

PSHE – Year 8

Our inclusive curriculum introduces our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students are introduced to Fundamental British Values, the Protected Characteristics and other key concepts to support their transition into high school.

	Half term 1 – Health and Wellbeing	Half term 2 – Health and Wellbeing	Half term 3 – Relationships	Half term 4 – Relationships	Half term 5 – Living in the wider world	Half term 6 – Living in the wider world
Knowledge & Skills	Positive Identity and Personal Strengths; Self-Esteem and Confidence; Managing Emotions; Mental Health Awareness; Stress and Anxiety; Building Resilience; Healthy Sleep and Routines. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Healthy Lifestyles; Physical Activity and Fitness; Body Image and Media Influence; Online Wellbeing; Personal Safety and Risk; First Aid Awareness and Autumn Assessment; First Aid Training. Skills: Discussion, Questioning, Decision Making, Practical Application.	Healthy Relationships; Friendship Skills; Respect and Equality; Communication Skills; Conflict Resolution; Consent; Personal Boundaries; Peer Pressure; Bullying and Cyberbullying. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Diversity and Inclusion; Stereotypes and Prejudice; Online Relationships; Grooming and Exploitation Awareness; Seeking Support and Trusted Adults; Spring Assessment and Reflection. Skills: Discussion, Debate, Decision Making, Reflection.	Rights, Responsibilities and the Law; British Values and Democracy; Media Literacy and Social Influence; Fake News, Algorithms and Misinformation; Careers and Aspirations; GCSE Pathways and Future Choices. Skills: Teamwork, Discussion, Debate, Questioning.	Employability Skills; Enterprise, Entrepreneurship and Innovation; Financial Education – Budgeting and Financial Planning; Banking, Saving, Credit and Debt; Consumer Awareness and Online Spending; Community Participation and Social Action; Preparing for Key Stage 4 and End of Year Reflection. Skills: Decision Making, Teamwork, Questioning.
Beyond The Curriculum	Enrichment Clubs – Join clubs to make new friends and get involved! Try card making, Lego robotics, rugby, gardening and	Enrichment Clubs – Active clubs, mindfulness, arts and drama are great ways to look after your health and wellbeing. Places to Visit • Sports Centre	Enrichment Clubs – Try our friendship, kindness and anti-bullying activities. Be part of a community that celebrates everyone. Places to Visit	Enrichment Clubs – Learn about healthy relationships and respect through drama, debate and discussion groups. Places to Visit • Local Youth Service	Enrichment Clubs – Develop skills for the future through career workshops, enterprise projects and guest speakers. Places to Visit	Enrichment Clubs – Manage money, take part in enterprise challenges and plan for your future. Places to Visit

many more. Places to Visit • Local Library • Sports Centre • Youth Club Get Support • Form Tutor • School Nurse • Childline – 0800 1111 • Kooth (online support)	• Park / Green Space • Local Library Get Support • School Counsellor • Mind (0300 123 3393) • Kooth (online support) • Young Minds – Parents Helpline (0808 802 5544)	• Library • Community Centre • Youth Club Get Support • Form Tutor • Tell Someone You Trust • Anti-Bullying Alliance (0800 121 7001) • Childline – 0800 1111	• Women's Aid (website) • Brook (sexual health advice website) Get Support • School Counsellor • NSPCC – 0808 800 5000 • Childline – 0800 1111 • Kooth (online support)	• Careers Fair • Local Business Visits • College Open Days Get Support • Careers Advisor • National Careers Service (0800 100 900) • Form Tutor	• Bank / Building Society • Citizens Advice (website) • Money & Pensions Service (website) Get Support • School Finance Team • MoneyHelper (0800 138 7777) • Form Tutor
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