

What will I learn in PSHE this year?

Two 40 minute lessons per week.

YEAR 8

	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Sex, Relationships & Conflict	Prejudice, Values, Extremism & Cults	Careers & finance	My goals, behaviour & Emotions	Looking after our health	Discrimination, prejudice & challenges
1	Consent What is consent and why is it important we know about it	British Values: Tolerance How can British Values teach us tolerance and respect for others?	Spending What are credit and debit cards?	Self confidence & goals How can self-confidence boost our achievement?	Vaping, nicotine & addiction What is vaping and is this as bad as smoking?	Stereotyping, discrimination & prejudice: Disability What is the Equality Act and how can it help challenge discrimination?
2	Contraception How are babies made and what is contraception?	Radical groups Who are the extremist groups and why are they so dangerous?	Income What is tax and national insurance? How do we read payslips?	Personal development & target setting How can I improve my skills and behaviour?	Cancer awareness What is cancer?	Discrimination & prejudice: LGBT What is homophobia and how are the LGBT community discriminated against around the world?
3	Pornography What is pornography and why can it be dangerous?	Extremism Where does it come from?	Public Spending Why do we pay tax and how is it spent?	Achieving goals & targets How can I manage my behaviour to achieve targets and goals?	Personal safety & first aid How can we look after ourselves and others in an emergency?	Stereotyping & discrimination: Teenagers How are teenagers portrayed in the media and what affect does that have on young people?
4	Sexting & sharing images What is sexting and	Cults How do religious extremists attract	Budgeting and saving How do you make sure you have enough	Emotional literacy: Self awareness Why is self-awareness	Personal safety & first aid How can we look after	Internet Safety What is online grooming and why

	why is it so risky to send personal images?	converts?	money?	in our actions towards others so important?	ourselves and others in an emergency?	must we be so careful?
5	Male body image How does the media affect male body image?	Extremism Islamophobia – do Muslims really want Sharia Law in Britain?	Career skills How can we become entrepreneurs?	Emotional literacy: Self awareness Why is self-awareness in our actions towards others so important?	Teenage pregnancy Why do teenage parents have it so tough? How we can avoid teenage pregnancy?	Our environment (1 of 2 lessons) How can we care for our environment and why is it changing?
6	Domestic conflict Why do people run away from home and why is it so dangerous?	Radicalisation How can we prevent radicalisation and recognise the signs of extremism?	Career skills How can we develop our teamwork skills?	Mindfulness What is mindfulness? How can it promote positive mental health?		Our environment (2 of 2 lessons) How can we care for our environment and why is it changing?
7		Discrimination & prejudice against religion What is the difference between discrimination and prejudice?	Career skills How can we develop our communication skills?			