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| **Year 8** | Autumn 1  Physical & Emotional Health & Wellbeing | Autumn 2  Physical & Emotional  Health & Wellbeing | | Spring 1  Living in the wider world | | Spring 2  Living in the wider world | | Summer 1  Relationships | | Summer 2  Relationships | |
| PSHE Topics | * 1. Learning 2 Learn & Project Introduction * 2. Podcast Research and Creation + Body Image in Social Media * 3. Black History Month: Equality & Discrimination * 4. Podcast Creation and Recording | * 1. Learning 2 Learn & Healthy eating presentation * 2. Research and creation of Healthy Eating Plan + Anti-Bullying Week * 3. Christmas PSHE | | * 1. What are my career interests and shortlisting * 2. L2L and UK Parliament including Law-making * 3. Human Rights | | * 1. L2L & Democracy * 2. Using Unifrog - Careers and the climate * 3. Easter PSHE | | * 1. L2L & Active Listening + Clear Communication * 2. Exploring the influence * and impact of role models and the media – online misogyny | | * 1. L2L & Community Life * 2. Assumptions surrounding Consent * 3. Values for Healthy Relationships | |
| Students will learn | * The impact of stereotyping, prejudice and discrimination on individuals and relationships * The need to promote inclusion and challenge discrimination, and how to do so safely, including online * The impact that external factors can have on how people think about themselves and express themselves, including regarding body image, physical and mental health | | | * The importance and benefits of being a lifelong learner * To review their strengths, interests, skills, qualities and values and how to develop them * To recognise that basic human rights are protected in the UK constitution * To set and maintain clear boundaries around personal privacy and to manage online safety in all its forms, including seeking help when appropriate | | | | * To further develop the skills of active listening, clear communication, negotiation and compromise * How the media portrays relationships and the potential impact of this on people’s expectations of relationships * That consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances * The effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support | | | |
| Link to UN Declaration on the Rights of the Child | * 2. No discrimination * 8. Identity * 24. Health, water, food, environment * 30. Minority culture, language and religion * 27. Food, clothing, a safe home | | 6. Life, survival and development   * 8. Identity | * 4. Making rights real * 6. Life, survival and development * 17. Access to information | 11. Protection from kidnapping  26. Social and economic help | | * 12. Respect for children’s views * 13. Sharing thoughts freely * 15. Setting up or joining groups | | 4. Making rights real  6. Life, survival and development | |