

## Year 8 – PSHE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Unit 1: Health and Wellbeing</b>  <b>Enquiry question: How can I look after my own and others' physical and mental health?</b></p> <p><b>Key content covered:</b></p> <ul style="list-style-type: none"> <li>● Body image: what are the similarities and differences between the online world and the physical world?</li> <li>● What are common mental health concerns and what support is available for them?</li> <li>● How might different people deal with, and talk about, loss?</li> <li>● Basic first aid training.</li> <li>● What are the dangers of alcohol, vaping and tobacco?</li> </ul>		<p><b>Unit 2: Relationships and Sex Education.</b>  <b>Enquiry question: Why are respectful relationships important?</b></p> <p><b>Key content covered:</b></p> <ul style="list-style-type: none"> <li>● How can I stay safe online?</li> <li>● What are the roles and responsibilities of parents? How can conflict at home be managed?</li> <li>● Why is equality important?</li> <li>● What are different types of long term relationships? (Including marriage)</li> <li>● Violence against girls and women: What are some examples of criminal behaviour in relationships and coercive control?</li> </ul> <p><b>Careers: What's My Line (collapsed day)</b></p>		<p><b>Unit 3: Living in the Wider World.</b>  <b>Enquiry question: How can we tackle discrimination and celebrate diversity?</b></p> <p><b>Key content covered:</b></p> <ul style="list-style-type: none"> <li>● What is the value of diversity within the UK?</li> <li>● What impact does stereotyping, prejudice and discrimination have on society and individuals within it?</li> <li>● How can we work together to overcome discrimination?</li> </ul>	