



**Facts4Life Curriculum Guidance: Mapping of KS3 resources
to DfE Statutory Requirements for Health Education
- Physical Health and Mental Wellbeing (2020)**

DfE end of secondary statement	Associated Facts4Life resources	Comments
Mental Wellbeing		
Pupils should know:		
how to talk about their emotions accurately and sensitively, using appropriate vocabulary	<ul style="list-style-type: none"> • KS3 core: Module 4 (Feelings) • Additional Resources: Check-in Activities • Mental Health Resources: How Can I Better Support Myself? • Activity Mats – Check-In Activities • Activity Mat: Mental Health – Wellbeing Strategies 	
that happiness is linked to being connected to others	<ul style="list-style-type: none"> • KS3 core: Module 5 (Wellbeing) • Additional Resources: Staying Connected Mental Health Resources: How Can I Better Support Myself? • Activity Mat: Mental Health - Kindness 	
how to recognise the early signs of mental wellbeing concerns	<ul style="list-style-type: none"> • Mental Health Resources: What is Mental Health? • Additional Resources: Neuroscience Module 	
common types of mental ill health (e.g. anxiety and depression)	<ul style="list-style-type: none"> • KS3 core resource: Module 8 (Researching a medical condition) • Mental Health Resources: When Might I Need Help? • Activity Mat: Mental Health - Anxiety 	
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	<ul style="list-style-type: none"> • KS3 core: Module 6 (Risk and Responsibility – chance or choice) • Additional Resources: Neuroscience Module • Mental Health Resources: How Can I Better Support Myself? 	
the benefits and importance of physical exercise, time outdoors, community	<ul style="list-style-type: none"> • KS3 core resource: Module 9 (Smoothing the Path across 	

<p>participation and voluntary and service-based activities on mental wellbeing and happiness</p>	<ul style="list-style-type: none"> • the community) • Additional Resources: Facts4Life 30 Day Challenges • Mental Health Resources: How Can I Better Support Myself? • Activity Mat: Mental Health – Wellbeing Strategies 	
Internet safety and harms		
<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>	<ul style="list-style-type: none"> • Additional Resources: Staying Connected 	
<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 behaviour</p>	<ul style="list-style-type: none"> • Additional Resources: Staying Connected 	
Physical health and illness		
<p>the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress</p>	<ul style="list-style-type: none"> • KS3 core resource: Module 9 (Smoothing the path across the community) • Additional Resources: Managing Health and Illness • Additional Resources: Facts4Life 30 Day Challenges • Activity Mat: Mental Health – Wellbeing Strategies 	

<p>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</p>	<ul style="list-style-type: none"> • KS3 core resource: Module 7 (Riding the ups and downs in the community) • KS3 core resource: Module 8 (Researching a medical condition) • KS3 core resource: Module 9 (Smoothing the path across the community) • Additional Resources: Sleep • Activity Mats: Looking After Ourselves • Mental Health Resources: How Can I Better Support Myself? • Additional Resources: F4L Snakes & Ladders Game 	
<p>about the science relating to blood, organ and stem cell donation</p>		
Healthy Eating		
<p>how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</p>	<ul style="list-style-type: none"> • KS3 core resource: Module 8 (Researching a medical condition) • Additional Resources: Fact Files • Activity Mat: The Human Biome 	
Drugs, alcohol and tobacco		
<p>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</p>	<ul style="list-style-type: none"> • KS3 core resource: Module 8 (Researching a medical condition) 	
<p>the law relating to the supply and possession of illegal substances</p>		
<p>the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood</p>	<ul style="list-style-type: none"> • KS3 core resource: Module 7: Riding the ups and downs in the community • Additional Resources: Fact Files 	

the physical and psychological consequences of addiction, including alcohol dependency	<ul style="list-style-type: none"> Additional Resources: Fact Files 	
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	<ul style="list-style-type: none"> KS3 core resource: Module 7: Riding the ups and downs in the community 	
Health and prevention		
about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	<ul style="list-style-type: none"> KS3 core resource: Module 9 (Smoothing the path across the community) 	
about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	<ul style="list-style-type: none"> Additional Resources: Fact Files 	
(late secondary) the benefits of regular self-examination and screening		
the facts and science relating to immunisation and vaccination	<ul style="list-style-type: none"> Additional Resources: Covid 19 Additional Resources: Fact Files Activity Mat: Physical Health - How a Virus Spreads Activity Mat: Physical Health - Smallpox 	
the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	<ul style="list-style-type: none"> Additional Resources: Sleep Additional Resources Staying connected 	
Basic first aid		

basic treatment for common injuries	<ul style="list-style-type: none"> Additional Resources: Fact Files 	
life-saving skills, including how to administer CPR ²		
the purpose of defibrillators and when one might be needed		
Changing adolescent body		
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		