

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

