

# Year 8 PSHE Programme

## 2022-2023

Curriculum lessons

<b>Year 8</b>
<b>Living in the wider world – Finance</b>
<b>Living in the wider world - Careers</b>
<b>Mental health and wellbeing</b>
<b>Relationships and Sex Education - RSE</b>

### **BIG PICTURE**

In Year 8 the focus of all three areas of the curriculum is around greater self-responsibility and understanding different coping strategies people display. This covers taking responsibility for hygiene and food choices for example and understanding in greater depth about the changing nature of their relationships with others. In living in the wider world students will be introduced to concepts of financial responsibility. Healthy, informed choices will form a large part of the Year 8 curriculum.

CURRICULUM LINKS																	
SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing																

### YEAR 8: Living in the wider world – Finance

	Lesson Number	Lesson Title	Outline Content	PSHE Association Links		
Block 1	1	Wants Vs Needs	<ul style="list-style-type: none"> <li>To explore why people make different choices about how to save and spend money.</li> <li>Assess the difference between needs and wants; that sometimes people may not always be able to have the things they want</li> </ul>			
	2	How do I understand payslips and deductions?	<ul style="list-style-type: none"> <li>Know the important information contained on a payslip</li> <li>Estimate and calculate take-home pay for different jobs and different circumstances</li> <li>Understand the importance of checking payslips and ensuring deductions are correct</li> </ul>			
	3	How do I stay in control of my money? <span style="color: red;">ASSESSMENT</span>	<ul style="list-style-type: none"> <li>Suggest ways to resist unwanted pressure to spend or save money</li> <li>Know that being a critical consumer can help people make responsible spending and saving choices</li> <li>Understand that someone's spending and saving choices may affect other people</li> <li><span style="color: red;">ASSESS – Assess how Apple sell products?</span></li> </ul>			

**YEAR 8: Living in the wider world: Careers**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 2	1	Why is education important in the development of transferable skills?	<ul style="list-style-type: none"> <li>Identify skills needed to transition themselves from school through various stages of their career</li> <li>Explore unifrog</li> </ul>			
	2	Skills for the workplace	<ul style="list-style-type: none"> <li>Identifying skills that are needed in the workplace and how these are developed in our everyday lives.</li> </ul>			
	3	Challenging stereotypes	<ul style="list-style-type: none"> <li>Challenge preconceptions about who does certain jobs explore a wide range of different jobs Identify stereotypes and challenge stereotypical thinking</li> </ul>			

**YEAR 8: Health and Wellbeing – Loss**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 3	1	How to deal with some of the challenges that can arise with change	<ul style="list-style-type: none"> <li>Identify changes and transitions that can take place during adolescence</li> <li>Describe the impact that change can have</li> <li>explain different ways of managing change and where to seek support</li> </ul>			
	2	Explore the topic of death in an open way and to explore why our society has difficulty using the “real” words such as death and dying.	<ul style="list-style-type: none"> <li>Think about what the word means to yourselves and to others.</li> <li>Consider why it is difficult to use the “real” words.</li> <li>Understand how to get help and support</li> </ul>			

**YEAR 8: Mental health and Wellbeing**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 4	1	Attitudes to mental health and challenging misconceptions	<ul style="list-style-type: none"> <li>Evaluate the links between mental health and physical health.</li> <li>Identify common misconceptions about mental health.</li> <li>Recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health.</li> </ul>	H1	H8	
	2	Promoting emotional wellbeing	<ul style="list-style-type: none"> <li>Explain the factors that affect emotional wellbeing</li> <li>Identify ways to promote emotional wellbeing and build resilience</li> <li>Reframe and learn from disappointments and setbacks</li> </ul>	H11		
	3	Strategies to develop digital resilience	<ul style="list-style-type: none"> <li>Evaluate the positive and negative impact of social media on emotional wellbeing</li> <li>Analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image</li> <li>Describe strategies to promote emotional wellbeing online</li> </ul>	H5		
	4	Unhealthy coping strategies <b>ASSESSMENT-MARKED</b>	<ul style="list-style-type: none"> <li>Explain why self-harm and eating disorders are unhealthy coping strategies</li> <li>Recognise misconceptions about unhealthy coping strategies</li> <li>Recognise warning signs of emotional difficulties; identify suitable sources of support; and explain why, when and how to seek help for themselves or others</li> </ul>	H3	H5	
	5	HPV Vaccine	<ul style="list-style-type: none"> <li>To understand what the HPV vaccine is.</li> </ul>			

**YEAR 8: Relationships and Sex Education – RSE**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 5	1	Romantic relationships	<ul style="list-style-type: none"> <li>To explore the qualities of healthy and unhealthy relationships</li> </ul>			
	2	Gender Identity and Sexual Orientation	<ul style="list-style-type: none"> <li>To understand and respect the spectrum of gender identities and sexual orientations</li> </ul>			
	3	Contraception	<ul style="list-style-type: none"> <li>Explain the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships)</li> </ul>			
	4	Consent	<ul style="list-style-type: none"> <li>Explain that no one has the right to intimidate someone into given their consent and that sexual activity following such a threat is illegal.</li> <li>Explain how to ask someone for their consent without putting them under pressure.</li> <li>Demonstrate understanding of a persons right to say no and have their decision respected; they do not need to justify it.</li> </ul>			

NB: lessons need to be supplemented with the following workshops:

- Jodie Fellow - Sharing nude and semi-nude images

**YEAR 8: Relationships – RSE**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 6	1	Tackling racism	<ul style="list-style-type: none"> <li>• Student will explore a range of ways to tackle racism and discrimination</li> </ul>			
	2	Knife crime	<ul style="list-style-type: none"> <li>• Assess a range of consequences of carrying or using a knife.</li> <li>• Explain how young people can make the choice to be knife free.</li> </ul>			
	3	Disability discrimination	<ul style="list-style-type: none"> <li>• Demonstrate an increased understanding and awareness of people with disabilities.</li> <li>• Recognise disablist language and bullying: how, where and why it happens and the physical and emotional impacts of these behaviours on people with disabilities.</li> <li>• Identify and evaluate steps that have been taken or would be taken in law to change attitudes towards and support people with disabilities.</li> </ul>			
	4	Sexism	<ul style="list-style-type: none"> <li>• Describe the changes that have taken place over a period of time.</li> <li>• Explain how the changes to the law regarding equal rights for women have changed women in today's society.</li> <li>• Evaluate the changes to women's rights and evaluate what still needs to be done to men and women equal.</li> </ul>			