

Year 8 PSHE Curriculum Map Overview

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
<div style="background-color: #c8e6c9; border: 1px solid black; padding: 5px; text-align: center;"> Drugs and Alcohol (Health and Wellbeing) </div>							
October Half Term 28 Oct – 1 Nov							
Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15	
<div style="background-color: #bbdefb; border: 1px solid black; padding: 5px; text-align: center;"> Community and Careers (Living in the Wider World) </div>							
Christmas Holidays 23 Dec – 3 rd Jan							
Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	Wk22	
<div style="background-color: #ffe0b2; border: 1px solid black; padding: 5px; text-align: center;"> Discrimination (Relationships) </div>							
February Half Term 24 Feb – 28 Feb							
Wk23	Wk24	Wk25	Wk26	Wk27	Wk28		
<div style="background-color: #c8e6c9; border: 1px solid black; padding: 5px; text-align: center;"> Emotional Wellbeing (Health and Wellbeing) </div>							
Easter Holidays 14 Apr – 25 Apr							
Wk29	Wk30	Wk31	Wk32				
<div style="background-color: #ffe0b2; border: 1px solid black; padding: 5px; text-align: center;"> Identity and Relationships (Relationships) </div>							
May Half Term 26 May – 30 May							
Wk33	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	
<div style="background-color: #bbdefb; border: 1px solid black; padding: 5px; text-align: center;"> Digital Literacy (Living in the Wider World) </div>							

Year 8 PSHE Curriculum Map Autumn 1

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Drugs and Alcohol (Health and Wellbeing)							

PoS Refs	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Resource Bank
H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	<ul style="list-style-type: none"> • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes 	<ul style="list-style-type: none"> • PSHE Association – Drug and Alcohol Education • Every Mind Matters - Smoking; Alcohol



Student Voice; Personal Development (Peer Pressure);
Cross Curriculum (Science); Cross Curriculum (Healthy Me);

Year 8 PSHE Curriculum Map Autumn 2

Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15
Community and Careers (Living in the Wider World)						

PoS Refs	Community and Careers Equality of opportunity in careers and life choices, and different types and patterns of work	Resource Bank
R39, R41, L3, L8, L9, L10, L11, L12	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices 	<ul style="list-style-type: none"> • Environment Agency - Careers for change



Student Voice; Personal Development (Future Aspirations);
 Cross Curriculum (Careers); Political Issue (Discrimination in the workplace);
 British Values (Rule of Law, Democracy);

Year 8 PSHE Curriculum Map Spring 1

Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	Wk22
Discrimination (Relationships)						

PoS Refs	Discrimination	Resource Bank
R39, R40, R41, R3, R4, R42, R43	<p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination 	<ul style="list-style-type: none"> • Dove – Self-esteem project • Changing Faces - A World of Difference • NCA-CEOP – Respecting me, you, us



Student Voice; Personal Development (Self-Worth/ Self-Confidence);
 Political Issue (Gender Identity and Society); British Values (Rule of Law; Individual Liberty; Mutual respect and tolerance of those with different faiths and beliefs);

Year 8 PSHE Curriculum Map Spring 2

Wk23	Wk24	Wk25	Wk26	Wk27	Wk28
Emotional Wellbeing (Health and Wellbeing)					

PoS Refs	Emotional wellbeing	Resource Bank
H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	<p>Mental health and emotional wellbeing, including body image and coping strategies</p> <ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge misconceptions stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. self harm and eating disorders) • about healthy coping strategies 	<ul style="list-style-type: none"> • PSHE Association - Mental Health and Emotional Wellbeing • Every Mind Matters – Dealing with change; Online stress and FOMO



Student Voice; Personal Development (Managing Emotions);
Cross Curriculum (DoE (Wellness Walk));

Year 8 PSHE Curriculum Map Summer 1

Wk29	Wk30	Wk31	Wk32
Identity and Relationships (Relationships)			

PoS Refs	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Resource Bank
H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	<ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about gender identity and sexual orientation about forming new partnerships and developing relationships about the law in relation to consent that the legal and moral duty is with the seeker of consent how to effectively communicate about consent in relationships about the risks of 'sexting' and how to manage requests or pressure to send an image about basic forms of contraception, e.g. condom and pill 	<ul style="list-style-type: none"> PSHE Association - Consent lesson packs Medway Public Health Directorate – Relationships and Sex Education BBFC- Making choices: sex, relationships and age ratings Commitment: what does it mean? Home Office - Something's Not Right (abuse disclosure) NSPCC Talk Relationships Every Mind Matters - One-to-one relationships



Student Voice; Cross Curriculum (Online Safety); Cross Curriculum (Science); British Values (Individual Liberty, Rule of Law);

Year 8 PSHE Curriculum Map Summer 2

Wk33	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39
Digital Literacy (Living in the Wider World)						

PoS Refs	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Resource Bank
H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	<ul style="list-style-type: none"> • about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • how to respond and seek support in cases of online grooming • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions 	<ul style="list-style-type: none"> • Cifas - Anti-Fraud Education • Every Mind Matters – Online stress and FOMO; Body image in a digital world • National Crime Agency - Exploring Cybercrime • BBFC - Making choices: sex, relationships and age ratings • Media Smart - Piracy: what's the big deal? • Dove – Self-esteem project • NSPCC Talk Relationships



Student Voice; Safer Internet Day 11th February 2025;