

PSHE Year 8 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
<p>Autumn</p>	<p>Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work</p> <p>Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p>Appreciate equality of opportunity in life and work</p> <p>Challenge stereotypes and discrimination in relation to work and pay</p> <p>Identify different types of employment, including about self-employment and voluntary work</p> <p>Manage influences on beliefs and decisions</p> <p>Develop skills to cope with group-think and persuasion</p> <p>Develop self-worth and confidence</p> <p>Recognise and challenge racism and religious discrimination</p>
	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p> <p>Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p>Develop a positive attitude towards mental health</p> <p>Challenge misconceptions and stigma</p> <p>Manage my emotions</p> <p>Develop digital resilience</p> <p>Set aspirational goals for future careers and challenge expectations that limit choices</p> <p>Critically assess different media sources</p> <p>Distinguish between content which is publicly and privately shared</p> <p>Know about age restrictions when accessing different forms of media and how to make responsible decisions</p>

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Spring	<p>Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use</p>	<p>Identify medicinal and reactional drugs</p> <p>Understand the effects the over-consumption of energy drinks</p> <p>Understand the relationship between habit and dependence</p> <p>Know how to use over the counter and prescription medications safely</p> <p>Assess the risks of alcohol, tobacco, nicotine and e-cigarettes</p> <p>Manage influences in relation to substance use</p>
	<p>Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p> <p>Digital literacy Online safety, digital literacy, media reliability, and gambling hooks</p>	<p>Understand gender identity and sexual orientation</p> <p>Identify qualities of positive, healthy relationships</p> <p>Demonstrate positive behaviours in healthy relationships</p> <p>Know what is involved when forming new partnerships and developing relationships</p> <p>Use social networking sites safely</p> <p>Recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation</p> <p>Respond and seek support in cases of online grooming</p> <p>Recognise biased or misleading information online</p>

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<p>Summer</p>	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Identify possible unhealthy coping strategies (e.g. self-harm and eating disorders)</p> <p>Develop positive coping strategies to support mental health</p> <p>Recognise and promote positive social norms and attitudes</p> <p>Understand the law in relation to consent and that the legal and moral duty is with the seeker of consent</p>
	<p>Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p>Know how to effectively communicate about consent in relationships</p> <p>Identify the risks of 'sexting' and how to manage requests or pressure to send an image</p> <p>Understand basic forms of contraception, e.g. condom and pill</p>
<p>Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p>Digital literacy Online safety, digital literacy, media reliability, and gambling hooks</p>	<p>Understand gender identity, transphobia and gender-based discrimination</p> <p>Recognise and challenge homophobia and biphobia</p> <p>Know how to protect financial security online</p> <p>Know how to assess and manage risks in relation to gambling and chance-based transactions</p>