



PSHE OVERVIEW



Health and wellbeing:

- Medicinal and recreational drugs
- Risks of alcohol
- Risks of smoking and vaping
- Energy drinks

In Year 8, Health and wellbeing education within PSHE develops pupils' understanding of medicinal and recreational drugs, including their appropriate use and potential risks. Pupils explore the short- and long-term risks associated with alcohol, smoking, vaping and energy drinks. This learning enables pupils to make informed choices, resist negative influences and maintain healthy lifestyles.

Living in the wider world:

- Entrepreneurship
- Equality of opportunities

In Year 8, pupils explore entrepreneurship and the skills needed to develop business ideas, problem-solve and work independently or in teams. They also learn about equality of opportunity, understanding how fairness and inclusivity can shape future careers and life choices. This learning supports pupils in developing ambition, resilience and a positive approach to future opportunities.

Relationships and sex:

- LGBTQ+
- Managing influences
- Religious and racism discrimination

In Year 8, relationships and sex education within PSHE helps pupils understand and respect diversity, including LGBTQ+ identities. Pupils explore how influences from peers, media and society can affect relationships and decision-making. They also learn about religious and racial discrimination, promoting equality, tolerance and respectful behaviour. This learning supports pupils in forming positive relationships and making informed, responsible choices.

Health and wellbeing:

- Unhealthy and healthy wellbeing
- Daily wellbeing
- Attitudes and digital resilience

In Year 8, health and wellbeing education within PSHE supports pupils in understanding healthy and unhealthy wellbeing, helping them to recognise the factors that affect their mental and emotional health. Pupils explore strategies to maintain daily wellbeing and develop positive attitudes, including building digital resilience. This learning equips pupils with the skills to manage challenges, make responsible choices and maintain balance in their lives.

Relationships and sex:

- Contraception
- Sexual orientation and consent
- Risks of sexting
- Online grooming

In Year 8, relationships and sex education within PSHE covers contraception, sexual orientation and the importance of consent. Pupils also learn about the risks of sexting and how to stay safe online and in relationships. This learning helps pupils make informed, responsible choices and develop respectful, healthy relationships.

Living in the wider world:

- E-safety
- Gambling

In Year 8, living in the wider world education within PSHE focuses on e-safety and responsible use of technology, helping pupils understand how to protect themselves online. Pupils also explore the risks associated with gambling, developing awareness of financial responsibility and making safe, informed choices.