

PSHE – Year 8

- Autumn HT1 -

Relationships

In this topic, we will explore the positive qualities we all have and how they compare to the TUDOR and British Values. We will then learn to recognise the characteristics and positive aspects of healthy relationships, and that all aspects of health can be impacted by choices made in relationships. We will look at how mutual respect and consent are key features in any relationship.



- Autumn HT2 -

Personal Safety

This term, we will be focussing on the ways that you can keep yourself and those around you safe. We will start by looking at the issues associated with gangs and weapons including the possible consequences of being involved in these. We will then look at ways that we can keep ourselves safe online, including the issues of cyberbullying, social media and explicit images and videos. We will also look at the possible legal consequences and the implications for future employment and success in life.



- Spring Term -

Unhealthy Relationships

This term, we start by understanding what consent is – an important feature of all social interactions. We will then move onto looking at the impacts of sexual choices on our health and wellbeing, including both physically and emotionally. We will learn about unhealthy relationships, ensuring we can identify abuse and exploitation. Finally, we will investigate different dangerous (and often illegal) social acts.



- Summer Term -

Mental Wellbeing

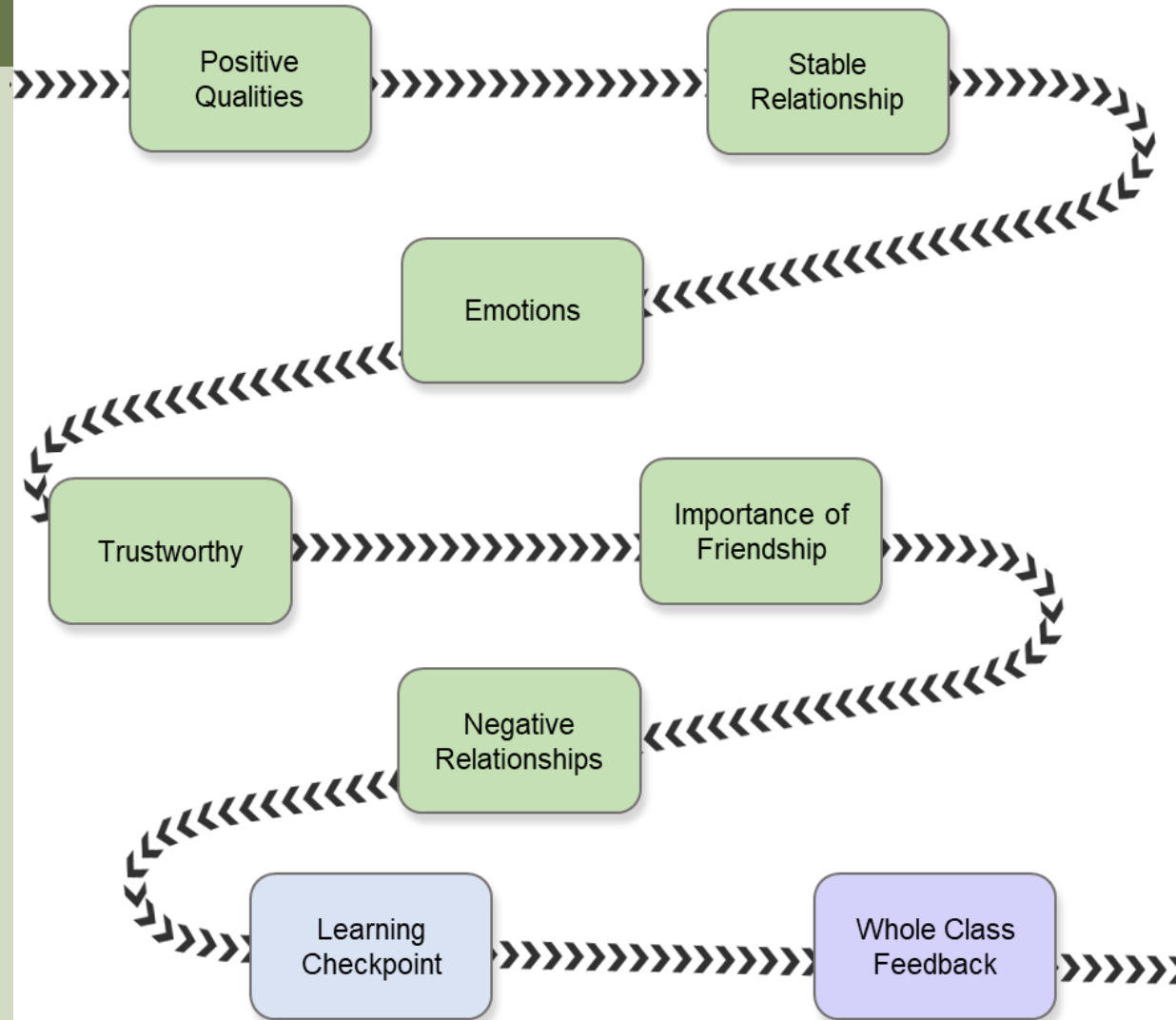
This term, we will be focussing on the ways that you can improve and maintain mental health and wellbeing. This will include looking at what we mean when we use the term 'mental health', some common mental health concerns, recognising the signs and symptoms of these and ways that we can improve our mental health.



- Autumn Half-Term 1 -

Relationships

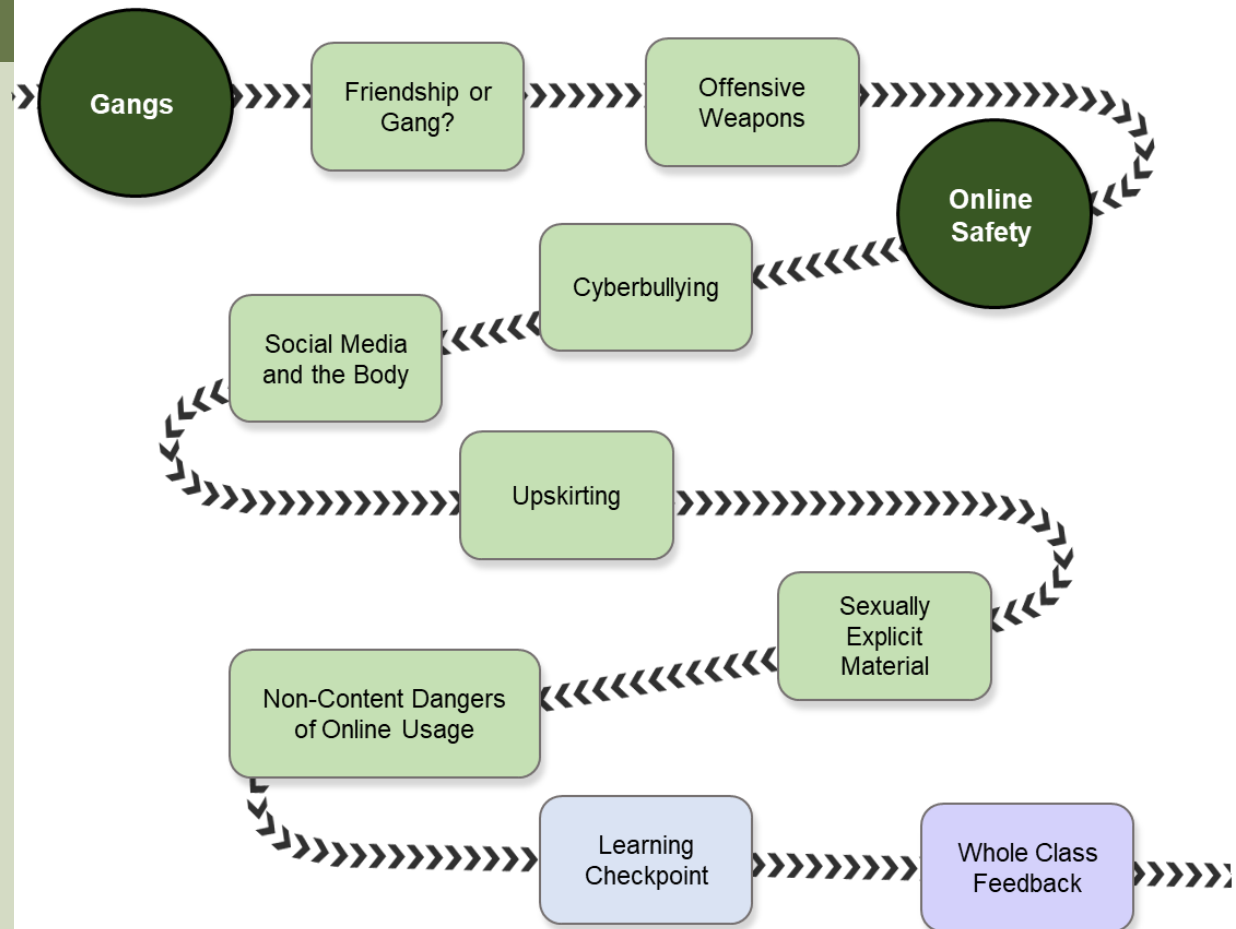
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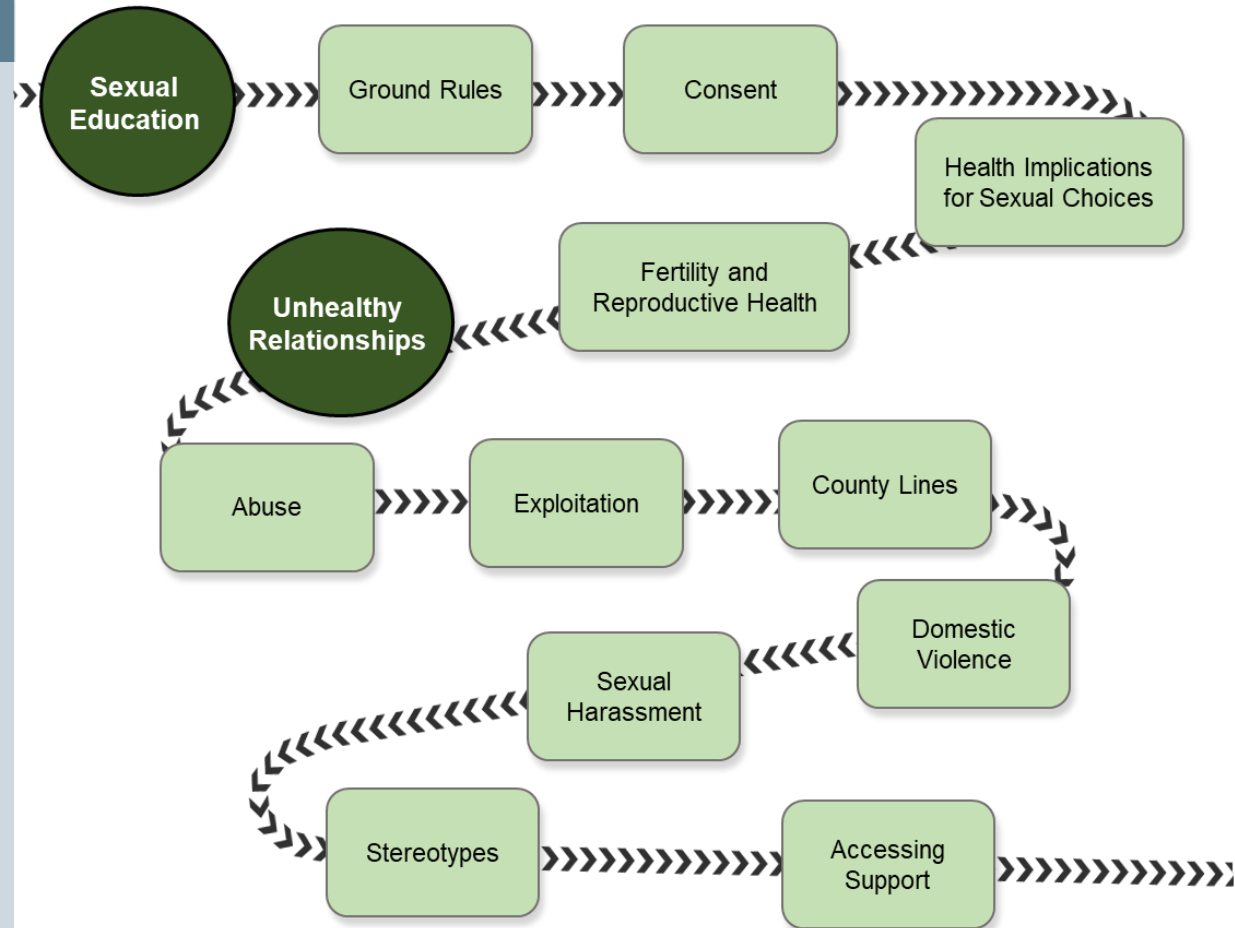


PSHE – Year 8 – Spring Term

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