

Yr 8 PSHE/Citizenship
Schemes of Work 2024-25

<u>Week beg</u>	<u>Lesson Topic</u>	<u>Brief outline</u>	<u>Theme</u>
1	How can we communicate emotions	Communication skills	Relationships
2	Who am I	Self-identity What is our relationship with ourselves	Relationships
3	Being a part of a family	Different family dynamics Roles and Responsibilities in a family	Relationships
4	Conflict Resolution	Why does conflict occur How can we prevent conflict through communication	
5	Death and Divorce	What is death and divorce. How can that impact an individual. The grieving process	Relationships
5	Media and relationships	How can the media influence what we think and feel about relationships	Relationships
6	Black History Month	How can we stop racism	Relationships
7	Boundary setting	What is a boundary within a relationship. How can we set boundaries?	Relationships
HALF TERM			
1	Healthy Vs Unhealthy relationships	What is a healthy/unhealthy relationship?	Relationships
2	Puberty	What is puberty. What are the physical changes during puberty	Relationships
3	Adolescence	What are the emotional changes during puberty	Relationships
4	Intimate relationships	What is an intimate relationship	Relationships
5	Consent & the Law	What is consent and the laws surrounding sex	Relationships
6	Consent & Communication	How do you establish consent in a relationship? How can we communicate that to another person	Relationships
7	Christmas fun		Relationships
CHRISTMAS HOLIDAY			
1	Risk taking	What is a risk? Why do we take risks? Conversation around drugs, vaping, knife crime, gangs and alcohol	Health & Wellbeing
2	Risk Reduction and Peer Pressure	How can we navigate away from risky situations and peer pressure Conversation around drugs, vaping, knife crime, gangs and alcohol	Health & Wellbeing
3	Addictive Substance: What are drugs?	Types of drugs and their impact on the body. Including Caffeine and Sugar	Health & Wellbeing
4	Addictive Substances: Alcohol	What is alcohol. What are the health impacts on the body.	Health & Wellbeing
5	Addictive Substances: Nicotine	What is nicotine and how can it impact us	Health & Wellbeing

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6	Addictive Substances: Vaping and Tobacco	What is Vaping, tobacco, and nicotine synthetic products.	Health & Wellbeing
HALF TERM			
1	Me and My Motivations	What motivates me	Living in the wider world
2	Growth Mindset	How to have a positive and open minded mindset	Living in the wider world
3	How will jobs change: Future Jobs	What might jobs of the future look like.	Living in the wider world
4	Dream Jobs: Career Research Project	What do I want to do in the future.	Living in the wider world
5	Gender Pay Gap	What is the gender pay gap, and why may that have occurred.	Living in the wider world
6	Diversity in the Workplace	Why is it good to have diversity in the workplace	Living in the wider world
7	Job Applications: CV Skills	What is a CV? How do you apply for Jobs?	Living in the wider world
EASTER BREAK			
1	Introduction to online safety and Media Literacy	What is online safety.	Health & Wellbeing
2	Media Literacy: Online Grooming	What is Online Grooming. How do we know the signs?	Health & Wellbeing
3	Media Literacy: Trusting the Media	Fake news and why people may use online media to influence us.	Health & Wellbeing
4	Media Literacy: Extremism and Radicalisation	What is extremism and radicalisation? What are the signs to look out for?	Health & Wellbeing
5	Media Literacy: Dos and Don'ts	Online Relationships Being safe online Navigating Social Media	Health & Wellbeing
6	Media Literacy: Sexting: What is it?	What is sexting? What are the laws and how to stop feeling pressured into it	Health & Wellbeing
HALF TERM			
1	Introduction to finances	How much does it cost to run a household?	Living in the wider world
2	Gambling	What is gambling and how can it affect us.	Living in the wider world
3	Advertising	How is advertising trying to influence us	Living in the wider world
4	Money Mules	What is a money mule? What are the dangers? How to avoid scams.	Living in the wider world
5	Financial Literacy Challenge	Cost of Living challenge. You have a budget, and you must fill a flat.	Living in the wider world
6	Project Week		
7	End of Year Fun		