

Curriculum Overview

Subject: PSHE

Year Group: 8

Students will be given the opportunity to develop knowledge and skills to help them to become responsible young adults. They will look at how to maintain good mental health and where to get help if needed. They will explore rights and responsibilities both within the school, home and wider communities. They will recognise how to stay safe online and be confident with their ability to build safe relationships. Students will be empowered to stand up against bullying and peer pressure alongside developing good self-esteem. They will explore the physical, emotional and social factors of alcohol abuse and where to get help should they need it. Recognising that development both physically and emotionally, varies from person to person, encourages empathy and understanding thus allowing the PSHE classroom to be a 'safe' learning environment.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS Debate/questioning - to know how to hold a discussion effectively and challenge others' views. Key terms - depression, anxiety, rights, responsibilities, discrimination, prejudice, tolerance, empathy. Mental health - to know how to manage and maintain good mental health. Rights and responsibilities - to know their own rights and responsibilities as an individual and as part of society. Online safety - to know how to stay safe online and avoid making negative and harmful relationships. Discrimination - to understand the negative impact that prejudice and discrimination can have both individually and within society.</p>	<p>KNOWLEDGE/SKILLS Debate/questioning - to be able to effectively consider others' opinions and express constructively their own points of view. Key terms - bullying, banter, self-esteem, media, anorexia nervosa, bulimia, mental health, substance misuse, binge drinking. Bullying - to understand the difference between bullying and banter. Body image - to recognise that everybody is unique and not judge others or themselves physically. Eating disorders - to be able to recognise eating disorders and know where to get help if needed. Alcohol awareness - to know the effects socially, physically and mentally of alcohol misuse.</p>	<p>KNOWLEDGE/SKILLS Debate/questioning - to continue to develop discussion skills through their own expression and constructive criticism. Key terms - relationships, consent, peer pressure, gender stereotypes, contraception, self-awareness, empowerment RSE (relationships, sex education) - to know the importance of friendship and trust in a healthy relationship. To know the different types of contraception that are available when and if a physical relationship begins. To recognise that all relationships are different.</p>
<p>KEY ASSESSMENTS No official assessments but knowledge and understanding checked through Q and A and work books.</p>	<p>KEY ASSESSMENTS No official assessments but knowledge and understanding checked through Q and A and work books.</p>	<p>KEY ASSESSMENTS No official assessments but knowledge and understanding checked through Q and A and work books.</p>

Extended reading suggestions and external resources:
 The Outsiders – S.E Hinton
 Owning it - Teenagers with disabilities –Donald R Gallo
 Things the eye can't see – Penny Joelson
 A-Z of growing up – Lesley De Meza
 BEAT
 Young Minds Charity
 NSPCC
Cultural capital is addressed through drama productions from an external organisation, the offer of fictional books that explore many aspects of the PSHE curriculum as well as film/documentary clips that focus on British Values in society.