**Year 8 PSHE Scheme of Work (24/25)**

**Is it Time For A Mindfulness / Self-Esteem Session?**

**Don’t Forget The Various Starter Ideas**

Learning objective/question in Green

Possible Activities and other notes in Red

|  |  |  |
| --- | --- | --- |
| **Relationships**  | **Health and Wellbeing**  | **Living in the Wider World** |
| **A New Start Year 8: Recognise Achievements and/or Offer Self Compassion**Can I recognise my achievements and be compassionate for any mistakes? Write a Letter of Advice to My Younger Self**A New Start Year 8: Recognise Achievements and/or Offer Self Compassion**Can I recognise my achievements and be compassionate for any mistakes? Write a Letter of Advice to My Younger Self***Unit 1 Diversity******(Part 2 of KS3 Friendship, Bullying, Diversity, Protected Characteristics)*****Recap of Protected Characteristics**Equality and Human Rights Commission Video (Depending on understanding.)**DDG: What is Microaggression?**Can I recognise Micro-aggression?Can I understand its impact on others?Experiences of microaggression.Affected groups.Racial microaggression.Impact.**DDG:Responding to Microaggression**Can I take action against micro-aggression?Living with microaggression.Classroom examples.SWAN – How to respond.Kahoot.**DDG: Awareness of Microaggression**Can I identify micro-aggression in daily life?Can I demonstrate my understanding of Micro-aggression? Advertisements.Create a play - using the strategies.**DDG: Exhibiting Micro-aggression**Can I explain what to do if I am identified as using micro-aggression?Case studies  | ***Unit 2 Y8 Mental Health and Emotional Wellbeing*****Healthy Sleep Habits – Edwinstree and Beyond**I can explain the impact of sleep on health and wellbeing.I can describe healthy sleep patterns and identify factors which can reduce sleep quality.I can describe a range of strategies for ensuring appropriate sleep patterns.Kahoot on the Science of SleepSleep quizSleep benefitsSleep strategies and scenarios**Attitudes to mental health**Evaluate the links between mental health and physical health.Identify common misconceptions about mental health.Recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health.Explain to an alien what is mental health.Finish the conversation quiz – how much do you know about mental health?Helpful and unhelpful language when talking about mental health.**Promoting emotional wellbeing**Ways to promote emotional wellbeing. To build resilience and how to reframe disappointments and setbacks.Wellbeing changes in a typical day.Managing disappointments and setbacks.***(Likely don’t need this topic now)*****Digital resilience**The impact of social media on mental health and emotional wellbeing. Strategies to develop digital resilience.Selfies – why do we take them?A typical digital day.**Unhealthy coping strategies (self-harm and eating disorders)**Unhealthy coping strategies, including self-harm and eating disorders.Why, when and how to access support for themselves or others.Opinions about self-harm and eating disorders.Fact-checking: self-harm and eating disorders leaflet.Case studies and card sort.**Healthy coping strategies**Healthy ways to manage difficult feelings or challenging circumstances.Intensity of feelings.A day in the life of two youngsters.Signposting support.**Change, loss, grief**The effects of change, loss and grief • strategies for managing these and accessing support.ScenatiosCircles of support /Edwinstree Trusted 5.Support cards. | ***Unit 3 Economic Wellbeing in The Digital World******(Part 2 of KS3 Money)*** **Money: Buntingford, Herts and The UK** Is Buntingford expensive to live in? What are the most popular jobs locally?How much do different people earn in the most popular jobs locally?Cost-of-living: How much does a house cost in Buntingford and local area? **Money: Wants, needs and priorities**Describe where particular needs and wants fall on Maslow’s Hierarchy of need.Explain why we need to learn about wants and needs and priorities.Is this a want, a need or a priority?Maslow’s Hierarchy.Case studies.Video bingo.**Money: Producing a Budget**Understand what a personal budget is. Understand why it is important to have and to stick to a personal budget. To be able to plan a contingency plan.What Is a Personal Budget?What Would My Outgoings Be If I Lived on My Own?What Is a Contingency Plan?(My budget for when I leave home)**Money: Taxes**How is tax collected and what is it used for?How is tax collected?Income tax and other types of taxWhat is tax used for?What are subsidies?***(Part 2 of Digital Literacy)*** **Social Media Safety****Social Media Safety A** The “Curated Self.”Body Image and Discussion cards.Body positivity.Advertising.Social comparison.**Social Media Safety B** Social media scenarios.Fake news.Social media privacy settings. |
| **Relationships 2** | **Health and Wellbeing 2** | **Living in the Wider World 2**  |
| ***Unit 4 RSE Year 8******This unit mainly uses the PSHE Association RSE kitemarked lessons.*****Relationship Values**How do we develop realistic and healthy relationship values and expectations?Values statements.Relationship red flags.Exiting a relationship/friendship.Relationship scenarios.**Influences on Relationship Expectations**How do we challenge unrealistic relationship expectations?Relationship expectations – agree or disagree?Sending nudes.Gender expectation stereotypes.Helping a friend.**Sexual Orientation & Gender Identity**Do I understand and respect the spectrum of gender identities and sexual orientations?Definitions of terminology.Childline – issues that face the LGBT+ community.Friend scenarios.**Consent - Avoiding assumptions**Can I explore the common assumptions related to consent and how do I challenge them?Assumption statements.Assumption scenarios.Advising others.**Pornography, sexting and the Law**Pornography, sexting and sex. What does the law say?**Contraception and STIs**What is contraception and what are STIs? (Introduction)Names of different kinds of contraception.NHS Condom demonstration video.Introductory mention of STIs, main focus chlamydia. | ***Unit 5 Substances*** **Introduction: Hertfordshire and the UK; Kahoot**Do children misuse substances?Smoking/vaping data for UK.Vaping in Herts.Kahoot about Drugs**Understanding Drugs**Do I know what we mean by substance use? What are the risks and effects of caffeine consumption?What is the impact of energy drinks?Draw someone who uses drugs (stereotype).Caffeine scenario and Energy drinks reduction.What do energy drinks do to your body?**Tobacco — risks and influences**Can I understand and manage influences relating to tobacco and nicotine product use?Attitudes continuum.Risks of tobacco cards.**Vaping – risks and influences**What are the risks and effects of vaping?Timeline for a day.Consequences of vaping – environmental, health, legal.**Alcohol Risk**What are the risks and consequences of alcohol use?Short-term and long-term risks of drinking alcoholWhat influences us to drink alcohol?Alcohol units.Kahoot – Alcohol quiz.**Substances and the Law**Substances - What is allowed and when?Introduction to other drugs.School rules about substances.Is this situation legal or illegal?Drugs Quiz | ***Unit 6 Careers – Going Deeper******(Part 2 of KS3 Careers)*** **Careers: My future (2024 only)**Recognise the qualities and skills you have demonstrated both in and out of school that will help to make you employable.What comes to mind when you think about a career?Can your career save the environment?Can your career save a life?Can your career keep us safe?Can your career be creative?Do you have the skills? **Employability**What are employability and work skills?What skills are employers looking for?Transferable/soft skills.Who would you employ?**Teamwork**Identify the challenges we face but also the benefits we reap by working as part of a team. Describe how teamwork is a valuable life skill, especially when it comes to future employment.Videos - Teamwork benefitsPaper Tower Challenge**Entrepreneurs**What does it mean to be an entrepreneur?How do businesses make money (workflow)Elon Musk exampleHow did these people become entrepreneurs? |