PSHE – Year 8 Curriculum

Content (Intent)	Links to prior learning	Skills and Assessment (Implementation)	Expected Learning Outcomes (Impact)
Term 1 **Discrimination** Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia **Identity and relationships** Gender identity, sexual orientation, consent, 'sexting', and an	Build of their knowledge from Y7 of: **Building relationships** Self-worth, romance and friendships (including online) and relationship boundaries **Diversity** Diversity, prejudice, and bullying	**Developing respect for beliefs, values and opinions and advocacy skills:** • Stereotypes, prejudice and discrimination • Promoting diversity and equality **Developing communication and negotiation skills, clarifying values and strategies to manage influence:** • Healthy relationships • Boundaries and consent • LGBT+ inclusivity • 'Sexting' • Managing conflict	**Discrimination** • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia **Identity and relationships** • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships • about gender identity and sexual orientation • about forming new partnerships and developing relationships • about the law in relation to consent • about the risks of 'sexting' and how to manage requests or pressure to send an image
Term 2 **Drugs and alcohol** Alcohol and drug misuse and pressures relating to drug use **Emotional wellbeing** Mental health and emotional wellbeing, including body image and coping strategies	Build of their knowledge from Y7 of: **Transition and safety** Transition to secondary school and personal safety in and outside school **Health and puberty** Healthy routines, influences on health, puberty, unwanted contact	**Developing agency and strategies to manage influence and access support:** • Drugs and alcohol • Introduction to contraception • Resisting peer influence • Online choices and influences • Maintaining positive mental health • Importance of physical activity	**Drugs and Alcohol** • about the relationship between habit and dependence • how to assess the risks of alcohol, tobacco, nicotine and • how to recognise and promote positive social norms and attitudes **Emotional Wellbeing** • about attitudes towards mental health

Content (Intent)	Links to prior learning	Skills and Assessment (Implementation)	Expected Learning Outcomes (Impact)
			• how to challenge misconceptions stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about healthy coping strategies
Term 6 **Community and careers** Equality of opportunity in careers and life choices, and different types and patterns of work **Digital literacy** Online safety, digital literacy, media reliability	Build of their knowledge from Y7 of: **Developing skills and aspirations** Careers, teamwork and enterprise skills, and raising aspirations	**Developing risk management skills, analytical skills and strategies to identify bias:** • Managing online presence • Digital and media literacy **Developing goal setting, motivation and self-awareness:** • Aspirations for the future • Career choices • Identity and the world of work	**Community and careers** **Digital Literacy** • about online communication • how to use social networking sites safely • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared

Resources and/or activities to support learning

Textbook used in lessons:

Websites:

Young Minds - www.youngminds.org.uk
Childline - www.childline.org.uk Phone: 0800 1111
Samaritans - www.samaritans.org Phone: 116 123

PSHE – Year 8 Curriculum

www.beateatingdisorders.org.uk

Home (thedashcharity.org.uk)

Smoking, Drinking and Drug Use Survey in England (SDDU) 2018

Parental Guidance:

Social Media Safety - E-safety Guides for Schools | National Online Safety

Videos:

https://youtu.be/XQKGigb5l28

Michael Jordan on failure*.

A Selfie - YouTube

Dove Change One Thing | How our girls see themselves - YouTube