



# PSHE Learning Journey

## Year 8



SKILLS DEVELOPED TEAMWORK & LEADERSHIP PUBLIC SPEAKING PROBLEM SOLVING CREATIVITY & INNOVATION DECISION MAKING RESILIENCE & STAYING POSITIVE PLANNING & ORGANISATION SKILLS DEVELOPED

YEAR 9

- Employability & Enterprise Skills
- Proud to be Me
- Careers and Aspirations
- Self-Esteem and the Media
- The Importance of Happiness
- What Makes Me Angry?
- Exploring Careers



GATSBY BENCHMARKS - CAREERS -

SMSC  
CAREERS

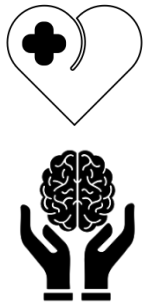
PROUD TO BE ME!

YEAR 8

PHYSICAL HEALTH & MENTAL WELLBEING

STATUTORY HEALTH

PSHE  
WELLBEING



- Health and Wellbeing
- What is Mental Health?
- Positive Body Image
- Child Abuse
- Types of Bullying
- Healthy Eating and Cholesterol
- Stress Management

YEAR 8

- County Lines – What is It?
- County Lines – Who is at Risk?
- Substance Misuse
- Cyberbullying
- Online Grooming
- Alcohol Safety
- Child Exploitation & Online Protection



STATUTORY HEALTH & RSE

DRUGS EDUCATION  
GANGS

DANGEROUS SOCIETY ONLINE & OFFLINE

YEAR 8

IDENTITY, RELATIONSHIPS & SEX EDUCATION

STATUTORY HEALTH & RSE

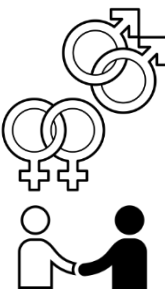
PSHE



- Relationships and Sex Education
- Being Yourself & Self-Love
- Healthy Respectful Relationships
- What is Love?
- Dealing with Conflict
- Periods and Menstrual Cycle
- Introduction to Contraception
- Sexual Orientation

YEAR 8

- Equality Act 2010
- LGBTQ+ What is it?
- LGBTQ+ Rights Across the World
- Gender Equality
- Ableism and Disability Discrimination
- Removing the Barriers, Equality for All
- Racism & Discrimination in Society



CITIZENSHIP  
PSHE  
EQUALITY

EQUALITY & DIVERSITY EXPLORED

YEAR 8

LAW, CRIME & SOCIETY

CITIZENSHIP

BRITISH VALUES



- Desert Island - Living
- Desert Island - Building a Community
- Desert Island – Making Decisions
- Desert Island - Criminals Law & Society
- How are Laws Made?
- Prisons, Reform & Punishment

YEAR 8

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

### SPIRAL THEMATIC APPROACH

- 1) Rights, Responsibilities & British Values
- 2) Celebrating Diversity & Equality
- 3) Relationships and Sex Education
- 4) Staying Safe Online and Offline
- 5) Health and Wellbeing
- 6) Life Beyond School

### PERSONAL DEVELOPMENT

#### ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ PSHE App
- ✓ End of Unit Quizzes
- ✓ Graduation Portfolios

