



## Year 8 (PSHE)

<b>Overview</b>	<p>PSHE lessons form an important part in preparing our students to become successful adults. The curriculum covers a wide variety of topics where British Values are embedded throughout. Assemblies, form-time activities &amp; guest speakers are linked to lesson topics to provide a holistic delivery.</p> <p>The curriculum offers a platform for pupils to explore, debate and discuss real life topics and develop relevant life skills to enable them to become informed, empathetic, and responsible citizens.</p>
-----------------	---

Topic: Relationships and Sex Education (RSE)		Assessment
<b>Autumn Term</b>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Being safe online (image sharing)</li> <li>■ Consent and abuse</li> <li>■ Love and family</li> <li>■ Masculinity</li> <li>■ Domestic conflict</li> <li>■ Different types of relationships</li> <li>■ Discrimination</li> </ul>	<p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>■ Personal boundaries on and offline.</li> <li>■ Identifying risk and harm</li> <li>■ What love means</li> <li>■ Challenges men face in modern society and how to overcome them</li> <li>■ Being positive towards the self</li> <li>■ Treating others with respect</li> </ul>
		<p>In class questions and discussion. End of term Microsoft Forms survey/quiz.</p>

Topic: Health and Wellbeing		Assessment
<b>Spring Term</b>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Mental wellbeing</li> <li>■ Gaming and online gambling</li> <li>■ British values</li> <li>■ Energy drinks</li> <li>■ Positive body image</li> <li>■ First aid</li> </ul>	<p><b>Key Knowledge:</b></p> <ul style="list-style-type: none"> <li>■ Mindfulness and wellbeing</li> <li>■ Addiction and risks of gambling</li> <li>■ Human rights, the equality act and extremism</li> <li>■ Physical health</li> <li>■ Personal safety</li> </ul>
		<p>In class questions and discussion. End of term Microsoft Forms survey/quiz.</p>

Topic: Living in The Wider World		Assessment
<b>Summer Term</b>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Criminals, The law and Society</li> <li>■ Personal Finance and budgeting</li> <li>■ Careers focus employability skills</li> <li>■ Introduction to politics</li> </ul>	<p><b>Key Knowledge:</b></p> <ul style="list-style-type: none"> <li>■ Crime and deviance, safe society</li> <li>■ Managing money, bank accounts, saving</li> <li>■ Self-confidence, public speaking skills</li> <li>■ Understanding democracy</li> </ul>
		<p>In class questions and discussion. End of term Microsoft Forms survey/quiz.</p>

Useful Resources for Supporting Your Child at Home:	Homework:
<p><a href="#">Relationships   Childline</a>  <a href="#">Healthy relationships   NSPCC</a>  <a href="#">Homophobic bullying   Childline</a>  <a href="#">Your Child's Self-Esteem (for Parents) - Nemours KidsHealth</a>  <a href="#">Parents Mental Health Support   Advice for Your Child   YoungMinds</a>  <a href="#">Puberty   Childline</a>  <a href="#">Female Genital Mutilation - Prevent &amp; Protect   NSPCC</a>  <a href="#">Bullying and advice on coping and making it stop   Childline</a>  <a href="#">Criminal exploitation and gangs   NSPCC</a>  <a href="#">Child Safety Online: A practical guide for parents and carers whose children are using social media - GOV.UK (www.gov.uk)</a></p>	<p><b>Not Applicable</b></p>