

## **Physical Health and Wellbeing (Secondary)**

The following is taken directly from the draft Guidance after paragraph 99.

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

### **Mental wellbeing**

Pupils should know:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- that happiness is linked to being connected to others.
- how to recognise the early signs of mental wellbeing issues.
- common types of mental ill health (e.g. anxiety and depression).
- 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.
- the benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

### **Internet safety and harms**

Pupils should know:

- the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online 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), 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 get support, if they have been affected by those behaviours

### **Physical health and fitness**

Pupils should know:

- the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- 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.
- facts about wider issues such as organ/blood donation.

### **Healthy eating**

Pupils should know:

- how to maintain healthy eating and the links between a poor diet and health risks, including eating disorders and cancer.

### **Drugs, alcohol and tobacco**

Pupils should know:

- the facts about legal substances and illegal substances, including drug-taking, and the associated risks, including the link to serious mental health conditions.
- the law relating to the supply and possession of illegal substances.
- the physical and psychological risks associated with alcohol consumption and what constitutes (relatively) safe alcohol consumption.
- the physical and psychological consequences of addiction, including alcohol dependency.
- awareness of the dangers of drugs which are prescribed but still present serious health risks.
- the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

### **Health and prevention**

Pupils should know:

- about personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics.
- about dental health and the benefits of good oral hygiene and flossing, including visits to the dentist.
- (late secondary) the benefits of regular self-examination (including screening and immunisation).
- 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**

Pupils should know:

- basic treatment for common injuries.
- life-saving skills, including how to administer CPR.
- the purpose of defibrillators and when one might be needed.

### **Changing adolescent body**

Pupils should know:

- key facts about puberty and the changing adolescent body.

- the main changes which take place in males and females, and the implications for emotional and physical health.