships Education and Health Education



Contents

Introduction.....	3
Relationships Education: Key stages 1 and 2 - <i>Families and people who care for me</i>	4
Relationships Education: Key stages 1 and 2 - <i>Caring friendships</i>	5
Relationships Education: Key stages 1 and 2 - <i>Respectful relationships</i>	6
Relationships Education: Key stages 1 and 2 - <i>Online relationships</i>	7
Relationships Education: Key stages 1 and 2 - <i>Being safe</i>	8
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Mental wellbeing</i>	9-10
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Internet safety and harms</i>	11
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Physical health and fitness</i>	12
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Healthy eating</i>	13
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Drugs, alcohol, and tobacco</i>	14
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Health and prevention</i>	15
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Basic first aid</i>	16
Physical health and mental wellbeing: Key stages 1 and 2 - <i>Changing adolescent body</i>	17
Overview of the topics in the 1decision 5-8 programme.....	18
Overview of the topics in the 1decision 8-11 programme.....	19





Pupils should know

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.



Year 7 & 8



Year 9

Keeping/Staying Safe Module

- Keeping/Staying Safe Assessment
- Road Safety
- Leaning Out of Windows
- Staying Safe

Relationships Module

- Relationships Assessment
- Touch

Being Responsible Module

- Water Spillage

Feelings and Emotions Module

- Worry
- Grief

Computer Safety Module

- Making Friends Online

Fire Safety Module

- Petty Arson
- Texting Whilst Driving

Keeping/Staying Safe Module

- Cycle Safety

Growing and Changing Module

- Growing and Changing Assessment
- Relationships (Appropriate Touch)

Being Responsible Module

- Coming Home on Time

Feelings and Emotions Module

- Anger

The Working World Module

- Chores at Home
- In-App Purchases

A World Without Judgement Module

- Inclusion and Acceptance
- British Values

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Pupils should know

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.



Year 7 & 8



Year 9

Keeping/Staying Safe Module

- Staying Safe

Keeping/Staying Healthy Module

- Medicine

Relationships Module

- Bullying
- Friendship
- Body Language
- Touch

Being Responsible Module

- Helping Someone in Need
- Stealing

Feelings and Emotions Module

- Anger
- Jealousy

Computer Safety Module

- Online Bullying
- Image Sharing
- Making Friends Online

Keeping/Staying Safe Module

- Peer Pressure
- Water Safety

Keeping/Staying Healthy Module

- Smoking
- Alcohol

Growing and Changing Module

- Growing and Changing Assessment
- Relationships (Appropriate Touch)

Being Responsible Module

- Looking Out for Others

Feelings and Emotions Module

- Jealousy

Computer Safety Module

- Online Bullying
- Making Friends Online

A World Without Judgement Module

- Breaking Down Barriers
- Inclusion and Acceptance
- British Values

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
for Education

Pupils should know

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- 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 those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.



Year 7 & 8



Year 9

Keeping/Staying Safe Module

- Staying Safe

Relationships Module

- Bullying
- Friendship
- Body Language
- Touch

Being Responsible Module

- Practice Makes Perfect
- Helping Someone in Need
- Water Spillage
- Stealing

Feelings and Emotions Module

- Jealousy

Computer Safety Module

- Computer Safety Assessment
- Online Bullying
- Image Sharing

Keeping/Staying Safe Module

- Water Safety
- Peer Pressure

Growing and Changing Module

- Relationships (Appropriate Touch)

Being Responsible Module

- Stealing
- Looking Out for Others

Feelings and Emotions Module

- Jealousy

Computer Safety Module

- Online Bullying
- Image Sharing

A World Without Judgement Module

- Breaking Down Barriers
- Inclusion and Acceptance
- British Values

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
for Education

Pupils should know

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.



Year 7 & 8



Year 9

Computer Safety Module

- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

Computer Safety Module

- Online Bullying
- Image Sharing
- Making Friends Online
- Adults' and Children's views

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Pupils should know

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.



Year 7 & 8



Year 9

Keeping/Staying Safe Module

- Keeping/Staying Safe Assessment
- Staying Safe

Relationships Module

- Relationships Assessment
- Bullying
- Touch

Feelings and Emotions Module

- Feelings and Emotions Assessment
 - Jealousy
 - Worry
- 4 x Relaxation videos appear in this module*

Computer Safety Module

- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

Fire Safety Module

- Texting Whilst Driving

Keeping/Staying Safe Module

- Keeping/Staying Safe Assessment
- Peer Pressure
- Water Safety

Keeping/Staying Healthy Module

- Smoking
- Alcohol

Growing and Changing Module

- Growing and Changing Assessment
- Relationships (Appropriate Touch)
- Conception

Being Responsible Module

- Looking Out for Others

Feelings and Emotions Module

- Worry

Computer Safety Module

- Online Bullying
- Image Sharing
- Making Friends Online

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Pupils should know

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

Continued on the next page



Year 7 & 8



Year 9

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Washing Hands
- Brushing Teeth

Relationships Module

- Bullying
- Body Language

Being Responsible Module

- Practice Makes Perfect

Feelings and Emotions Module

- Feelings and Emotions Assessment
- Jealousy
- Worry
- Anger
- Grief

4 x Relaxation videos appear in this module

Computer Safety Module

- Online Bullying
- Image Sharing

Fire Safety Module

- Petty Arson
- Texting Whilst Driving

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Living
- Smoking
- Alcohol

Growing and Changing Module

- Relationships (Appropriate Touch)
- Puberty

Being Responsible Module

- Looking Out for Others

Feelings and Emotions Module

- Feelings and Emotions Assessment
- Anger
- Jealousy
- Worry

4 x Relaxation videos appear in this module

Computer Safety Module

- Online Bullying
- Making Friends Online

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.





Pupils should know

- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.



Year 7 & 8



Year 9

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Washing Hands
- Brushing Teeth

Relationships Module

- Body Language
- Bullying

Feelings and Emotions Module

- Feelings and Emotions Assessment
- Jealousy
- Worry
- Anger
- Grief

Computer Safety Module

- Online Bullying
- Image Sharing

Growing and Changing Module

- Relationships (Appropriate Touch)

Feelings and Emotions Module

- Jealousy
- Worry

Being Responsible Module

- Looking Out for Others

Computer Safety Module

- Online Bullying

A World Without Judgement Module

- Breaking Down Barriers
- Inclusion and Acceptance
- British Values

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Pupils should know

- that for most people the internet is an integral part of life and has many benefits.
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- why social media, some computer games and online gaming, for example, are age restricted.
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- where and how to report concerns and get support with issues online.



Year 7 & 8



Year 9

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment

Computer Safety Module

- Computer Safety Assessment
- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Living

Computer Safety Module

- Computer Safety Assessment
- Online Bullying
- Image Sharing
- Making Friends Online

The Working World Module

- In-App Purchases

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
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Pupils should know

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.



Year 7 & 8



Year 9

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Eating

Being Responsible Module

- Practice Makes Perfect

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Living

Feelings and Emotions Module

- Feelings and Emotions Assessment

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
for Education

Pupils should know

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).



Year 7 & 8



Year 9

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Eating
- Brushing Teeth

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Living
- Smoking
- Alcohol
- Adults' and Children's views

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.





Department
for Education

Pupils should know

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.



Year 7 & 8



Year 9

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Medicine

Hazard Watch Module

- Is it safe to eat or drink?

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Smoking
- Alcohol
- Adults' and Children's views

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
for Education

Pupils should know

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- the facts and science relating to immunisation and vaccination



Year 7 & 8



Year 9

Keeping/Staying Safe Module

- Keeping/Staying Safe Assessment

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Washing Hands
- Brushing Teeth

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Healthy Living
- Adults' and Children's views

Feelings and Emotions Module

- Feelings and Emotions Assessment
- Adults' and Children's views

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
for Education

Pupils should know

- how to make a clear and efficient call to emergency services if necessary.
- concepts of basic first-aid, for example dealing with common injuries, including head injuries.



Year 7 & 8



Year 9

Keeping/Staying Safe Module

- Staying Safe
- Leaning Out of Windows

Being Responsible Module

- Water Spillage

Fire Safety Module

- Fire Safety Assessment
- Hoax Calling

Keeping/Staying Safe Module

- Cycle Safety
- Peer Pressure
- Water Safety

Please note: 1decision has various lessons which look at providing children with correct information for contacting the emergency services. We are aiming to enhance our resources to include lessons on basic first aid by 2019/2020.

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



Department
for Education

Pupils should know

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.



Year 7 & 8



Year 9

Growing and Changing Module

- Growing and Changing Assessment
- Puberty
- Conception

Please view the DfE's guidance and PSHE Association's guidance for further information on Relationships Education and Health Education.



An overview of our 5-8 modules

For more information on our resources, please visit: <https://www.1decision.co.uk/resources/our-programme/>

Keeping/Staying Safe

- Road Safety
- Leaning Out of Windows
- Staying Safe
- Tying Shoelaces

Keeping/Staying Healthy

- Healthy Eating
- Brushing Teeth
- Washing Hands
- Medicine

Relationships

- Bullying
- Body Language
- Friendship
- Touch

Being Responsible

- Practice Makes Perfect
- Helping Someone in Need
- Stealing
- Water Spillage

Feelings and Emotions

- Jealousy
- Worry
- Anger
- Grief

Computer Safety

- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

Money Matters

- Money Matters
- Access to Nationwide Education resources

Hazard Watch

- Is it safe to eat or drink?
- Is it safe to play with?

Special Edition Module - Fire Safety

- Hoax Calling
- Petty Arson
- Enya and Deedee Visit the Fire Station
- Texting Whilst Driving

Please note, we also cover many other areas of each topic. Contact 1decision for more details.

An overview of our 8-11 modules

For more information on our resources, please visit: <https://www.1decision.co.uk/resources/our-programme/>

Keeping/Staying Safe

- Cycle Safety
- Peer Pressure
- Water Safety
- Keeping/Staying Safe Documentary

Keeping/Staying Healthy

- Healthy Living
- Smoking
- Alcohol
- Keeping/Staying Healthy Documentary

Growing and Changing

- Relationships
- Puberty
- Conception
- Growing and Changing Documentary

Being Responsible

- Coming Home on Time
- Looking Out for Others
- Stealing
- Being Responsible Documentary

Feelings and Emotions

- Jealousy
- Anger
- Worry
- Feelings and Emotions Documentary

Computer Safety

- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

The Working World

- Chores at Home
- Enterprise
- In-App Purchases
- The Working World Documentary

A World Without Judgement

- Breaking Down Barriers
- Inclusion and Acceptance
- British Values
- A World Without Judgement Documentary

Please note, we also cover many other areas of each topic. Contact 1decision for more details.





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