

Year 8 PSHE

Topic 6: Digital Literacy
Online Communication -
Grooming - Fake News

Topic 5: Identity & Relationships
Healthy Relationships - Sexting -
Consent - Contraception

Topic 4: Drugs & Alcohol
Types of Drugs - Risks of
Tobacco, Nicotine & Vape -
Managing Influences

Topic 3: Community & Careers
Opportunities - Managing a Career
- Volunteering - Investing - GCSEs
- British Political System

Topic 2: Discrimination
Attitudes, Influences & Beliefs -
Hate Crime - Gender - LGBTQ+
- Racism - Self-Worth

Topic 1: Emotional Wellbeing
Attitudes to Mental Health - Daily
Wellbeing - Digital Resilience -
Coping Strategies



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> • Emotional Wellbeing • Discrimination • Community and Careers • Drugs and Alcohol • Identity and Relationships • Digital Literacy 	<ul style="list-style-type: none"> • Confidence - opportunity to debate, question and discuss with peers and teacher. Learning to be confident in own choices and opinions while preparing for the future. • Organisation - managing booklets and preparing for assessments. • Resilience - questioning our own thoughts and processes, responding to difficult questions and developing knowledge of new concepts. • Empathy - understanding the experience of others, respecting the beliefs of different people and responding to difficult scenarios. 	<ul style="list-style-type: none"> • Assessing information and then recognising and managing risk. • Identify links between values and beliefs, decisions and actions. • Respect for others' right to their own beliefs, values and opinions / Valuing and respecting diversity. • Self-improvement. • Empathy and compassion (including impact on decision-making and behaviour) • Deliberate vocab development and consistent oracy practice 	<ul style="list-style-type: none"> • Real life dilemmas • Videos • Community Engagement