

Overview: Year 8

PSHE follows three strands:

Living in the Wider World is a themed area of PSHE content described by the PSHE Association. This theme covers several areas which children and young people need to know, relating to respecting others, being a responsible and contributing citizen of their community, their country and the wider world.

Health and well being is a theme to developing knowledge, skills and attributes students need to keep themselves healthy and safe and prepare for life and work in modern Britain.

Relationships explores different areas in connection to recognising different relationships, building new relationships, and recognising if a relationship is healthy and positive for their wellbeing. **Relationships and Sex Education (RSE)** is a statutory requirement as part of Relationships Education, from which parents have a right to withdraw their child.

<i>Autumn 1 2025</i>	<i>Autumn 2 2025</i>	<i>Spring 1 2026</i>
<p>Content – Living in the Wider World</p> <p>PSHE – AUT 1 <i>British Values: Substances and Safety</i></p> <p><i>Fortnight 1: Alcohol Safety and Risk</i></p> <p><i>Fortnight 2: Smoking, Vaping and other Inhaled Substances</i></p> <p><i>Fortnight 3: Energy Drinks and Caffeine</i></p> <p><i>Fortnight 4: Managing Social Influence and Pressure</i></p>	<p>Content – Living in the wider World</p> <p>PSHE – AUT 2 <i>British Values</i> <i>British Values, Protected Characteristics, respect, tolerance.</i></p> <p><i>Fortnight 1: The Equality Act (2010)</i></p> <p><i>Fortnight 2: Exploring Identity and Difference</i></p> <p><i>Fortnight 3: Exploring Identity and Similarities</i></p>	<p>Content <i>Health and Wellbeing</i></p> <p>PSHE SPR 1 <i>Keeping Safe, Online Safety, Managing money.</i></p> <p><i>Fortnight 1: Fake News and Echo Chambers</i></p> <p><i>Fortnight 2: Online Safety, Self-Esteem and Grooming</i></p> <p><i>Fortnight 3: Privacy and Consent</i></p>
<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>

2026	2026	2026
<p>Content – Health and Wellbeing</p> <p>PSHE – SPR 2 Theme: Health, healthy routines and influences on health.</p> <p><i>Fortnight 1: Introduction to Budgeting</i></p> <p><i>Fortnight 2: Keeping our Money Safe</i></p> <p><i>Fortnight 3: Preparing for the World of Work</i></p>	<p>Content – Relationships</p> <p>PSHE - SUM 1 Theme: Romance and friendships and relationship boundaries, consent, physical intimacy and contraception.</p> <p><i>Fortnight 1: Romantic Relationships, Physical Intimacy (RSE)</i></p> <p><i>Fortnight 2: Contraception, Relationships and Intimacy Online (RSE)</i></p> <p><i>Fortnight 3: Introduction to Family Relationships</i></p>	<p>Content - Relationships</p> <p>PSHE - SUM 2 Theme: Positive relationships in families and friendships.</p> <p><i>Fortnight 1: Maintaining Healthy Family Relationships</i></p> <p><i>Fortnight 2: Physical and Mental Wellbeing</i></p> <p><i>Fortnight 3: Know Your Rights</i></p> <p><i>Fortnight 4: Taking Control of our Learning</i></p>