

# Year 8 - PSHE/RSE Curriculum Road Map

In **Key Stage 3**, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

## • Drugs and alcohol

### Key Skills:

Students learn about medicinal and recreational drugs. Students learn about the over-consumption of energy drinks. Students learn about the relationship between habit and dependence. Students learn how to use over the counter and prescription medications safely. Students learn how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes. Students learn how to manage influences in relation to substance use. Students learn how to recognize. and promote positive social norms and attitudes.

### Key words:

medicinal drugs, recreational drugs, social norms, social attitudes, influence, impact, long term, short term.

### Assessment Unit Title:

HEALTH AND WELLBEING - ALCOHOL AND DRUG MISUSE AND PRESSURES RELATING TO DRUG USE

Autumn 1

Autumn 2

### Key Skills:

Students learn about equality of opportunity in life and work. Students learn how to challenge stereotypes and discrimination in relation to work and pay. Students learn about employment, self-employment and voluntary work. Students learn how to set aspirational goals for future careers and challenge expectations that limit choices.

### Key words:

equality, stereotypes, prejudice, discrimination, bias, Equalities act, Disabilities Act, SEN Code of Practice, aspiration.

### Assessment Unit Title:

LIVING IN THE WIDER WORLD - EQUALITY OF OPPORTUNITY IN CAREERS AND LIFE CHOICES, AND DIFFERENT TYPES AND PATTERNS OF WORK

## • Discrimination

### Key Skills:

Students learn how to manage influences on beliefs and decisions. Students learn about group-think and persuasion. Students learn how to develop self-worth and confidence. Students learn about gender identity, transphobia and gender-based discrimination. Students learn how to recognise and challenge homophobia and biphobia. Students learn how to recognise and challenge racism and religious discrimination.

### Key words:

Homophobia, biphobia, prejudice, discrimination, racism, persuasion, group-think, Equalities act, protected qualities.

### Assessment Unit Title:

RELATIONSHIPS - DISCRIMINATION IN ALL ITS FORMS, INCLUDING: RACISM, RELIGIOUS DISCRIMINATION, DISABILITY, DISCRIMINATION, SEXISM, HOMOPHOBIA, BIPHOBIA AND TRANSPHOBIA

Spring 1

Spring 2

### Key Skills:

Students learn about attitudes towards mental health. Students learn how to challenge misconceptions stigma. Students learn about daily wellbeing. Students learn how to manage emotions. Students learn how to develop digital resilience. Students learn about unhealthy coping strategies (e.g. self harm and eating disorders). Students learn about healthy coping strategies

### Key words:

FGM, female genital mutilation, coping strategies, stigma, coping mechanism, support, early help, attitude, support structures.

### Assessment Unit Title:

MENTAL HEALTH AND EMOTIONAL WELLBEING, INCLUDING BODY IMAGE AND COPING STRATEGIES

## • Discrimination

### Key Skills:

Students learn the qualities of positive, healthy relationships. Students learn how to demonstrate positive behaviours in healthy relationships. Students learn about gender identity and sexual orientation. Students learn about forming new partnerships and developing relationships. Students learn about the law in relation to consent. Students learn that the legal and moral duty is with the seeker of consent. Students learn how to effectively communicate about consent in relationships. Students learn about the risks of 'sexting' and how to manage requests or pressure to send an image. Students learn about basic forms of contraception, e.g. condom and pill.

### Key words:

contraception, gender identity, orientation, biology, consent, responsibility, preference

### Assessment Unit Title:

RELATIONSHIPS - GENDER IDENTITY, SEXUAL ORIENTATION, CONSENT, 'SEXTING', AND AN INTRODUCTION TO CONTRACEPTION

Summer 1

Summer 2

### Key Skills:

Students learn about online communication. Students learn how to use social networking sites safely. Students learn how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalization. Students learn how to respond and seek support in cases of online grooming. Students learn how to recognise biased or misleading information online. Students learn how to critically assess different media sources. Students learn how to distinguish between content which is publicly and privately shared. Students learn about age restrictions when accessing different forms of media and how to make responsible decisions. Students learn how to protect financial security online. Students learn how to assess and manage risks in relation to gambling and chance-based transactions.

### Key words:

transactions, CEOP, extremism, radicalisation, exploitation, grooming, truth, fact checking, bias, inference, credibility.

### Assessment Unit Title:

ONLINE SAFETY, DIGITAL LITERACY, MEDIA RELIABILITY, AND GAMBLING HOOKS