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:**
Discrimination how to manage influences on beliefs and decisions about group-think and persuasion, bystander effect how to recognise and challenge homophobia, biphobia, racism and religious discrimination	**Emotional Well-Being and puberty** about attitudes towards mental health about daily wellbeing how to manage emotions about healthy and unhealthy coping strategies (e.g. self harm and eating disorders) how to manage physical and emotional changes during puberty	**Digital literacy** how to recognise online grooming in different forms and how to respond and seek support 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	**Community and careers** about equality of opportunity in life and work how to challenge stereotypes and discrimination in relation to work and pay how to set aspirational goals for future careers and challenge expectations that limit choices	**Drugs, smoking and alcohol** How to assess the risks of drugs, alcohol, tobacco, nicotine and vapes How to manage influences in relation to substance use How to support your friends and loved ones	**Identity and relationships** the qualities of positive, healthy relationships about gender identity and sexual orientation about the law in relation to consent and 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
	Super curricular: **Off timetable event** **CRIME AND PUNISHMENT** **22ND November**	**Supporting websites for further information:** https://www.childline.org.uk/ https://www.thinkuknow.co.uk/ https://www.kooth.com/ https://www.childnet.com/young-people/ https://chathealth.nhs.uk/ https://careerpilot.org.uk/			