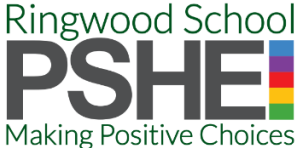


Year 8 PSHE Curriculum Map

Skills and Knowledge					
Half-term 1:	Half-term 2:	Half-term 3:	Half-term 4:	Half-term 5:	Half-term 6:
<p>Discrimination</p> <p>how to manage influences on beliefs and decisions</p> <p>about group-think and persuasion, bystander effect</p> <p>how to recognise and challenge homophobia, biphobia, racism and religious discrimination</p>	<p>Emotional Well-Being and puberty</p> <p>about attitudes towards mental health</p> <p>about daily wellbeing</p> <p>how to manage emotions</p> <p>about healthy and unhealthy coping strategies (e.g. self harm and eating disorders)</p> <p>how to manage physical and emotional changes during puberty</p>	<p>Digital literacy</p> <p>how to recognise online grooming in different forms and how to respond and seek support</p> <p>how to recognise biased or misleading information online</p> <p>how to critically assess different media sources</p> <p>how to distinguish between content which is publicly and privately shared</p>	<p>Community and careers</p> <p>about equality of opportunity in life and work</p> <p>how to challenge stereotypes and discrimination in relation to work and pay</p> <p>how to set aspirational goals for future careers and challenge expectations that limit choices</p>	<p>Drugs, smoking and alcohol</p> <p>How to assess the risks of drugs, alcohol, tobacco, nicotine and vapes</p> <p>How to manage influences in relation to substance use</p> <p>How to support your friends and loved ones</p>	<p>Identity and relationships</p> <p>the qualities of positive, healthy relationships</p> <p>about gender identity and sexual orientation</p> <p>about the law in relation to consent and how to effectively communicate about consent in relationships</p> <p>about the risks of 'sexting' and how to manage requests or pressure to send an image</p> <p>about basic forms of contraception, e.g. condom and pill</p>
	<p>Super curricular:</p> <p>Off timetable event</p> <p>CRIME AND PUNISHMENT</p> <p>22ND November</p>	<p>Supporting websites for further information:</p> <p>https://www.childline.org.uk/</p> <p>https://www.thinkuknow.co.uk/</p> <p>https://www.kooth.com/</p> <p>https://www.childnet.com/young-people/</p> <p>https://chathealth.nhs.uk/</p> <p>https://careerpilot.org.uk/</p>			