

## YEAR 8 PSHE Curriculum 2021 - 2022

Content	Learning Intentions / Outcomes	Key Questions
Introduction to PSHE  Confidentiality	To get to know each other a little better To appreciate what PSHE is and will be To create a class contract. To examine what it means to be SMARTER.	What is PSHE and why do we need it? What is confidentiality and why do we need a safe room?
Other Cultures	To appreciate that we are part of a wide and diverse community To explore ethnic diversity in Britain.	How are other cultures viewed? Are they equal?
Body Image	To understand what Personal Development and Character Education is To appreciate how to express positive feelings about ourselves. To strengthen our own identity and appreciate positive virtues and traits in themselves and others.	Is there such a thing as the perfect body?
Healthy Relationships	To recognise the features of healthy and unhealthy relationships To know how to negotiate and communicate assertively	Why might some relationships be unhealthy?
Healthy Relationships	To Understand the benefits and challenges of social media for developing and maintaining relationships To know how to manage online risks	Does social media help or hinder relationships?
AIG	To understand the similarities and differences between school and work. To identify some of the different motivators people may have for going to work.	What are the options open to me as I progress through school?
AIG	To be able to explain the basic principle behind budgeting, and understand key terms such as disposable income To appreciate the importance of planning, and how to set	Why do we need to plan for our future?

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	realistic goals and targets for yourself	
You and Your Safety	To acknowledge that risks are all around us and to assess the risk of activities. To have the knowledge of skills to leave high risk scenarios.	How can I keep myself safe and still enjoy activities confidently
You and Your Safety	To appreciate the dangers of being online. To recognise red flags when online.	Is being online always a bad thing? What do I need to be aware of?
You and Your Health	Identify health problems caused by smoking tobacco and cannabis. Describe the different health problems caused by smoking tobacco and cannabis and the link between addiction, nicotine and dopamine.	Is vaping safer and better for health than smoking?
Growth Mindset	Identify statements that describe either a Fixed or a Growth Mindset. Describe the attributes of a Fixed or Growth Mindset and how we can apply those our own lives.	Why is having a positive mental attitude going to help achieve my aspirations?
<b>TERM 3</b>		
First Aid	To carry out a primary survey of a casualty. To have the knowledge and experience of putting someone into the recovery position. To appreciate the procedure for CPR?	What do I do in the case of an emergency? Where will I find the defibrillators in school and my community?
First Aid	To gain the knowledge and experiment with strategies to deal with severe bleeding, choking and anaphylaxis	How do I treat common injuries that I may come across in everyday life?
Finance – Money Habits. Wants and Needs	To be able to describe different money habits. To be able to identify needs and wants To be able to identify influences on our spending	Why can't I just buy what I want?
Finance – Budgets and Savings	To be able to create a budget and use it to make financial decisions To be able to change a budget when circumstances change	How can I manage my money well?

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	<p>To be able to understand why people save money</p> <p>To be able to work out how much people save each month</p>	
Finance – Value for Money and Currencies	<p>To be able to decide which items represent the best value for money</p> <p>To be able to understand a range of factors can affect which option to choose</p> <p>To be able to identify different currencies and convert from pounds into other currencies</p>	Are there ways to make my money go further?
RSHE- Created and Chosen	To understand what makes me scientifically unique, and that our deepest need is to love and be loved.	<p>How can fitting into the crowd get me in trouble?</p> <p>How can standing out from the crowd get me in trouble?</p>
RSHE - Appreciating Difference	To explore the ways in which people may choose to articulate their identity, including gender and sexual identity.	What makes us different?
RSHE - Feelings	To appreciate that an increase in hormone production during puberty leads to physical and psychological changes, including sexual attraction, and methods for managing the feelings involved with these.	Why do our bodies changes and does everyone have the same experience?
RSHE - Before I was Born	To explore what happens during the different stages of pregnancy, the importance of pre-natal care and the emotional, real life impact of pregnancies carried to full term and otherwise.	What happens during pregnancy?
Tough Relationships	To learn the meaning of key terms and consider what these look like in real terms.	What are the protected characteristics and what does it mean?
Think before you share	To appreciate the consequences of sharing images of a sexual nature.	How do I resist pressure and what is the importance of setting rules to keep ourselves safe online?
Wider World	To understand that prejudice can grow into discrimination without the courage of upstanders.	What can I do to help stop prejudice?