

Year 8 PSHE/RE

Curriculum



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Introduction

The Year 8 RSE/PSHE curriculum will build on prior skills from Year 7 and is designed to help students develop the knowledge and skills necessary for a healthy and fulfilling life. Students will explore a variety of topics, including consent, sexual health, relationships, and diversity and equality, with a focus on developing critical thinking and decision-making skills.

Aims:

- To build on students' understanding of personal, social, and emotional development.
- To equip students with the knowledge, skills, and understanding to make informed decisions about their sexual health.
- To help students develop healthy relationships and manage their emotions effectively.
- To foster students' understanding of diversity and equality.

Curriculum Content:

1. Term 1: Relationships and Consent

- Different types of relationships: Explore different types of relationships in more detail, including romantic relationships, friendships, and family relationships.
- Healthy communication: Develop advanced communication skills, such as active listening, empathy, and assertive communication.
- Consent and boundaries: Explore the concept of consent in depth, including its importance in all types of relationships. Set and maintain clear boundaries.
- Sexually transmitted infections (STIs): Learn about different STIs, their causes, symptoms, and prevention. Understand the importance of safe sex practices.
- Contraception: Explore different methods of contraception and their effectiveness. Understand the importance of planning and making informed decisions about sexual health.



2. Term 2: Emotional Well-being

- Understanding emotions: Explore a wider range of emotions and their impact on our thoughts, behaviours, and relationships.
- Managing stress and anxiety: Learn effective strategies for managing stress and anxiety, such as relaxation techniques, mindfulness, and problem-solving.
- Mental health awareness: Understand common mental health conditions, such as depression, anxiety, and eating disorders. Learn how to support someone who may be struggling with mental health.
- Resilience and coping strategies: Develop resilience and coping strategies to overcome challenges and setbacks. Learn how to bounce back from adversity.

3. Term 3: Diversity and Equality

- Understanding diversity and inclusion: Explore the concept of diversity and the importance of inclusion in all aspects of society.
- Challenging stereotypes and discrimination: Identify and challenge stereotypes and discrimination based on factors such as race, gender, sexuality, religion, and disability.
- Equality and human rights: Understand the principles of equality and human rights. Learn about the role of international organizations in promoting equality and human rights.
- Careers and future planning: Explore different career options and pathways. Develop skills for job searching and interviewing.

Learning Objectives:

By the end of Year 8, students will be able to:

- Understand the concept of consent and its importance in relationships.
- Make informed decisions about their sexual health.
- Manage their emotions effectively.
- Understand the concept of diversity and equality.
- Challenge stereotypes and discrimination.
- Make informed decisions about their career and future.



Assessment:

- Students will be assessed through a variety of methods, including:
- Group discussions
- Role-plays
- Written assignments
- Presentations
- Self-assessments

Resources

- Age-appropriate books and resources
- Guest speakers
- Online resources
- Videos and films

Evaluation and Review

The curriculum will be reviewed annually to ensure its effectiveness. Feedback from students, teachers, and parents will be considered in the review process.

Updated August 2024

Next review: August 2025