

Delivered in
PE – first aid



Your journey continues:
Year 8 PSHE



Decision making -
budgeting

Budgeting



Getting a job



The critical consumer



The impact of
inflation

Making
spending
decisions



Financial decisions



Social media



Managing challenging content

Introduction to
consent



Deciding
what to watch

Relationships on-
screen



Managing
conflict



Healthy and unhealthy relationships



Making disclosures



Keeping safe

Influences on relationships

Vulval health



Testicular health

Menstrual
wellbeing



Puberty and emotional changes

Puberty and keeping
safe

Managing change, loss and grief

Family courts

Roles in the
family



Understanding
changing relationships



Families and
changing
relationships

Friendship challenges



Similarities, differences
and peer influence



Coercive
friendships

Bullying and
bystanders



Friendship and
empathy



Managing tension and stress

Friendship and
bullying

Managing
emotions



Managing reactions



Managing rumination
and worry



Developing
positive
habits



Goal setting



Introduction to PSHE

Emotional Wellbeing
Managing change and
transition



Your Year 7 PSHE
journey starts
here!



Road safety



Thriving in a new
secondary school