



Year 8 'PSHE' Curriculum Map						
Half Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Big Themes	Digital Literacy	Prejudice & Discrimination (Tolerance)	Health (Liberty)	Relationships (Mutual Respect)	Relationships (Mutual Respect)	NHS Careers (Careers)
Knowledge and skills covered	<ul style="list-style-type: none"> ★ Appearance Ideals ★ Media Messages ★ Confronting Comparisons ★ Body Talk ❖ Black History Month 	<ul style="list-style-type: none"> ★ Prejudice and discrimination ★ Protected Characteristics ★ Anti-bullying ★ Being an Upstander ★ Persecution ★ Non vs Anti-Racism ★ Firework Safety ★ Winter festivals including Diwali, Hanukkah & Christmas 	<ul style="list-style-type: none"> ★ Practical mindfulness activities Anna Freud Self-care plan: ★ Physical strategies ★ Social strategies ★ Emotional strategies ★ Practical strategies ❖ Mental Health Week ❖ Safer Internet Day 	<ul style="list-style-type: none"> ★ Digital Citizenship ★ Staying Safe Online ★ Online Influence ★ Private Information and Grooming ★ Sharing Intimate Images ★ (Over)sharing and your digital footprint ★ A healthy use of social media and gaming ❖ LGBTQIA+ History Month ❖ Women's history month 	<ul style="list-style-type: none"> ★ Relationship Values ★ Influences on Relationship Expectations ★ Being an ally regardless of gender identity or sexuality ★ Consent ★ FGM ★ Introduction to Contraception ❖ Autism awareness ❖ Stephen Lawrence Day 	<ul style="list-style-type: none"> An examination of a range of job opportunities within the NHS ❖ Pride Month ❖ Windrush Day ❖ Nelson Mandela Day