

# My Family Coach in KS3 & KS4

How does My Family Coach complement statutory Relationships & Sex Education (RSE) and Health Education lessons in school?

My Family Coach is designed around the needs of families and complements many areas of statutory guidance and wider PSHE teaching in school.

There are several ways My Family Coach can be used to support your lessons:

- € When you are teaching a RHE/ PSHE topic, share the relevant My Family Coach resources with your parents and carers.
- € My Family Coach resources can be added to a PSHE curriculum map.
- € If a family is experiencing a particular need, share relevant My Family Coach resources with them.
- € My Family Coach resources can be shared as part of a response to specific issues your school is facing.

The grids below set out the statutory Relationships and Health Education guidance for Primary Schools with appropriate My Family Coach resources. You will need to sign into the My Family Coach website to view them.

Relationship Education KS3 & 4
<b>Theme: Families</b>
Schools should continue to develop knowledge on topics specified for primary as required <u>and in addition</u> cover the following content by the end of secondary:

By the end of secondary school, pupils should know:	
that there are different types of committed, stable relationships.	Quick Read: <a href="#">How to Support With Teenage Relationships</a> Podcast: <a href="#">Positive About Behaviour</a> Podcast: <a href="#">Behaviour and Consistency</a> Podcast: <a href="#">Behaviour and Positive Approaches</a>
how these relationships might contribute to human happiness and their importance for bringing up children.	Quick Read: <a href="#">How to Support With Teenage Relationships</a> Podcast: <a href="#">Positive About Behaviour</a> Podcast: <a href="#">Behaviour and Consistency</a> Podcast: <a href="#">Behaviour and Positive Approaches</a>
what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.	
why marriage is an important relationship choice for many couples and why it must be freely entered into.	Quick Read: <a href="#">Talking to Your Teen About Consent</a>
the characteristics and legal status of other types of long-term relationships.	
the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Quick Read: <a href="#">10 Ways to Talk to Your Teenager</a> Quick Read: <a href="#">Why Ultimatums Won't Work With Teenagers</a> Quick Read: <a href="#">5 Ways to Get Your Teenager Listening to You</a> Podcast: <a href="#">Positive About Behaviour</a> Podcast: <a href="#">Behaviour and Body Language</a> Podcast: <a href="#">Behaviour and Consistency</a> Podcast: <a href="#">Behaviour and Positive Approaches</a> Podcast: <a href="#">Difficult Conversations</a> Podcast: <a href="#">Respectful Conversations</a>

	Podcast: <a href="#">Language &amp; Behaviour</a>
<p>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.</p>	<p>Quick Read: <a href="#">How to Support With Teenage Relationships</a>  Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Quick Read: <a href="#">6 Ways to Keep Your Teen Safe From Abuse</a>  Quick Read: <a href="#">What to Say When Your Teen Talks to You About Abuse</a></p>
<p><b>Theme: Respectful Relationships, Including Friendships</b></p>	
<p>By the end of secondary school, pupils should know:</p>	
<p>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.</p>	<p>Quick Read: <a href="#">Helping Your Teen Make and Keep Friends</a>  Quick Read: <a href="#">Helping Your Child With Friendship Breakups</a>  Quick Read: <a href="#">5 Ways to Tackle Peer Pressure</a>  Quick Read: <a href="#">5 Ways to Support Your Teen Through a Breakup</a>  Quick Read: <a href="#">How to Support With Teenage Relationships</a>  Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Quick Read: <a href="#">Teach Your Child to Respect Themselves and Others</a>  Quick Read: <a href="#">Why is My Teen Showing Bullying Behaviour?</a>  Quick Read: <a href="#">Supporting Your Child With School Bullying</a>  Quick Read: <a href="#">4 Ways to Help Your Older Child Calm Down</a></p>
<p>practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>	<p>Quick Read: <a href="#">5 Ways to Support Your Teen Through a Breakup</a>  Quick Read: <a href="#">Why Ultimatums Won't Work With Teenagers</a>  Quick Read: <a href="#">How to Support With Teenage Relationships</a>  Quick Read: <a href="#">5 Ways to Get Your Teenager Listening to You</a>  Quick Read: <a href="#">3 Reasons Why Your Child is Swearing</a>  Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Quick Read: <a href="#">Teach Your Child to Respect Themselves and Others</a></p>

	<p>Quick Read: <a href="#">Why is My Teen Showing Bullying Behaviour?</a>  Quick Read: <a href="#">Supporting Your Child With School Bullying</a>  Podcast: <a href="#">Positive About Behaviour</a>  Podcast: <a href="#">Behaviour and Positive Approaches</a>  Podcast: <a href="#">Language &amp; Behaviour</a></p>
<p>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).</p>	<p>Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Quick Read: <a href="#">3 Damaging Stereotypes and How to Change Them</a>  Quick Read: <a href="#">Why is My Teen Showing Bullying Behaviour?</a>  Podcast: <a href="#">Behaviour and Stereotypes</a></p>
<p>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.</p>	<p>Support Talk: <a href="#">The Ask</a> (Complete video series)  Support Talk: Bouncing Forward: <a href="#">Empathy</a>  Quick Read: <a href="#">10 Ways to Talk to Your Teenager</a>  Quick Read: <a href="#">Why Ultimatums Won't Work With Teenagers</a>  Quick Read: <a href="#">3 Reasons Why Your Child is Swearing</a>  Quick Read: <a href="#">6 Reasons Why Your Child Isn't Talking to You</a>  Quick Read: <a href="#">Simple Ways to Stop Your Older Child Lying</a>  Quick Read: <a href="#">Teach Your Child to Respect Themselves and Others</a>  Quick Read: <a href="#">Coping With School Struggles and Learning Challenges</a>  Podcast: <a href="#">Behaviour and Stereotypes</a>  Podcast: <a href="#">Difficult Conversations</a>  Podcast: <a href="#">Respectful Conversations</a>  Podcast: <a href="#">Language &amp; Behaviour</a></p>
<p>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</p>	<p>Quick Read: <a href="#">How to Help Your Child With Bullying</a>  Quick Read: <a href="#">Why is My Teen Showing Bullying Behaviour?</a>  Quick Read: <a href="#">How to Help Your Child if They're Bullied Online</a>  Quick Read: <a href="#">Supporting Your Child With School Bullying</a></p>
<p>that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.</p>	<p>Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Quick Read: <a href="#">6 Ways to Keep Your Teen Safe From Abuse</a></p>

	<p>Quick Read: <a href="#">What to Say When Your Teen Talks to You About Abuse</a></p> <p>Quick Read: <a href="#">4 Ways to Help Your Older Child Calm Down</a></p>
<p>what constitutes sexual harassment and sexual violence and why these are always unacceptable.</p>	<p>Online Course: <a href="#">Protecting Children from Child Sexual Exploitation</a> (paid resource)</p> <p>Quick Read: <a href="#">Talking to Your Teen About Consent</a></p> <p>Quick Read: <a href="#">6 Ways to Keep Your Teen Safe From Abuse</a></p> <p>Quick Read: <a href="#">What to Say When Your Teen Talks to You About Abuse</a></p>
<p>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.</p>	<p>Quick Read: <a href="#">Teach Your Child to Respect Themselves and Others</a></p> <p>Quick Read: <a href="#">3 Damaging Stereotypes and How to Change Them</a></p> <p>Podcast: <a href="#">Behaviour and Stereotypes</a></p>
<p><b>Theme: Online &amp; Media</b></p>	
<p>By the end of secondary school, pupils should know:</p>	
<p>their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</p>	<p>Quick Read: <a href="#">9 Ways to Keep Your Child Safe on Social Media</a></p> <p>Quick Read: <a href="#">How to Reduce Arguments About Screen Time</a></p> <p>Quick Read: <a href="#">Why is My Teen Showing Bullying Behaviour?</a></p>
<p>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.</p>	<p>Quick Read: <a href="#">9 Ways to Keep Your Child Safe on Social Media</a></p> <p>Quick Read: <a href="#">How to Reduce Arguments About Screen Time</a></p> <p>Quick Read: <a href="#">Worrying Signs Your Child's Being Radicalised</a></p> <p>Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a></p>
<p>not to provide material to others that they would not want</p>	<p>Quick Read: <a href="#">9 Ways to Keep Your Child Safe on Social</a></p>

shared further and not to share personal material which is sent to them.	<u>Media</u> Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a> Quick Read: <a href="#">Talking to Your Teen About Consent</a>
what to do and where to get support to report material or manage issues online.	Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a> Quick Read: <a href="#">Worrying Signs Your Child's Being Radicalised</a> Quick Read: <a href="#">How to Help Your Child if They're Bullied Online</a>
the impact of viewing harmful content.	Quick Read: <a href="#">Worrying Signs Your Child's Being Radicalised</a> Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a>
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 partners.	Quick Read: <a href="#">How to Reduce Arguments About Screen Time</a> Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a>
that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a>
how information and data is generated, collected, shared and used online.	Quick Read: <a href="#">How to Reduce Arguments About Screen Time</a> Quick Read: <a href="#">9 Ways to Keep Your Child Safe on Social Media</a>
<b>Theme: Being Safe</b>	
By the end of secondary school, pupils should know:	

<p>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.</p>	<p>Online Course: <a href="#">Protecting Children from Child Sexual Exploitation</a> (paid resource)  Quick Read: <a href="#">Talking to Your Teen About Consent</a></p>
<p>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)</p>	<p>Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Online Course: <a href="#">Protecting Children from Child Sexual Exploitation</a> (paid resource)</p>
<p><b>Theme: Intimate &amp; Sexual Relationships, including Sexual Health</b></p>	
<p>By the end of secondary school, pupils should know:</p>	
<p>how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</p>	<p>Quick Read: <a href="#">Talking to Your Teen About Consent</a></p>
<p>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.</p>	<p>Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Online Course: <a href="#">Protecting Children from Child Sexual Exploitation</a> (paid resource)</p>
<p>the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.</p>	
<p>that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</p>	<p>Quick Read: <a href="#">5 Ways to Tackle Peer Pressure</a>  Quick Read: <a href="#">Talking to Your Teen About Consent</a>  Online Course: <a href="#">Protecting Children from Child Sexual</a></p>

	<u>Exploitation</u> (paid resource)
that they have a choice to delay sex or to enjoy intimacy without sex.	Quick Read: <u>Talking to Your Teen About Consent</u>
the facts about the full range of contraceptive choices, efficacy and options available.	
the facts around pregnancy including miscarriage.	
that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).	
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.	
about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	
how the use of alcohol and drugs can lead to risky sexual behaviour.	Quick Read: <u>Talking to Your Teen About Consent</u> Quick Read: <u>Talking to Your Child About Drugs and Alcohol</u>
how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Quick Read: <u>Talking to Your Teen About Consent</u> Quick Read: <u>Talking to Your Child About Drugs and Alcohol</u>

## Health Education KS3 & KS4

### Theme: 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:

By the end of secondary school, pupils should know:

how to talk about their emotions accurately and sensitively, using appropriate vocabulary.

Quick Read: [Ideas to Help With Your Teenager's Temper](#)  
Quick Read: [How Can I Stop My Teen Screaming?](#)  
Quick Read: [Coping With a Grumpy Teenager](#)  
Quick Read: [How to Help When Your Child Cries](#)  
Quick Read: [What to Do When Your Child Feels Scared](#)  
Quick Read: [Understand Why Your Child Feels Agitated](#)  
Quick Read: [Stop Your Older Child Spitting](#)  
Quick Read: [How to Cope With Embarrassing Feelings](#)  
Quick Read: [Simple Ways to Stop Your Older Child Lying](#)  
Quick Read: [What to Do When Your Child Feels Scared](#)  
Quick Read: [4 Ways to Help Your Older Child Calm Down](#)  
Quick Read: [Calming Down Angry Feelings With Older Children](#)  
Quick Read: [How to Stop Your Teenager Shouting](#)  
Support Talk Series: [The Ask](#) (complete video series)  
Podcast: [Social and Emotional Mental Health](#)  
Podcast: [Difficult Conversations](#)  
Podcast: [Respectful Conversations](#)  
Podcast: [Language & Behaviour](#)

that happiness is linked to being connected to others.

Support Talk: Bouncing Forward: [The Power of Play](#)  
Support Talk: Bouncing Forward: [Empathy](#)

	<p>Support Talk: <a href="#">Bouncing Forward: Togetherness</a></p> <p>Quick Read: <a href="#">5 Reasons to Make Playing With Your Child a Priority</a></p> <p>Quick Read: <a href="#">5 Ways to Enjoy Spending Time as a Family</a></p> <p>Podcast: <a href="#">Social and Emotional Mental Health</a></p> <p>Podcast: <a href="#">Difficult Conversations</a></p> <p>Podcast: <a href="#">Respectful Conversations</a></p>
<p>how to recognise the early signs of mental wellbeing concerns.</p>	<p>Quick Read: <a href="#">Is Your Teenager Becoming Withdrawn?</a></p> <p>Quick Read: <a href="#">Is Your Child Having Suicidal Thoughts?</a></p> <p>Quick Read: <a href="#">Practical Ways to Support Your Anxious Child</a></p> <p>Quick Read: <a href="#">Common Signs of Child Depression</a></p> <p>Quick Read: <a href="#">Could Your Child Be Self-Harming?</a></p> <p>Quick Read: <a href="#">Eating Disorder Help For Parents</a></p> <p>Quick Read: <a href="#">10 Ideas When Your Teen Struggles With Sadness</a></p> <p>Quick Read: <a href="#">4 Simple Ways to Support Your Child With Exams</a></p> <p>Quick Read: <a href="#">4 Ways to Help Your Older Child Calm Down</a></p> <p>Quick Read: <a href="#">7 Ways to Help Your Teenager Start Work</a></p> <p>Quick Read: <a href="#">Coping With School Struggles and Learning Challenges</a></p> <p>Online Course: <a href="#">Teenage Self Harm</a> (paid resource)</p> <p>Online Course: <a href="#">Mental Health Awareness</a> (paid resource)</p> <p>Online Course: <a href="#">Suicidal Thoughts</a> (paid resource)</p> <p>Podcast: <a href="#">Social and Emotional Mental Health</a></p>
<p>common types of mental ill health (e.g. anxiety and depression).</p>	<p>Quick Read: <a href="#">Practical Ways to Support Your Anxious Child</a></p> <p>Quick Read: <a href="#">Common Signs of Child Depression</a></p> <p>Online Course: <a href="#">Mental Health Awareness</a> (paid resource)</p> <p>Online Course: <a href="#">Teenage Self Harm</a> (paid resource)</p> <p>Online Course: <a href="#">Suicidal Thoughts</a> (paid resource)</p>

<p>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.</p>	<p>Podcast: <a href="#">Social and Emotional Mental Health</a>  Online Course: <a href="#">Mental Health Awareness</a> (paid resource)  Online Course: <a href="#">Dealing With Stressful Situations</a></p>
<p>the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</p>	<p>Support Talk: Bouncing Forward: <a href="#">Empathy</a>  Quick Read: <a href="#">Stopping to Celebrate Family Progress</a>  Podcast: <a href="#">Social and Emotional Mental Health</a>  Online Course: <a href="#">Mental Health Awareness</a> (paid resource)</p>
<p><b>Theme: Internet Safety &amp; Harms</b></p>	
<p>By the end of secondary school, pupils should know:</p>	
<p>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.</p>	<p>Quick Read: <a href="#">How to Help Your Insecure Child</a>  Quick Read: <a href="#">9 Ways to Keep Your Child Safe on Social Media</a>  Quick Read: <a href="#">How to Reduce Arguments About Screen Time</a>  Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a></p>
<p>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.</p>	<p>Quick Read: <a href="#">9 Ways to Keep Your Child Safe on Social Media</a>  Quick Read: <a href="#">How to Help Your Child With Bullying</a>  Quick Read: <a href="#">Worrying Signs Your Child's Being Radicalised</a>  Quick Read: <a href="#">How to Reduce Arguments About Screen Time</a>  Quick Read: <a href="#">Talking to Your Child About Pornography and Sexting</a>  Quick Read: <a href="#">Why is My Teen Showing Bullying Behaviour?</a>  Quick Read: <a href="#">How to Help Your Child if They're Bullied Online</a></p>

**Theme: Physical Health & Fitness**

By the end of secondary school, pupils should know:

the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.

Online Course: [Mental Health Awareness](#) (paid resource)  
Quick Read: [How Does a Healthy Lifestyle Affect Behaviour?](#)

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.

Quick Read: [How Does a Healthy Lifestyle Affect Behaviour?](#)

about the science relating to blood, organ and stem cell donation.

**Theme: Healthy Eating**

By the end of secondary school, pupils should know:

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

Quick Read: [How Does a Healthy Lifestyle Affect Behaviour?](#)

**Theme: Drugs, Alcohol & Tobacco**

By the end of secondary school, pupils should know:

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.

Quick Read: [How Does a Healthy Lifestyle Affect Behaviour?](#)  
Online Course: [Supporting Vulnerable Teenagers and Young People](#) (paid resource)

the law relating to the supply and possession of illegal substances.	Quick Read: <a href="#">How Does a Healthy Lifestyle Affect Behaviour?</a> Online Course: <a href="#">Supporting Vulnerable Teenagers and Young People</a> (paid resource)
the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Quick Read: <a href="#">How Does a Healthy Lifestyle Affect Behaviour?</a> Online Course: <a href="#">Supporting Vulnerable Teenagers and Young People</a> (paid resource)
the physical and psychological consequences of addiction, including alcohol dependency.	Quick Read: <a href="#">How Does a Healthy Lifestyle Affect Behaviour?</a> Online Course: <a href="#">Supporting Vulnerable Teenagers and Young People</a> (paid resource)
awareness of the dangers of drugs which are prescribed but still present serious health risks.	Quick Read: <a href="#">How Does a Healthy Lifestyle Affect Behaviour?</a>
the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support.	Quick Read: <a href="#">How Does a Healthy Lifestyle Affect Behaviour?</a>
<b>Theme: Health &amp; Prevention</b>	
By the end of secondary school, pupils should know:	
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.	
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.	Quick Read: <a href="#">How to Help Your Teenager Get a Good Night's Sleep</a> Quick Read: <a href="#">4 Energy Boosts For Your Exhausted Teen</a> Quick Read: <a href="#">How Does a Healthy Lifestyle Affect Behaviour?</a>
<b>Theme: Basic First Aid</b>	
By the end of secondary school, 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.	
<b>Theme: Changing Adolescent Body</b>	

By the end of secondary school, pupils should know:

key facts about puberty, the changing adolescent body and menstrual wellbeing.

Quick Read: [Easy Ways to Support Your Child Through Puberty](#)

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

Quick Read: [Easy Ways to Support Your Child Through Puberty](#)