

## PSHE Year 8 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
Autumn	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work  <b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Appreciate equality of opportunity in life and work Challenge stereotypes and discrimination in relation to work and pay Identify different types of employment, including about self-employment and voluntary work  Manage influences on beliefs and decisions Develop skills to cope with group-think and persuasion Develop self-worth and confidence Recognise and challenge racism and religious discrimination
	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies  <b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	Develop a positive attitude towards mental health Challenge misconceptions and stigma Manage my emotions Develop digital resilience  Identify medicinal and reactional drugs Understand the effects the over-consumption of energy drinks Understand the relationship between habit and dependence Know how to use over the counter and prescription medications safely  Assess the risks of alcohol, tobacco, nicotine and e-cigarettes  Manage influences in relation to substance use

## PSHE Year 8 Curriculum Map

<b>Spring</b>	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	Set aspirational goals for future careers and challenge expectations that limit choices Critically assess different media sources Distinguish between content which is publicly and privately shared Know about age restrictions when accessing different forms of media and how to make responsible decisions
	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception  <b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks	Understand gender identity and sexual orientation Identify qualities of positive, healthy relationships Demonstrate positive behaviours in healthy relationships Know what is involved when forming new partnerships and developing relationships Use social networking sites safely Recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation Respond and seek support in cases of online grooming Recognise biased or misleading information online

## PSHE Year 8 Curriculum Map

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