

Progression Steps (Plus) PSHE - Content Comparison for the Secondary Years

1. Headline figures

Strand	Statements (Original)	Statements (New)	Retained unchanged	Changed / new / removed
Physical Health & Mental Wellbeing	647	533	33.1%	66.9%
Relationships & Sex Education	715	471	53.3%	46.7%

Just under half of the assessments across the secondary tier are carried over unchanged from the original edition. The remaining 56.3% or so have been reworded, replaced, or are newly added content. This is a substantial content refresh - and a heavier one than at primary level - not a light edit.

2. Change by level

The figures above compare each strand as a whole. The tables below break this down by individual level, matching each original Step directly to the same Step in the updated edition rather than across the whole strand. This shows how much of a specific level's content survived at that same level. This is a stricter, more literal test than the whole-strand method used elsewhere in this document, so the % change figures here can differ from the whole-strand figures where content has been moved between levels as well as reworded.

Physical Health & Mental Wellbeing, by level

Step	Carried over	New	Deleted	% change
Step 1	16	30	48	75%
Step 2	21	26	50	70.4%
Step 3	21	29	48	70%
Step 4	29	25	42	59.2%
Step 5	19	34	39	67.2%
Step 6	15	40	58	79.5%
Step 7	23	36	42	64.6%
Step 8	25	32	37	59.7%
Step 9	18	39	45	71.4%
Step 10	27	27	23	50%

Relationships & Sex Education, by level

Step	Carried over	New	Deleted	% change
Step 1	35	3	31	47%
Step 2	47	0	24	33.8%
Step 3	45	1	27	37.5%
Step 4	40	9	32	45.2%
Step 5	45	8	33	42.3%
Step 6	35	17	38	52.1%
Step 7	27	19	47	63.5%
Step 8	36	10	44	55%
Step 9	30	17	40	57.1%
Step 10	40	6	18	31%

Combined % change, by level

Step	Combined % change
Step 1	60.8%
Step 2	52.1%
Step 3	53.5%
Step 4	52.1%
Step 5	52.9%
Step 6	65.8%
Step 7	64%
Step 8	57%
Step 9	63.9%
Step 10	38%

3. Method

Each document was broken down into its individual assessments, e.g. “Accepts assistance to overcome frustration”, within each level and topic area. Every assessment in the updated edition was then matched against the full pool of statements in the original edition for the same strand.

- **Unchanged:** the statement appears with identical wording in both editions.
- **Removed / Added:** statements with no reasonable match on the other side. This is new content, or content dropped from the original.

4. Structural changes

The changes here are about topic names and content, not level structure:

- **Topic renames:** “Respectful Relationships, Including Friendships” → “Respectful Relationships”; “Online & Media” → “Online Safety & Awareness”; “Drugs, Alcohol & Tobacco” → “Drugs, Alcohol, Tobacco & Vaping”; “Health & Prevention” → “Health Protection and Prevention, and Understanding the Healthcare System”; “Changing Adolescent Body” → “Developing Bodies”.
- **New topic added:** “Personal Safety” is a wholly new topic area in the Physical Health & Mental Wellbeing strand, covering hazard awareness, risk assessment, peer pressure and, at the older Steps, weapons and exploitation. This content did not exist as a separate topic in the original edition.

These renamed topics broadly mirror the headings used in the Department for Education's updated RSE and Health Education statutory guidance for September 2026.

5. Physical Health & Mental Wellbeing - by topic

Topic	Original	New	Unchanged	Changed/new
Basic First Aid	59	50	59.3%	40.7%
Healthy Eating	87	74	49.4%	50.6%
Drugs, Alcohol, Tobacco & Vaping	51	50	45.1%	54.9%
Mental Wellbeing	102	80	40.2%	59.8%
Health Protection & Prevention	61	63	34.9%	65.1%
Developing Bodies	100	74	23%	77.0%
Wellbeing Online	88	52	15.9%	84.1%
Physical Health & Fitness	99	57	13.1%	86.9%
Personal Safety	0	33	0%	100.0%

Physical Health & Fitness and Wellbeing Online (formerly Internet Safety & Harms) have both been almost entirely rewritten. Developing Bodies (formerly Changing Adolescent Body) has grown substantially, picking up new content on gynaecological health, fertility and menopause. Personal Safety is wholly new.

6. Relationships & Sex Education - by topic

Topic	Original	New	Unchanged	Changed/new
Being Safe	150	107	62%	38.0%
Respectful Relationships	202	140	54.5%	45.5%
Families	86	65	50%	50.0%
Intimate & Sexual Relationships, Including Sexual Health	139	86	47.5%	52.5%
Online Safety & Awareness	138	73	38.4%	61.6%

Being Safe and Respectful Relationships show the highest retention, both keeping over half their content unchanged. Online Safety & Awareness has been rewritten most heavily, consistent with new content on AI, targeted advertising and online financial risks.

7. What this means in practice

- **This is a substantial rewrite, not a refresh:** around 56.3% of statements across both strands are new or reworded. Schemes of work, assessment records and any staff-facing guidance built around the original wording will need a review against the updated edition.
- **Some topics are more stable than others:** Being Safe and Respectful Relationships retain the most content unchanged; Physical Health & Fitness, Wellbeing Online and Developing Bodies have been rewritten most extensively.

Questions or feedback

This has been a thorough, statement-by-statement review, but it's very much a living document - if something reads oddly, seems mismatched to a learner's actual level, or you spot something that doesn't look right, please flag it to tor@bsquared.co.uk so it can be checked against the standard and folded into the next update.



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