

YEAR 8 Personal, Social, Health and Economic Education (PSHE)

Curriculum overview – how we have mapped our PSHE topics alongside Relationships, Health and Sex Education (RSHE)



Focus		Curriculum Content	Students will learn	Links to other curriculum areas	Workshops/external providers
Summer 2	Financial decisions.	This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.	• how to make spending decisions • how to budget • about getting a job • about the impact of inflation • how to be a critical consumer • how to apply decision making: budgeting for a summer holiday (	KS3 National Curriculum, Mathematics, budgeting	Alt/additional: Bank of England – EconoME
Autumn 1	Independence, health choices and wellbeing.	Decision-making skills that support a healthy lifestyle and wellbeing – covering food, physical activity, sleep and dental health – and assessing the impact of climate change on young people's wellbeing.	• how to make healthier choices about food and diet • how to maintain good dental health • about the benefits of physical activity and how to be active • about healthier sleep habits and the importance of sleep • about the impact of climate change on young people's wellbeing • how to navigate and respect different views on issues such as climate change • about HPV and the importance of the HPV vaccination	KS National Curriculum Science, Biology KS3 National Curriculum, Geography, climate change	HPV educate British Heart Foundation

Autumn 2	Personal safety and managing risk	Assessing risk and supporting personal safety in a range of contexts – including on the roads, around water and fireworks, and in relation to alcohol and other drugs.	• how to stay safe in relation to fireworks • how to stay safe on and near roads, and the importance of being insured • how to stay safe around water and how to help others in difficulty • how to give basic life support, including CPR • about drugs, including tobacco, nicotine and alcohol, and how to assess and manage risk	KS3 National Curriculum, Science, Chemistry and Biology	MIB – Drive insured Canal and River Trust – Water safety British Heart Foundation – RevivR
Spring 1	Belonging and community	Creating respectful and cohesive communities – recognising and challenging bias, stereotypes and discrimination, and promoting inclusion.	• about identity and belonging to a community • how to recognise and challenge bias and stereotypes • about discrimination and the protected characteristics • about values and how to disagree constructively • how to build diverse and supportive communities	KS3 National Curriculum, Citizenship – what it means to be a citizen, British values	
Spring 2	The online world	Recognising how behaviour can be manipulated online through algorithms and targeted content, and how online platforms generate income through their users.	• how online behaviour can be manipulated through algorithms and targeted content • how online platforms generate income through their users • about online financial risk, including phones and in-app spending ('click and pay')	KS3 National Curriculum, Computing, online and E Safety	

			• about the pressure to spend online through gaming and social media • about the business of influence and how to feed or challenge the algorithm • how to seek help and support with money matters online		
Summer 1	Healthy and unhealthy relationships	A range of relationship issues facing young people – including harassment, image-sharing and gender-based violence – and how to get support.	• about healthy and unhealthy relationships • about sexualised media and its influence • how to stay safe in online relationships • about sexual harassment and harmful sexual behaviour • about the sharing of nudes and how to respond to requests or pressure • about consent • how to recognise and help prevent gender-based violence		NSPCC – Talk Relationships (ages 12–14)