

Year 8 PSHE curriculum summary 2023-2024

The PSHE curriculum throughout KS3 and KS4 is divided into the three core themes of Relationships and Sex Education (RSE), Health and Wellbeing, and The Wider World. There is overlap between the three themes. A spiral programme throughout KS3 and KS4 ensures learning is revisited, reinforced and extended in age and stage-appropriate contexts.

RSE:

- Consent
- Online safety: sharing of nudes and semi-nudes
- Online safety: grooming and child sexual exploitation
- Disability in the media: Equality Act (+ documentary)
- Dismantling sexism: Equality Act and women's rights (+ Malala DVD)
- Dismantling sexism: gender stereotyping and sexist language
- Dismantling sexism: public sexual harassment (PSH)
- Gender identity and sexual orientation: Equality Act and homophobic, biphobic and transphobic bullying
- LGBTQ+ rights in the UK and abroad and Equality Act
- Online safety: radicalisation and extremism; Prevent Strategy

Health and Wellbeing:

- Self-care: sleep and exercise; diet; managing stress; intro to mindfulness
- Different types of addictions
- Alcohol: the facts
- Smoking, second-hand smoke and vaping
- Recreational drugs: cannabis and ecstasy
- Body image and the media
- Mental health: promoting emotional wellbeing
- Exploring eating disorders
- Organ and stem cell donation

The Wider World:

- Stereotyping, discrimination, and prejudice: disability in the media
- Britishness and diversity
- Online safety: critical thinking and fake news
- Radicalisation and extremism; Prevent Strategy
- Careers: entrepreneurs and teamwork; women in STEM (+ DVD)
- Finance: banking and personal finance; saving and managing your money

Year 8 PSHE Learning Journey Map: 2023-2024

