

Overview Year 8 PSHE follows three strands: Living in the Wider World is a themed area of PSHE content described by the PSHE Association. This theme covers several areas which children and young people need to know, relating to respecting others, being a responsible and contributing citizen of their community, their country and the wider world. Health and well being is a theme to developing knowledge, skills and attributes students need to keep themselves healthy and safe and prepare for life and work in modern Britain. Relationships explores different areas in connection to recognising different relationships, building new relationships, and recognising if a relationship is healthy and positive for their wellbeing.		
Autumn 01 2022 Weeks 1 – 7 (7 weeks) OCTOBER HALF TERM done	Autumn 02 2022 Weeks 8 – 15 (7 weeks) CHRISTMAS done	Spring 01 2023 Week 16- 22 (7 weeks) FEBRUARY HALF TERM done
Content – Health and well being PSHE – AUT 1 Theme: Drugs and alcohol: Alcohol and drug misuse and pressures relating to substances. <i>Fortnight 1: Alcohol safety and risk</i> <i>Fortnight 2: Assessing the risks of E cigs, vaping and shisha</i> <i>Fortnight 3: Energy Drinks and Caffeine</i> <i>Fortnight 4: Managing social influence and pressure</i>	Content – Living in the wider world PSHE – AUT 2 Theme: Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work <i>Fortnight 1: Employability and enterprise skills</i> <i>Fortnight 2: Careers and aspirations</i> <i>Fortnight 3: Proud to be me</i> <i>Fortnight 4: Assertiveness</i>	Content Relationships PSHE SPR 1 Theme: Discrimination: Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia. <i>Fortnight 1: Equality Act 2010 and Racism & Discrimination in Society</i> <i>Fortnight 2: LGBTQ+ What is it and rights across the world</i> <i>Fortnight 3: Gender Equality</i> <i>Fortnight 4: Disability Discrimination</i>
Spring 02 Weeks 23 – 27 (5.5 weeks) EASTER	Summer 01 Weeks 28 – 33 (6 weeks) Done	Summer 02 Weeks 34 – 40 (7 weeks) Done

done		
<p>Content – Health and well being PSHE – SPR 2 Theme: Emotional wellbeing, mental health and emotional wellbeing, including body image and coping strategies.</p> <p>Fortnight 1: What is Mental Health?</p> <p>Fortnight 2: Positive body image.</p> <p>Fortnight 3: Types of bullying and stress management</p>	<p>Content – Relationships PSHE - SUM 1 Theme: Identity and relationships, FGM and contraception.</p> <p>Fortnight 1: Healthy Respectful Relationships</p> <p>Fortnight 2: Sexual Consent and the Law and FGM and the Law</p> <p>Fortnight 3: Introduction to Contraception and Contraception Explored.</p>	<p>Content - Living in the wider world PSHE - SUM 2 Theme: Online safety, media reliability, and county lines.</p> <p>Fortnight 1: Child Exploitation & Online Protection</p> <p>Fortnight 2: Online Grooming: Recognising online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation</p> <p>Fortnight 3: Cyberbullying</p> <p>Fortnight 4: County Lines - What is it and who is at risk?</p>