

YEAR 8 PSHE

What will my child be learning this year?

A year of learning for life

Year 8 PSHE helps students develop healthy relationships, make safer choices, understand the online world, build career and money skills, and look after their wellbeing.

AUTUMN 1

Health, wellbeing & staying safe

- Why attendance and punctuality matter
- Setting ambitious goals and thinking about careers
- Healthy eating and its impact on mental health
- Understanding self-harm and how to recognise when someone may need help
- Knife crime, gangs and county lines
- Alcohol, addiction and associated risks

AUTUMN 2

Personal safety, money & employability

- Consent and pornography: laws, body image and healthy relationships
- Sextortion, image sharing and how to report concerns
- Skills and qualities employers value
- Entrepreneurship and what can make a business successful
- Saving and managing money, income and expenditure
- Teamwork as a valuable life skill

SPRING 1

Community issues & healthy choices

- Social media, body image and evaluating online health information
- Why people use drugs and how drugs can affect the body
- Cyberbullying, online trolls and being a responsible bystander
- Masculinity and harmful misogynistic attitudes and behaviours
- Safe use of prescription and over-the-counter medicines
- Responsible use of antibiotics

SPRING 2

The online world & belonging

- Caffeine and energy drinks and their effects
- Prevent: radicalisation, communities and belonging
- Hate crime, including Islamophobia and antisemitism
- Resisting peer pressure and understanding why it can be difficult
- Developing strategies for making safe, independent choices

SUMMER 1

Managing your future

- Options and pathways after Year 11
- Apprenticeships, T Levels and other pathways
- Applying for further education and university
- Different types of employment, including self-employment and zero-hours contracts
- Communication skills and what makes a good employee

SUMMER 2

Healthy relationships & preparing for life

- Mental health support and reducing stigma
- Sexualised media and its possible impact
- LGBTQ+ hate crime, terminology and relationship challenges
- Preparing for work shadowing day
- Bereavement, loss and supporting ourselves and others
- Safer summer: sun safety and water safety

How can parents help?

Talk with your child about what they are learning, encourage questions and remind them that they can speak to a trusted adult if they are worried or unsure about anything.