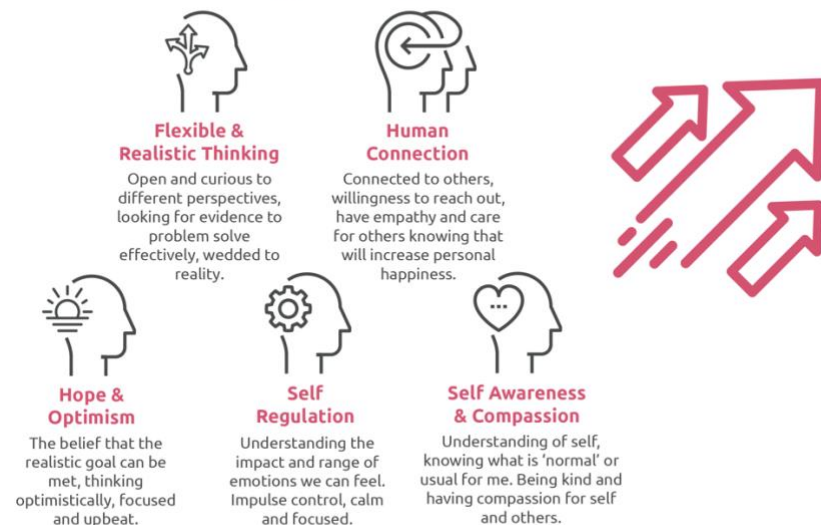


How does Bounce Forward Healthy Minds fulfil statutory requirements for Relationships and Health Education?

Resilience is the key to personal development. Evidence proves that resilience increases our ability to overcome setbacks, make the most of opportunities and thrive in life. These underpin all aspects of life, including risk, how we express ourselves and how we relate to others.

The competencies described below are the outcomes that are achieved by learning and using the resilience skills. The more the skills are practised the more developed the competency. These together underpin the specific requirements for **Relationships and Health Education**.

Tools for Living - Competencies



Psychological Skills



Physical Health and Mental Wellbeing: Key stages 3 and 4

Mental Wellbeing	How is this covered in Bounce Forward Healthy Minds?
How to talk about their emotions accurately and sensitively, using appropriate vocabulary	Resilience Competencies: Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Understand that emotions can be helpful and unhelpful and we can learn to regulate them. Understand the role of positive emotions. Explore the brain and the role of emotions. Understand the importance of being calm to help with resilient responses. Learn about the link between thoughts, feelings and behaviour. Understand that resilience skills can help us understand why we react the way we do. Learn how to calm down when emotions are strong. Intentional Stillness learning outcomes include: Explore the link between intentional stillness and feeling anxious. Identify what fills my stress bucket. Practise intentional stillness that can help me deal with anxiety.
That happiness is linked to being connected to others	Resilience Competencies: Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Understand the importance of gratitude. Practise gratitude. Consider how resilience skills can help me express myself and how it helps me understand others. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Learn what empathy means. Know how to stand in the shoes of others and show empathy. Be introduced to the idea of Big Sticky Beliefs (value-based beliefs). Consider the effect that BSBs can have on relationships. Recognise BSBs can cause people to react differently to the same Activating Event. Understand that BSBs can affect how we communicate which affects our relationships. Discover how communicating assertively builds healthy relationships. Intentional Stillness learning outcomes include: Understand the link between human connection and mental health. Explore the social brain. Practise expressing gratitude. From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made.

	Mental Illness Investigated Learning Outcomes include: Draw parallels between mental and physical health. Understand that mental health is a spectrum and can illustrate this with examples. Understand that physical health underlies mental health and can describe small changes to promote wellbeing Can model how to have a conversation with a friend about their mental health
How to recognise the early signs of mental wellbeing concerns	Resilience Competencies: Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Explore the brain and the role of emotions. Learn about the link between thoughts, feelings and behaviour. Understand that resilience skills can help us understand why we react the way we do. Understand the difference between optimistic and pessimistic thinking. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Reflect on personal wellbeing. Intentional Stillness learning outcomes include: Understand what intentional stillness means. Consider three different types of intentional stillness. Practise and discuss three different types of intentional stillness. Mental Illness Investigated Learning Outcomes include: Define mental health and mental illness. Draw parallels between mental and physical health. Understand that mental health is a spectrum and can illustrate this with examples. Explain that the brain's role in keeping us mentally healthy. Can explain some of the common triggers for mental illness Can explain a range of protective factors that reduce the risk of developing mental illness Differentiate between facts and myths about mental health and know where to seek further information if unsure. Model how to have a conversation with a friend about their mental health. Know when, where, how and why to get support for themselves or a friend and are aware of the types of support that are available. Can recognize the early warning signs of mental illness
Common types of mental ill health (e.g. anxiety and depression)	Resilience Competencies: Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Understand the difference between optimistic and pessimistic thinking. Learn how to recognise pessimistic thoughts. Know how to use evidence to create more flexible and accurate thinking. Identify when anxiety is getting in the way of my learning or my ability to do my best in tests and exams. Learn to identify common Gremlins of resilience. Learn to recognise that the Gremlins are not in control.

	Understand the difference between optimistic and pessimistic thinking. Reflect on personal wellbeing. Intentional Stillness learning outcomes include: Explore the link between intentional stillness and feeling anxious. Identify what fills my stress bucket. Practise intentional stillness that can help me deal with anxiety. Mental Illness Investigated Learning Outcomes include: Define depression and anxiety and outline their prevalence. Describe the symptoms of depression and anxiety and explain how these might impact on someone's day-to-day life. Explain the most common treatments for common mental health issues. Explain some of the common triggers for mental illness. Differentiate between facts and myths about mental health and know where to seek further information if unsure. Model how to have a conversation with a friend about their mental health. Know when, where, how and why to get support for themselves or a friend and are aware of the types of support that are available. Can describe healthy and unhealthy coping responses Can describe a range of difficult situations, thought and feelings and suggest specific healthy coping strategies that might help someone manage each of these
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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Explore that life is a journey with challenges (big and small) and it is our resilience that helps us overcome these. Learn about the link between thoughts, feelings and behaviour. Understand that resilience skills can help us understand why we react the way we do. Learn to identify common Gremlins of resilience. Learn to recognise that the Gremlins are not in control. Understand the difference between optimistic and pessimistic thinking. Explore the importance of respect for different perspectives. Know how to use evidence to create more flexible and accurate thinking. Notice our brains are wired to notice what we want to see. Understand the importance of gratitude. Learn the WoBbLe skill and how to use it to tame the Catastrophising Gremlin. Learn how to calm down when emotions are strong. Understand the concept of ambiguity in decision-making. Be able to discuss how to approach dilemmas and difficult decisions students may face in the coming years. Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process. Practise the skills to objectively 'weigh up' a situation. Understand that our beliefs play a part in our decision-making. Be able to communicate a decision more effectively and negotiate if appropriate. Understand what to do when faced with difficult decisions and choices. Be able to explain how to apply resilient thinking skills to decision-making. Understand what a resilient relationship is.

	Learn the beliefs that are inappropriate. Intentional Stillness learning outcomes include: Explore the link between intentional stillness and feeling anxious. Identify what fills my stress bucket. Practise intentional stillness that can help me deal with anxiety. From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made. Learn that thinking ahead about obstacles can help with planning for the future. Learn that the far future is linked to the present by the near choices we make. Learn that becoming the adult you want to be in the future, involves making choices now. Learn that what we do now influences the choices we make. Learn that a strategy is something that includes specific actions. Learn that taking action now makes the far future feel closer and is the difference between dreaming of who I want to be in the future and making the dream possible. Learn that what they do now in school matters for the future. Learn how to plan ways to overcome difficulties and cope with problems at school. Think about who may be able to help them with difficulties- teachers and other adults. Mental Illness Investigated Learning Outcomes include: Understand that mental health is a spectrum and can illustrate this with examples. Explain that the brain's role in keeping us mentally healthy. Understand that physical health underlies mental health and can describe small changes we can make to promote our wellbeing. Explain some of the common triggers for mental illness. Differentiate between facts and myths about mental health and know where to seek further information if unsure. Describe the 'five ways to wellbeing' and outline simple changes they could try to make to promote own wellbeing. Model how to have a conversation with a friend about their mental health. Know when, where, how and why to get support for themselves or a friend and are aware of the types of support that are available. Understand that everyone has to manage difficult situations, thoughts and feelings sometimes Can describe healthy and unhealthy coping responses Can describe a range of difficult situations, thought and feelings and suggest specific healthy coping strategies that might help someone manage each of these
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	The link between mind and body is implicit. The role of emotions as a source of energy and harnessing emotions can be achieved through physical activity. Resilience Lesson Learning Outcomes include: Learning calming, focusing and distraction techniques to look after ourselves. Being grateful for other people and how expressing gratitude is helpful for self and for others in terms of wellbeing. Intentional Stillness learning outcomes include: Understand the link between human connection and mental health.

	Explore the social brain. Practise expressing gratitude. Physical Resilience Learning Outcomes Include: Understand the link between physical and mental health. Consider how different people think about different types of physical activities. Practise challenging unhelpful perceptions about the link between physical and mental health. Identify ways to maintain good physical health. From School to Life learning outcomes include: Consider the links between the four domains of adulthood. Identify positive and negative role models. Discuss how positive and negative role models influence both success and failure. Learn that negative role models can distract and hinder goals. Understand that having goals for the future is helpful. Mental Illness Investigated Learning Outcomes include: Can draw parallels between mental and physical health Understand that physical health underlies mental health and can describe small changes we can make to promote our wellbeing. Describe the 'five ways to wellbeing' and outline simple changes they could try to make to promote own wellbeing.
Internet safety & harms	How is this covered in Bounce Forward Healthy Minds?
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 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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand the difference between optimistic and pessimistic thinking. Explore the importance of respect for different perspectives. Know how to use evidence to create more flexible and accurate thinking. Notice our brains are wired to notice what we want to see. Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Social Media Investigated Learning Outcomes include: Define media literacy. Explain media literacy concepts. Identify text and subtext in media examples. Recognise the characteristics of social media versus traditional media. Define and recognise characteristics of reality television. Identify the difference between reality and fantasy in various types of media. See the untold stories when watching reality television. Define and understand what it means to set a boundary in their life. Identify the advantages and disadvantages of social media. Share experiences and stories of boundary setting or boundary crossing online. Understand the impact of social media activity on future goals and aspirations.

	Explore the positives of using social media and how it impacts how we receive, alter, and share information. Review and further explore the benefits of social media. Create their own guidelines for using social media in a positive way. Discuss how media can be used to build community, find support, and decrease isolation in their lives. Describe my online identity and how I want to be thought of by others online. Create a map connecting my current identity to future goals. Describe this to other people. Communicate how social media forms part of my identity now and in the future. Identify that other students have different ideas and identities and use social media in different ways. Explain how my online identity may influence my future. Recap media literacy and the difference between text and subtext Accurately identify at least three techniques of persuasion in a media Differentiate between persuasion and manipulation Discuss stereotypes applied to females and males in UK society. Identify the gender constructs in various media examples. Able to examine how ideas about gender identity affect lives. Understand the subtext and untold stories behind media messages regarding sex and sexuality. Identify target marketing tactics to various age groups. Learn to understand the intersection of gender, age, and body size. Learn about body shaming messages and how to counter these negative messages by being body positive. Compare the marketing of a product with its actual nutritional value. Learn to examine which foods are targeted to specific groups of people. Understand the connection between access to healthy foods and the future of one's health. Consider a healthy balanced lifestyle. Identify healthier options for them and their families. Learn how to contrast the ideas about a product with real facts about how the product can impact one's health. Learn how to analyse the ways in which they themselves are targeted by media and evaluate how media impact their thoughts and beliefs. Understand the connection between marketing of certain products and gambling addiction From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made. Learn that thinking ahead about obstacles can help with planning for the future. Learn that the far future is linked to the present by the near choices we make. Learn that becoming the adult you want to be in the future, involves making choices now. Learn that what we do now influences the choices we make. Learn that a strategy is something that includes specific actions. Learn that taking action now makes the far future feel closer and is the difference between dreaming of who I want to be in the future and making the dream possible. Learn how to plan ways to overcome difficulties and cope with problems at school. Think about who may be able to help them with difficulties- teachers and other adults.
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Physical health and fitness	How is this covered in Bounce Forward Healthy Minds?
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Understand the difference between optimistic and pessimistic thinking. Understand that emotions can be helpful and unhelpful and we can learn to regulate them. Explore the brain and the role of emotions. The role of emotions as a source of energy and harnessing emotions can be achieved through physical activity. Physical Resilience Learning Outcomes Include: Understand the link between physical and mental health. Consider how different people think about different types of physical activities. Practise challenging unhelpful perceptions about the link between physical and mental health. Identify ways to maintain good physical health. Understand the link between sleep and good mental health. Examine different types of sleep. Understand what is happening in the brain when we are asleep. Intentional Stillness learning outcomes include: Explore the link between intentional stillness and feeling anxious. Identify what fills my stress bucket. Practise intentional stillness that can help me deal with anxiety. Understand the link between human connection and mental health. Explore the social brain. Practise expressing gratitude. Mental Illness Investigated Learning Outcomes include: Draw parallels between mental and physical health. Understand that mental health is a spectrum and can illustrate this with examples. Explain that the brain's role in keeping us mentally healthy. Understand that physical health underlies mental health and can describe small changes we can make to promote our wellbeing. Describe the 'five ways to wellbeing' and outline simple changes they could try to make to promote own wellbeing.
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.	Social Media Investigated Learning Outcomes include: Compare the marketing of a product with its actual nutritional value. Learn to examine which foods are targeted to specific groups of people. Understand the connection between access to healthy foods and the future of one's health. Identify structural issues that hinder accessing healthy food. Identify healthier options for them and their families. Learn how to contrast the ideas about a product with real facts about how the product can impact one's health. Intentional Stillness learning outcomes include: Understand what intentional stillness means. Consider three different types of intentional stillness. Practise and discuss three different types of intentional stillness.

	Physical Resilience Learning Outcomes Include: Understand the link between nutrition and mental health. Consider barriers that can get in the way of maintaining healthy nutrition. Identify key facts and myths for a mentally healthy diet. Mental Illness Investigated Learning Outcomes include: Understand that physical health underlies mental health and can describe small changes we can make to promote our wellbeing. Describe the ‘five ways to wellbeing’ and outline simple changes they could try to make to promote own wellbeing. Cancer and cardio-vascular ill-health are not covered.
The science relating to blood, organ and stem cell donation	Not explicitly covered
Healthy eating	How is this covered in Bounce Forward Healthy Minds?
How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	Resilience Competencies: Flexible and Realistic Thinking, Human Connection, Self Awareness and Compassion, Hope and Optimism Social Media Influences Investigated Learning Outcomes include: Understand the connection between access to healthy foods and the future of one’s health. Identify structural issues that hinder accessing healthy food. Identify healthier options for them and their families. Learn how to contrast the ideas about a product with real facts about how the product can impact one’s health. Learn to differentiate between persuasion and manipulation. Physical Resilience Learning Outcomes Include: Understand the link between nutrition and mental health. Consider barriers that can get in the way of maintaining healthy nutrition. Identify key facts and myths for a mentally healthy diet. Tooth decay and cancer are not covered.
Drugs alcohol and tobacco	How is this covered in Bounce Forward Healthy Minds?
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	Resilience Competencies: Flexible and Realistic Thinking, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilient Decisions Learning Outcomes Include: Assessing risk & opportunity Able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years Be better able to identify the risk and opportunity in the decisions I may face in the coming years Understand the power of peer influence on the decision-making process Practise the skills to objectively ‘weigh up’ a situation Understand that our beliefs play a part in our decision-making Be able to communicate a decision more effectively and negotiate if appropriate

	Unplugged Learning Outcomes Include: Reflect on their own knowledge about drugs. Learn the effects and risks of drug use. Learn how to access information on different kinds of drugs. Identify healthy coping strategies. Reflect on strong and not so strong personal attributes. Learn that negative feelings are not wrong or dangerous. Cope with weaknesses and limitations in a constructive way. Learn a model to solve personal problems. Learn creative thinking. Learn to stop, calm down and think when they have a problem, instead of reacting impulsively. Distinguish between long term and short term positive and negative consequences of different actions/ solutions. Practise splitting long-term goals into short-term objectives. Reflect on the opportunity and apply what they learned in an individual context. Evaluate strengths and weaknesses in the process of this programme. Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/
The law relating to the supply and possession of illegal substances	Unplugged Learning Outcomes Include: Reflect on their own knowledge about drugs. Learn the effects and risks of drug use. Learn how to access information on different kinds of drugs. Identify healthy coping strategies. Reflect on strong and not so strong personal attributes. Learn that negative feelings are not wrong or dangerous. Cope with weaknesses and limitations in a constructive way. Learn a model to solve personal problems. Learn creative thinking. Learn to stop, calm down and think when they have a problem, instead of reacting impulsively. Distinguish between long term and short term positive and negative consequences of different actions/ solutions. Practise splitting long-term goals into short-term objectives. Reflect on the opportunity and apply what they learned in an individual context. Evaluate strengths and weaknesses in the process of this programme. Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/
The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/
The physical and psychological consequences of addiction, including alcohol dependency	Unplugged Learning Outcomes Include: Reflect on their own knowledge about drugs. Learn the effects and risks of drug use. Learn how to access information on different kinds of drugs. Identify healthy coping strategies. Reflect on strong and not so strong personal attributes. Learn that negative feelings are not wrong or dangerous. Cope with weaknesses and limitations in a constructive way. Learn a model to solve personal problems.

	Learn creative thinking. Learn to stop, calm down and think when they have a problem, instead of reacting impulsively. Distinguish between long term and short term positive and negative consequences of different actions/ solutions. Practise splitting long-term goals into short-term objectives. Reflect on the opportunity and apply what they learned in an individual context. Evaluate strengths and weaknesses in the process of this programme. Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/ From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made. Learn that thinking ahead about obstacles can help with planning for the future. Social Media Investigated Learning Outcomes include: Define media literacy. Explain media literacy concepts. Identify text and subtext in media examples. Define and understand what it means to set a boundary in their life. Create a map connecting my current identity to future goals. Differentiate between persuasion and manipulation Discuss stereotypes applied to females and males in UK society. Identify target marketing tactics to various age groups. Learn how to analyse the ways in which they themselves are targeted by media and evaluate how media impact their thoughts and beliefs. Understand the connection between marketing of certain products and gambling addiction
Awareness of the dangers of drugs which are prescribed but still present serious health risks	Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/
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	Resilience Lesson Learning Outcomes include: Explore that life is a journey with challenges (big and small) and it is our resilience that helps us overcome these. Learn about the link between thoughts, feelings and behaviour. Understand that resilience skills can help us understand why we react the way we do. Learn to identify common Gremlins of resilience. Learn to recognise that the Gremlins are not in control. Understand the difference between optimistic and pessimistic thinking. Explore the importance of respect for different perspectives. Know how to use evidence to create more flexible and accurate thinking. Understand the importance of gratitude. Understand the concept of ambiguity in decision-making. Be able to discuss how to approach dilemmas and difficult decisions students may face in the coming years. Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process.

	Practise the skills to objectively 'weigh up' a situation. Understand that our beliefs play a part in our decision-making. Be able to communicate a decision more effectively and negotiate if appropriate. Understand what to do when faced with difficult decisions and choices. Be able to explain how to apply resilient thinking skills to decision-making. Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/
Health and prevention	Not explicitly covered
Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	Not explicitly covered Intentional Stillness learning outcomes include: Explore the link between intentional stillness and sleep. Discuss the importance of sleep. Practise intentional stillness that can help me prepare for a good night's sleep. Physical Resilience Learning Outcomes Include: Understand the link between sleep and good mental health. Examine different types of sleep. Understand what is happening in the brain when we are asleep. Consider key facts about the teenage brain. Understand the impact of a lack of sleep. Challenge common beliefs that can get in the way. Identify helpful sleep routines. Exploring how to take control of my sleep. Create a sleep diary.
Dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	
The benefits of regular self-examination and screening	
The facts and science relating to immunization 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	
Basic first aid	How is this covered in Bounce Forward Healthy Minds?
Basic treatment for common injuries	Not explicitly covered
Life-saving skills, including how to administer CPR	The ability to remain calm, not catastrophise in an emergency is key. As is the ability to be able communicate in a clear and assertive manner. Resilience Lesson Learning Outcomes include: Learn how to respond in an emergency. Learn the WoBbLe skill and how to use it to tame the Catastrophising Gremlin.

	Learn how to calm down when emotions are strong. Learn different communication styles. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships.
The purpose of defibrillators and when one might be needed	Not explicitly covered
Changing adolescent body	How is this covered in Bounce Forward Healthy Minds?
Key facts about puberty, the changing adolescent body and menstrual wellbeing	Resilience Competencies: Flexible and Realistic Thinking, Human Connection, Self Awareness and Compassion, Hope and Optimism Not explicitly covered
The main changes which take place in males and females, and the implications for emotional and physical health	Resilience Competencies: Flexible and Realistic Thinking, Human Connection, Self Awareness and Compassion, Hope and Optimism Not explicitly covered

Relationships and Sex Education: Key stages 3 and 4

Families	How is this covered in Bounce Forward Healthy Minds?
That there are different types of committed, stable relationships.	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilient Relationships Lesson Learning Outcomes include: Identify healthy and unhealthy relationships Consider and discuss the beliefs that can help and hinder Test your relationship smarts Explore the foundations of a healthy relationship Understand there are different types of relationships
How these relationships might contribute to human happiness and their importance for bringing up children	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilient Relationships Learning Outcomes include: Understand there are different types of relationships Consider the role and responsibilities of successful parenting Explore the financial and lifestyle costs of having a baby Discuss what needs to be in place before deciding to have a baby Understand that BSBs can have a significant impact feelings and behaviour Explore how BSBs can cause people to react in different ways and have an impact on relationships Intentional Stillness learning outcomes include: Understand the link between human connection and mental health. Explore the social brain. Practise expressing gratitude.
What marriage is, including its legal status	Resilient Relationships Learning Outcomes include: Understand there are different types of relationships.
Why marriage is an important relationship choice for many couples and why it must be freely entered into	Resilient Relationships Learning Outcomes include: Understand there are different types of relationships. Understand that BSBs can have a significant impact feelings and behaviour Explore how BSBs can cause people to react in different ways and have an impact on relationships. Explore the foundations of a healthy relationship.
The characteristics and legal status of other types of long-term relationships	Resilient Relationships Learning Outcomes include: Understand there are different types of relationships.

The roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting	Resilient Relationships Learning Outcomes include: Understand there are different types of relationships Consider the role and responsibilities of successful parenting Explore the financial and lifestyle costs of having a baby Discuss what needs to be in place before deciding to have a baby Understand that BSBs can have a significant impact feelings and behaviour Explore how BSBs can cause people to react in different ways and have an impact on relationships Explore the foundations of a healthy relationship
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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilient Relationships Learning Outcomes include: Understand the importance of boundaries for relationships Explore unhealthy, toxic relationships Practice assertive communication for ending a relationship Recognising when something is unsafe and speaking up Explore the foundations of a healthy relationship
Respectful relationships, including friendships	How is this covered in Bounce Forward Healthy Minds?
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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Resilient Relationships Learning Outcomes include: Identify healthy and unhealthy relationships Practice assertive communication for ending a relationship Consider and discuss the beliefs that can help and hinder Explore Big Sticky Beliefs Understand the difference between Gremlin Beliefs and Big Sticky Beliefs (BSBs) Recognise how BSBs can impact behaviour Recognise how BSBs cause us to react to situations in ways that do not make sense Explore how BSBs can cause people to react in different ways and have an impact on relationships Practise finding alternative BSBs Understand how to modify or challenge unhelpful BSBs

	Resilient Decisions Learning Outcomes include: How to explain the importance of flexible and accurate thinking for dilemmas How to identify the risk and opportunity in the decisions Understand the power of peer influence on the decision-making process
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Learn how to identify BSBs using 'what' questions. Consider the effect that BSBs can have on relationships. Understand that BSBs can have a significant impact on our feelings and behaviour. Recognise BSBs can cause people to react differently to the same Activating Event. Learn that our BSBs can help us understand why we act and feel the way we do. Practise finding alternative BSBs. Recognise the importance of finding evidence for a belief. Understand how to modify or challenge unhelpful BSBs. Understand that BSBs can affect how we communicate which affects our relationships. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Discover how communicating assertively builds healthy relationships. Gain strategies to deal with unhelpful BSBs. Understand the long-term implications of Big Sticky Beliefs (BSBs) for our future. Know how to manage our BSBs and therefore control our consequences. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made. Learn that thinking ahead about obstacles can help with planning for the future. Learn that the far future is linked to the present by the near choices we make. Learn that becoming the adult you want to be in the future, involves making choices now. Learn that what we do now influences the choices we make. Learn that a strategy is something that includes specific actions. Learn that taking action now makes the far future feel closer and is the difference between dreaming of who I want to be in the future and making the dream possible. Learn how to plan ways to overcome difficulties and cope with problems at school. Think about who may be able to help them with difficulties- teachers and other adults.

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)	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process. Practise the skills to objectively ‘weigh up’ a situation. Understand that our beliefs play a part in our decision-making. Be able to communicate a decision more effectively and negotiate if appropriate. Understand what to do when faced with difficult decisions and choices. Be able to explain how to apply resilient thinking skills to decision-making. Reinforce the impact our decisions have. Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Social Media Investigated Learning Outcomes include: Discuss stereotypes applied to females and males in UK society. Identify the gender constructs in various media examples. Able to examine how ideas about gender affect their own lives. Learn the subtext and untold stories behind media messages regarding sex and sexuality. Identify target marketing tactics to various age groups. Learn to understand the intersection of gender, age, and body size. Learn about body shaming messages and how to counter these negative messages by being body positive.
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,	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Explore the importance of respect for different perspectives. Know how to use evidence to create more flexible and accurate thinking. Learn about the link between thoughts, feelings and behaviour. Understand that resilience skills can help us understand why we react the way we do. Learn to identify common Gremlins of resilience. Learn to recognise that the Gremlins are not in control. Understand the difference between optimistic and pessimistic thinking. Explore the importance of respect for different perspectives. Know how to use evidence to create more flexible and accurate thinking. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Learn that we all have habits of thinking that can be hard to change. Notice our brains are wired to notice what we want to see. Use the resilience skills to deal with everyday situations that occur. Learn what empathy means. Know how to stand in the shoes of others and show empathy.

	Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process. Intentional Stillness learning outcomes include: Understand the link between human connection and mental health. Explore the social brain. Practise expressing gratitude.
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Learn the beliefs that are inappropriate. Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process. Knowing how and where to get support when needed. Learn the beliefs that can get in the way of assertive communication. Learn different communication styles (aggressive, passive and assertive). Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made. Social Media Investigated Learning Outcomes include: Define media literacy. Explain media literacy concepts. Identify text and subtext in media examples. Recognise the characteristics of social media versus traditional media. Define and recognise characteristics of reality television. Identify the difference between reality and fantasy in various types of media. See the untold stories when watching reality television. Define and understand what it means to set a boundary in their life. Identify the advantages and disadvantages of social media. Share experiences and stories of boundary setting or boundary crossing online. Explore the positives of using social media and how it impacts how we receive, alter, and share information. Create their own guidelines for using social media in a positive way. Discuss how media can be used to build community, find support, and decrease isolation in their lives.

	Describe my online identity and how I want to be thought of by others online. Discuss stereotypes applied to females and males in UK society. Identify the gender constructs in various media examples including how some messages (such as gambling) as targeted. Able to examine how ideas about gender affect their own lives. Learn the subtext and untold stories behind media messages regarding sex and sexuality. Identify target marketing tactics to various age groups. Learn to understand the intersection of gender, age, and body size. Learn about body shaming messages and how to counter these negative messages by being body positive. Compare the marketing of a product with its actual nutritional value. Learn to examine which foods are targeted to specific groups of people. Understand the connection between access to healthy foods and the future of one's health. Identify structural issues that hinder accessing healthy food. Identify healthier options for them and their families. Learn how to contrast the ideas about a product with real facts about how the product can impact one's health. Learn how to analyse the ways in which they themselves are targeted by media and evaluate how media impact their thoughts and beliefs.
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Resilient Relationships Learning Outcomes include: Identify healthy and unhealthy relationships Explore unhealthy, toxic relationships Practice assertive communication for ending a relationship Recognising when something is unsafe and speaking up Consider and discuss the beliefs that can help and hinder Recognise how BSBs can impact behaviour Recognise how BSBs cause us to react to situations in ways that do not make sense Explore how BSBs can cause people to react in different ways and have an impact on relationships
What constitutes sexual harassment and sexual violence and why these are always unacceptable	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilient Relationships Learning Outcomes include: Understand what a resilient relationship is. Identify healthy and unhealthy relationships Explore unhealthy, toxic relationships Learn the beliefs that are inappropriate. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication.

	Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Explore the foundations of a healthy relationship
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	Not explicitly covered
Online and Media	How is this covered in Bounce Forward Healthy Minds?
Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Social Media Investigated Learning Outcomes include: Define media literacy. Explain media literacy concepts. Identify text and subtext in media examples. Recognise the characteristics of social media versus traditional media. Define and recognise characteristics of reality television. Identify the difference between reality and fantasy in various types of media. See the untold stories when watching reality television. Define and understand what it means to set a boundary in their life. Identify the advantages and disadvantages of social media. Share experiences and stories of boundary setting or boundary crossing online. Understand the impact of social media activity on future goals and aspirations. Explore the positives of using social media and how it impacts how we receive, alter, and share information. Review and further explore the benefits of social media. Create their own guidelines for using social media in a positive way. Discuss how media can be used to build community, find support, and decrease isolation in their lives. Describe my online identity and how I want to be thought of by others online. Create a map connecting my current identity to future goals. Communicate how social media forms part of my identity now and in the future. Identify that other students have different ideas and identities and use social media in different ways. Explain how my online identity may influence my future. Accurately identify at least three techniques of persuasion in a media Differentiate between persuasion and manipulation Discuss stereotypes applied to females and males in UK society.

	Identify the gender constructs in various media examples including how some messages (such as gambling) as targeted. Able to examine how ideas about gender affect their own lives. Learn the subtext and untold stories behind media messages regarding sex and sexuality. Identify target marketing tactics to various age groups. Learn to understand the intersection of gender, age, and body size. Learn about body shaming messages and how to counter these negative messages by being body positive. Compare the marketing of a product with its actual nutritional value. Learn to examine which foods are targeted to specific groups of people. Understand the connection between access to healthy foods and the future of one's health. Identify structural issues that hinder accessing healthy food. Identify healthier options for them and their families. Learn how to contrast the ideas about a product with real facts about how the product can impact one's health. Learn how to analyse the ways in which they themselves are targeted by media and evaluate how media impact their thoughts and beliefs.
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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Social Media Investigated Learning Outcomes include: Define media literacy. Explain media literacy concepts. Identify text and subtext in media examples. Recognise the characteristics of social media versus traditional media. Define and recognise characteristics of reality television. Identify the difference between reality and fantasy in various types of media. See the untold stories when watching reality television. Define and understand what it means to set a boundary in their life. Identify the advantages and disadvantages of social media. Share experiences and stories of boundary setting or boundary crossing online. Understand the impact of social media activity on future goals and aspirations. Explore the positives of using social media and how it impacts how we receive, alter, and share information. Review and further explore the benefits of social media. Create their own guidelines for using social media in a positive way. Discuss how media can be used to build community, find support, and decrease isolation in their lives. Describe my online identity and how I want to be thought of by others online. Create a map connecting my current identity to future goals. Describe this to other people. Communicate how social media forms part of my identity now and in the future. Identify that other students have different ideas and identities and use social media in different ways. Explain how my online identity may influence my future. Recap media literacy and the difference between text and subtext Accurately identify at least three techniques of persuasion in a media Differentiate between persuasion and manipulation

	Discuss stereotypes applied to females and males in UK society. Identify the gender constructs in various media examples including how some messages (such as gambling) as targeted. Able to examine how ideas about gender affect their own lives. Learn the subtext and untold stories behind media messages regarding sex and sexuality. Identify target marketing tactics to various age groups. Learn to understand the intersection of gender, age, and body size. Learn about body shaming messages and how to counter these negative messages by being body positive. Compare the marketing of a product with its actual nutritional value. Learn to examine which foods are targeted to specific groups of people. Understand the connection between access to healthy foods and the future of one's health. Identify structural issues that hinder accessing healthy food. Identify healthier options for them and their families. Learn how to contrast the ideas about a product with real facts about how the product can impact one's health. Learn how to analyse the ways in which they themselves are targeted by media and evaluate how media impact their thoughts and beliefs.
Not to provide material to others that they would not want shared further and not to share personal material which is sent to them	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Social Media Investigated Learning Outcomes include: Learn how to recognise characteristics of social media vs. traditional media. Learn how to identify the differences between reality and fantasy in various types of media and see the untold stories when watching reality television. Learn to define and understand what it means to set a boundary in their life. Learn to identify the advantages and disadvantages of social media. Understand the impact of their present social media activity on future goals and aspirations. Learn how to create their own guidelines for using social media in a positive way. Learn and discuss how media can be used to build community, find support, and decrease isolation in their lives. Learn how to describe their identity and how they want to be thought of by others online. Learn to express how social media forms part of their identity now and in the future. Learn how to identify that others have different ideas and identities and use social media in different ways. Can explain how their online identity will influence their future.
What to do and where to get support to report material or manage issues online	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships.

	Social Media Investigated Learning Outcomes include: Learn to identify the advantages and disadvantages of social media. Learn to define and understand what it means to set a boundary in their life. Understand the impact of their present social media activity on future goals and aspirations. Learn how to create their own guidelines for using social media in a positive way. From School to Life Learning Outcomes Include: Learn how to plan ways to overcome difficulties and cope with problems at school. Think about who may be able to help them with difficulties- teachers and other adults.
The impact of viewing harmful content	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Social Media Investigated Learning Outcomes include: Learn to identify the advantages and disadvantages of social media. Learn to define and understand what it means to set a boundary in their life. Learn how to describe their identity and how they want to be thought of by others online. Learn to express how social media forms part of their identity now and in the future.
That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partner	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Learn what empathy means. Know how to stand in the shoes of others and show empathy. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Social Media Investigated Learning Outcomes include: Learn to differentiate between persuasion and manipulation. Discuss stereotypes applied to females and males in UK society. Identify the gender constructs in various media examples. Able to examine how ideas about gender affect their own lives. Learn the subtext and untold stories behind media messages regarding sex and sexuality.
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	Not explicitly covered
How information and data is generated, collected, shared and used online	Not explicitly covered

Being Safe	How is this covered in Bounce Forward Healthy Minds?
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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Learn what empathy means. Know how to stand in the shoes of others and show empathy. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Resilient Relationships Learning Outcomes include: Understand what a resilient relationship is. Identify healthy and unhealthy relationships. Explore unhealthy, toxic relationships. Learn the beliefs that are inappropriate. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Explore the foundations of a healthy relationship.
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)	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include: Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Learn the beliefs that are inappropriate. Learn what empathy means. Know how to stand in the shoes of others and show empathy. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Resilient Relationships Learning Outcomes include: Understand what a resilient relationship is. Identify healthy and unhealthy relationships. Explore unhealthy, toxic relationships. Learn the beliefs that are inappropriate. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Explore the foundations of a healthy relationship.
Intimate and sexual relationships, including sexual health	How is this covered in Bounce Forward Healthy Minds?
How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect,	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion Resilience Lesson Learning Outcomes include:

consent, loyalty, trust, shared interests and outlook, sex and friendship	Understand what a resilient relationship is. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Learn the beliefs that are inappropriate. Learn what empathy means. Know how to stand in the shoes of others and show empathy. Recognise and respect that we can have different views, we can agree to disagree and still value the other perspective. Resilient Relationships Learning Outcomes include: Understand what a resilient relationship is. Identify healthy and unhealthy relationships. Explore unhealthy, toxic relationships. Learn the beliefs that are inappropriate. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Explore the foundations of a healthy relationship.
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	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand what a resilient relationship is. Learn the beliefs that are inappropriate. Learn what empathy means. Know how to stand in the shoes of others and show empathy. Intentional Stillness learning outcomes include: Understand the link between human connection and mental health. Explore the social brain. Practise expressing gratitude. Social Media Investigated Learning Outcomes include: Learn about body shaming messages and how to counter these negative messages by being body positive. Learn to differentiate between persuasion and manipulation. From School to Life Learning Outcomes include: Recognise that everyone has different ideas about who they want to be in the future. Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made.
The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women	Not explicitly covered

That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Understand the concept of ambiguity in decision-making. Be able to discuss how to approach dilemmas and difficult decisions students may face in the coming years. Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process. Practise the skills to objectively ‘weigh up’ a situation. Understand that our beliefs play a part in our decision-making. Be able to communicate a decision more effectively and negotiate if appropriate. Understand what to do when faced with difficult decisions and choices. Be able to explain how to apply resilient thinking skills to decision-making. Reinforce the impact our decisions have. Understand that emotions can be helpful and unhelpful and we can learn to regulate them. Recognise that we all have resilience and it can be developed. Explore the brain and the role of emotions. Learn about the link between thoughts, feelings and behaviour. Learn to identify common Gremlins of resilience. Learn to recognise that the Gremlins are not in control. Understand the difference between optimistic and pessimistic thinking. Explore the importance of respect for different perspectives. Know how to use evidence to create more flexible and accurate thinking. Consider how resilience skills can help me express myself and how it helps me understand others. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships. Learn that we all have habits of thinking that can be hard to change. Notice our brains are wired to notice what we want to see. Use the resilience skills to deal with everyday situations that occur. Learn what empathy means. Know how to stand in the shoes of others and show empathy. From School to Life Learning Outcomes include: Learn that positive role models can help them reach their goals. Learn that negative role models can distract and hinder goals. Learn that everyone faces obstacles and difficulties. Learn that there are decisions and choices to be made. Learn that thinking ahead about obstacles can help with planning for the future. Learn that the far future is linked to the present by the near choices we make. Learn that becoming the adult you want to be in the future, involves making choices now. Learn that what we do now influences the choices we make. Resilient Relationships Learning Outcomes Include: Identify healthy and unhealthy relationships Consider and discuss the beliefs that can help and hinder Test your relationship smarts Explore the foundations of a healthy relationship
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	Recognising when something is unsafe and speaking up Understand there are different types of relationships
That they have a choice to delay sex or to enjoy intimacy without sex	Resilient Relationships Learning Outcomes Include: Identify healthy and unhealthy relationships Consider and discuss the beliefs that can help and hinder Test your relationship smarts Explore the foundations of a healthy relationship
The facts about the full range of contraceptive choices, efficacy and options available	Not explicitly covered
The facts around pregnancy including miscarriage	Not explicitly covered
That there are choices in relation to pregnancy	Not explicitly covered
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	Not explicitly covered
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Not explicitly covered
How the use of alcohol and drugs can lead to risky sexual behaviour	Resilience Competencies: Flexible and Realistic Thinking, Self Regulation, Human Connection, Self Awareness and Compassion, Hope and Optimism Resilience Lesson Learning Outcomes include: Be able to discuss how to approach dilemmas and difficult decisions students may face in the coming years. Be able to explain the importance of flexible and accurate thinking for dilemmas that I may face in the coming years. Be better able to identify the risk and opportunity in the decisions I may face in the coming years. Understand the power of peer influence on the decision-making process. Practise the skills to objectively 'weigh up' a situation. Understand that our beliefs play a part in our decision-making. Be able to communicate a decision more effectively and negotiate if appropriate. Understand what to do when faced with difficult decisions and choices. Unplugged Learning Outcomes Include: Reflect on their own knowledge about drugs. Learn the effects and risks of drug use. Learn how to access information on different kinds of drugs. Identify healthy coping strategies. Reflect on strong and not so strong personal attributes. Learn that negative feelings are not wrong or dangerous. Cope with weaknesses and limitations in a constructive way. Learn a model to solve personal problems.

	Learn creative thinking. Learn to stop, calm down and think when they have a problem, instead of reacting impulsively. Distinguish between long term and short term positive and negative consequences of different actions/ solutions. Practise splitting long-term goals into short-term objectives. Reflect on the opportunity and apply what they learned in an individual context. Evaluate strengths and weaknesses in the process of this programme. Healthy Minds guides schools to FREE resources from The Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	Resilience Lesson Learning Outcomes include: Knowing when and how to get support when needed. Learn different communication styles (aggressive, passive and assertive). Learn the beliefs that can get in the way of assertive communication. Practise assertive communication. Understand that assertive communication allows us to take care of ourselves and is essential for healthy relationships.