PSHE
Curriculum Map: Year 8

AUTUMN TERM

Prejudice and Diversity

The skills they will focus on are:
- Recap the 9 protected characteristics in law
- What are our rights and responsibilities
- Look at current examples of discrimination

Conflict Resolution

Students will begin to explore the skills needed to deal with conflict.

Black History Month

Students will continue to be introduced to pioneers in history who created change in the UK

Social Media

Students will explore different aspects of social media:
- The positives
- The negatives
- The impact on body image and wellbeing.

Anti-Bullying Week

SPRING TERM

Positive Futures

Positive Futures looks at different aspects of working towards independence and next steps:
- What is work life balance
- Importance of sleep
- Setting goals

Children's Mental Health Week

International Women's Day

SUMMER TERM

Wellbeing

We learn different aspects of wellbeing:
- What is wellbeing
- Resilience
- Mental Health
- How we access support

Friendships

We will explore different aspects of friendships including:
- Positive and negative influences
- Maintaining friendships
- Online friendships
- Peer pressure
- Understanding and recognising disability discrimination

Pride

Students will look at what Pride is, how it began and explore terminology such as homophobia and intolerance.

Relationships & Sex Education (RSE)

RSE In year 8 topics are:
- Puberty & Hygiene
- Positive & negative relationships
- Introduction to consent