PSHE

ALDER
Community High School

Year 8

Health and wellbeing		
Autumn 1	**Knowledge** • To know about nutrition and the benefits of and barriers to making healthier food choices. • To know how to make independent, healthier choices about food • To know about dental health, including the importance of oral hygiene and how to access NHS services • To know how to take care of my dental health and where to seek help if needed • To know about being active and staying healthy. • To know how to stay active and healthy in my own life. • To know about healthier sleep habits • To know how to use a range of strategies to try to ensure healthier sleep patterns in our own lives • To know about how people might feel about climate change and how connecting with nature, and other strategies, can support wellbeing. • To know how to use strategies that can help me manage challenging feelings about climate change. • To know about what the HPV vaccine is and identify and challenge misconceptions regarding the vaccination. • To know how to use this information to be prepared for what will happen the day of the vaccination.	**Key vocabulary** Processed food Nutrition Climate change Oral hygiene HPV Human Papillomavirus

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Managing personal safety		
Autumn 2	**Knowledge** • To know about safety and personal responsibility around fireworks and bonfires. • To know how to manage my personal safety in relation to fireworks and bonfires • To know about the personal responsibilities young people have on roads and around water • To know how to manage the risks of roads and water and know how to use the different strategies to keep ourselves safe. • To know about CPR and how this is a way to help someone in cardiac arrest. • To know how to put someone in the recovery position and use CPR safely • To know about the risks of tobacco and nicotine use. • To know how to manage influences around smoking and vaping • To know about the risks and consequences of alcohol use • To know how to use strategies to manage influences on alcohol use and how to identify sources of support for alcohol misuse	**Key Vocabulary** Risk Resuscitation Cardiac arrest Unconscious Nicotine Tobacco Vaping Alcohol Addiction Personal safety