PSHE

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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

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Families and changing relationships		
Spring 1	**Knowledge** • To know about different relationships and how these change over time • To know how someone can be affected by changes to relationships, including familial relationships, and how they can seek support for navigating these changes • To know about different types of families and the roles and responsibilities of family members • To know how people make decisions related to long-term relationships and parenting • To know about change, loss and grief and how it affects people. • To know how to use strategies to manage grief and access support • To know about the role of the family courts and the support available for young people experiencing changes to family life. • To know how to get support if needed when there are changes to family life • To know the facts of FGM • To know how to access help if I have any concerns about FGM	**Key vocabulary** Relationships Marriage FGM Cohabiting Grief

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The online world		
Spring 2	**Knowledge** • To know about potential financial harms when using phones and in other online contexts. • To know how to minimise different financial harms posed by phone use • To know about influences, effects and potential risks of online spending, and strategies to minimise these. • To know how to recognise and assess risks with spending money online and where to seek support. • To know about the ways that online spending can impact emotions, especially when encountering issues with purchases. • To know how to respond and seek support if concerned about online spending • To know about the ways that social media use can impact someone's interests, wellbeing, and worldview. • To know how to use strategies to reduce potential negative impacts of social media use	**Key Vocabulary** Financial harms Algorithm

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Healthy and unhealthy relationships		
Summer 1	**Knowledge** • To know about the features of healthy relationships including consent. • To know how to recognise when relationship behaviours become concerning and describe strategies to respond to concerns, and accessing support • To know about the benefits, challenges and risks involved in the use of social media • To know how to manage risk online. • To know about the effects of harmful sexual behaviours, including sexual harassment • To know how to respond to, and get support for concerns about harmful behaviours and harassment • To know about the risks associated with sharing sexual images. • To know how to manage requests to share images online and get support if needed • To know about the importance of working together to prevent gender-based violence • To know how to challenge unhelpful social norms and where to access support	**Key vocabulary** Consent Relationship Sexual harassment Gender

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Managing money		
Summer 2	**Knowledge** • To know what Pride is and how this relates to the Equality Act and the 9 protected characteristics in the UK. • To know how to celebrate and support diversity in our school and the wider community • To know what bank accounts are for and how to choose and open one. • To know how to choose and set up a bank account • To know the purpose of a bank statement and what the different parts of a bank statement mean • To know how to read a bank statement and keep track of money. • To know why people save money and the different ways to save • To know how to save money and create a saving plan • To learn how debit and credit cards work. • To know how to make conscious spending decisions and how to use a credit/ debit card responsibly. • To know about the different types of borrowing • To know how to manage debt and how to get support with debt concerns.	**Key Vocabulary** Discrimination Prejudice Credit Debit card Debt Homophobia