

What Pupils Should Know by the End of Secondary School

Physical Health and Mental Wellbeing

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	<p>Pupils should know</p> <ul style="list-style-type: none">● 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 concerns.● 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 and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Internet Safety and Harms	<p>Pupils should know</p> <ul style="list-style-type: none">● 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.

Physical health and fitness	<p>Pupils should know</p> <ul style="list-style-type: none">● 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 cardiovascular ill-health.● about the science relating to blood, organ and stem cell donation.
Healthy eating	<p>Pupils should know</p> <ul style="list-style-type: none">● how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
Drugs, alcohol and tobacco	<p>Pupils should know</p> <ul style="list-style-type: none">● 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.● the law relating to the supply and possession of illegal substances.● the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.● the physical and psychological consequences of addiction, including alcohol dependency.● awareness of the dangers of drugs which are prescribed but still present serious health risks.● the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

Health and prevention	<p>Pupils should know</p> <ul style="list-style-type: none">● about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.● about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.● (late secondary) the benefits of regular self-examination and screening.● the facts and science relating to immunisation and vaccination.● the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
Basic first aid	<p>Pupils should know</p> <ul style="list-style-type: none">● 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	<p>Pupils should know</p> <ul style="list-style-type: none">● key facts about puberty, the changing adolescent body and menstrual wellbeing.● the main changes which take place in males and females, and the implications for emotional and physical health.