

# Big Ideas EFL

## Relationship and Sex Education



## Health Education



## SMSC

**SOCIAL MORAL DEVELOPMENT**  
 WE ALWAYS COOPERATE AND RESOLVE CONFLICTS PEACEFULLY.

**MORAL DEVELOPMENT**  
 WE RECOGNISE THE DIFFERENCE BETWEEN RIGHT AND WRONG.

**SPIRITUAL DEVELOPMENT**  
 WE HAVE RESPECT FOR OTHERS AND THEIR FEELINGS.

**CULTURAL DEVELOPMENT**  
 WE ACCEPT, RESPECT AND CELEBRATE DIVERSITY.

## Staying safe and knowing where to seek help or support

**NEVER ALONE**

- NSPCC: 0800 800 5000 (24hrs)
- National Domestic Abuse Helpline: 0800 2000 247 (24hrs free)
- Mind: 0300 123 3393 (Mon-Fri 9-6)
- Victim Support: 0800 168 9111 (24hrs)
- Cruse Bereavement: 0800 808 1677 (Mon-Fri 9-5)
- ChildLine: 0800 1111 (24hrs)
- Action on Elder Abuse: 0800 808 8141 (Mon-Fri 9-5)
- Respect - Men's Advice Line: 0800 801 0327 (Mon-Fri 9-5:30pm)
- Samaritans: 116 123 (24hrs free)
- National Centre for Domestic Violence: 0207 186 8270

| 6   | 7   | 8   | 9  | 10  | 11   | 12  |
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| <p><b>Relationships</b></p> <p>Attraction to others; romantic relationships; civil partnership and marriage</p> <p>Recognising and managing pressure; consent in different situations</p> <p>Expressing opinions and respecting other points of view, including discussing topical issues</p>   | <p><b>Relationships</b></p> <p><b>Different types of relationships (on and offline)</b></p> <p>Friendships, bullying, LGBTQAI+, romantic feelings and families</p>  | <p><b>Relationships</b></p> <p><b>Choices and dangers in relationships</b></p> <p>Consent, 'sexting', domestic conflict, domestic violence, same sex relationships and gender and Tran's identity</p>   | <p><b>Relationships</b></p> <p><b>Intimate relationships</b></p> <p>Peer pressures, contraception, the risks of STIs, attitudes to pornography, healthy or unhealthy relationships, CSE.</p>   | <p><b>Relationships</b></p> <p><b>Healthy and unhealthy relationships</b></p> <p>Pornography on behaviour, laws on harassment and stalking, forced marriages.</p>   | <p><b>Relationships</b></p> <p><b>Communication in Relationships</b></p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> | <p><b>Relationships</b></p> <p><b>Healthy relationships</b></p> <p>Understand the difference between 'love' and 'lust'</p> <p>Relationships in the workplace and the boundaries around professional relationships</p> <p>Evaluate different degrees of emotional intimacy in relationships, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships</p>   |
| <p><b>Living in the Wider World</b></p> <p>Valuing diversity; challenging discrimination and stereotypes</p> <p>Evaluating media sources; sharing things online</p> <p>Influences and attitudes to money; money and financial risks</p>   | <p><b>Living in the Wider World</b></p> <p><b>Identity, Stereotypes and Discrimination</b></p> <p>racism, religious discrimination, disability, sexism, gender and teenagers.</p> <p><b>Looking after the world around us</b></p> <p>Environment, pollution and protecting animal rights. Needs and wants, shopping ethically (Finance link)</p>  | <p><b>Living in the Wider World</b></p> <p><b>Financial decision making</b></p> <p>Budgeting, saving, income and expenditure.</p> <p><b>Understanding life in Afghanistan</b></p> <p>(The Kite Runner Film) Human rights in the Afghan compared to UK, diversity within Islam and refugees.</p> <p><b>Looking after the world around us</b></p> <p>Charities, aid, human trafficking, sustainability and carbon footprint</p> <p><b>Online safety</b></p> <p>Keeping accounts safe, grooming and cyber-crime.</p> | <p><b>Living in the Wider World</b></p> <p><b>Financial decision making</b></p> <p>Accounts, savings loans and financial institutes, avoiding debt, NI and Tax and the aid of apps.</p> <p><b>Discrimination and Diversity (Freedom Writers film)</b></p> <p>Cultural diversity and discrimination</p> <p><b>Behaviour in society</b></p> <p>Anti-social behaviour, laws on young offenders, crime, gangs and county lines, knife crime.</p> | <p><b>Living in the Wider World</b></p> <p><b>Prevent</b></p> <p>Addressing extremism and radicalisation (including RS focus)</p> <p><b>Behaviour in society and online</b></p> <p>Gangs and county lines, knife crime, fake news, cybercrime, online fraud and money laundering</p> <p><b>Understanding Islam</b></p> <p>Understanding the Muslim faith (including RS focus)</p> | <p><b>Living in the Wider World</b></p> <p><b>Human Rights and International Law</b></p> <p>Link to the Families unit in Relationships (including RS focus)</p>  | <p><b>Living in the Wider World</b></p> <p><b>Finance Decision Making</b></p> <p>Plan for expenditure and budget for changes in circumstances (e.g. when moving out or going to university).</p> <p>Understand and manage salary deductions including taxation, national insurance and pension.</p> <p>Evaluate savings options, to exercise consumer rights, including resolving disputes and accessing appropriate support.</p>                                 |
| <p><b>Health and Wellbeing</b></p> <p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>Human reproduction and birth; increasing independence; managing transition</p> <p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> | <p><b>Health and Wellbeing</b></p> <p><b>Making healthy choices and if not, understanding the consequences</b></p> <p>Diet, exercise, smoking, vaping and alcohol.</p> <p><b>Strategies to deal with life challenges</b></p> <p>Physical and emotional changes during puberty. Depression, mindfulness and managing anxiety.</p> <p><b>Skills to achieve</b></p> <p>Developing interpersonal skills and self-confidence to boost achievement.</p> | <p><b>Health and Wellbeing</b></p> <p><b>Making healthy choices and strategies to deal with life challenges. If not, understanding the consequences</b></p> <p>Drugs, dangers of self-harm, eating disorders. More resilient and managing anger, stress and social anxiety, plus basic first aid training</p>   | <p><b>Health and Wellbeing</b></p> <p><b>Making Healthy Choices and Saving Lives</b></p> <p>Drugs, alcohol, vaccinations, tattoos and piercing, and CPR</p>  | <p><b>Health and Wellbeing</b></p> <p><b>Making healthy choices and strategies to deal with life challenges</b></p> <p>Binge drinking, gambling, online gaming, bereavement, homelessness.</p>  | <p><b>Health and Wellbeing</b></p> <p><b>Personal safety-</b></p> <p>Responsible health choices, and safety in independent contexts, FGM (including RS focus).</p>   | <p><b>Health and Wellbeing</b></p> <p><b>Safety</b></p> <p>Travelling UK and abroad, including passport, visa and insurance requirement. Cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely</p> <p><b>Health</b></p> <p>To recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'.</p> <p><b>Diet</b></p> <p>How to maintain a healthy diet, especially on a budget</p> |