

YEAR 8 PSHE LEARNING JOURNEY

RELATIONSHIPS AND SEX

Safe Sex – Consent, Contraception, Pornography, Image Sharing, STIs + Sexual Health, Sexting + Body Image, Contraception
Extremism + Radicalisation,
Online Predators
Tolerance + Anti-Racism lessons
Domestic Conflict + Running Away From Home
County lines

Start

HEALTH AND WELLBEING

Breast ironing
Wellbeing – Mindfulness, Confidence, Self-Awareness, Emotions + Emotional Literacy
Personal Safety + First Aid,
Cancer Awareness
Vaping, Nicotine and Addiction
Legal/illegal drugs
Pregnancy + Parenting introduction
Personal Development, Behaviour, Targets + Goals
Medicinal and recreational drugs
Prejudice + Discrimination LGBT + Disability

LIVING IN THE WIDER WORLD

Careers, Skills, Vocational Qualities, + Entrepreneurship, Gangs + Crime –teens and media focus
Finance, Budgeting, Tax + Saving
Prejudice + Discrimination homophobia
Internet Safety – Online Dangers + Predators
Caring for the Environment

On to
Year 9!

Spiral Approach to Content:
PSHE Association's Themes:

Health and Wellbeing
Relationships and Sex
Living in the Wider World

Additional Themes:

Citizenship and British Values
Careers – Gatsby Standards
Financial Education