

PSHE – Year 8

Our inclusive curriculum develops our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students continue to engage with the Fundamental British Values, the Protected Characteristics and other key concepts to ensure that they are safe and informed about issues relevant to their age and development.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge & Skills	<p>Personal Wellbeing (6 Lessons)</p> <p>Alcohol and drug misuse, legal and illegal drugs, the impact of energy drinks and pressures relating to drugs</p> <p>Skills: Discussion, Debate, Decision Making, Coping Strategies.</p>	<p>Living in the Wider World: Careers (7 Lessons)</p> <p>Equality of opportunity in careers and life choices, goal setting and different types and patterns of work.</p> <p>Skills: Teamwork, Discussion, Decision Making, Questioning.</p>	<p>Relationships and Diversity (6 Lessons)</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability discriminations, sexism, homophobia and transphobia</p> <p>Skills: Discussion, Questioning, Decision Making, Coping Strategies.</p>	<p>Emotional Wellbeing (6 Lessons)</p> <p>Mental health and emotional wellbeing, mindfulness and self-confidence, cancer awareness and first aid.</p> <p>Skills: Decision Making, Coping Strategies, Questioning.</p>	<p>Healthy Relationships (6 Lessons)</p> <p>Gender identity, sexual orientation, consent, “sexting”, communication in relationships and an introductions to contraception.</p> <p>Skills: Decision Making, Coping Strategies, Questioning.</p>	<p>Living in the Wider World: Finance (6 Lessons)</p> <p>The importance of budgeting, credit and debit, ethical financial decision making and understanding tax.</p> <p>Skills: Questioning, Discussion, Debate, Decision Making.</p>
Beyond The Curriculum	<p>Days Out:</p> <p>Why not visit Eureka! The Children’s Science museum and visit their “All About Me” section?</p>	<p>Enrichment Clubs:</p> <p>Enrichment clubs here at Rastrick are free to access and there’s something for everyone. Why not take up the opportunity of trying a new hobby and</p> <p>Website: Have a look at BBC Bitsize careers pages for interactive quizzes, videos, podcasts and more all linked to career choices. Careers - BBC Bitesize</p>	<p>Diversity in Literature –</p> <p>why not visit the library and choose a book that explores the themes of discrimination. “<i>Ghost Boys</i>” by Jewell Parker Rhodes would be a good choice!</p>	<p>Enrichment Clubs:</p> <p>Getting crafty is a great way to practice positive mindfulness. Why not try cardmaking club or cross stitch club?</p> <p>Website: Check out the British Red Cross website to see how you could become a First Aid Champion. First Aid Learning for Young People First Aid Champions</p>	<p>Fancy a chat?</p> <p>Learning about healthy relationships can seem pretty daunting. If you want to talk to someone outside of your lesson you can always visit GASS or student support and have a chat with one of the safeguarding team.</p>	<p>Time for a video?</p> <p>Watch these clips on BBC Class Clips about understanding tax: KS3/KS4 PSHE & Citizenship: Tax budget challenge with Cel Spellman - BBC Teach KS3 / KS4 PSHE: Tax - Who pays for schools and hospitals? - BBC Teach</p>