

Overview: Year 8

PSHE follows three strands:

Health and Wellbeing: Understanding how to look after your physical and mental health, keep yourself safe, and make choices that support your wellbeing.

Living in the Wider World: Learning about being part of society, including understanding money, work, and how to contribute positively to the world around you in modern Britain.

Relationships and Community: Learning about how to build and maintain safe, healthy, and positive relationships with others, including friends, family, and people in the community.

Relationships and Sex Education (RSE) is a statutory requirement as part of Relationships Education, where students learn about healthy relationships, consent, personal boundaries and how people grow and change, including understanding bodies, reproduction, and how to stay safe. Parents and carers have the right to request withdrawal from some or all of sex education taught as part of statutory RSE.

As a school, we are respectful and sensitive to the diverse cultures, beliefs and religions within our community when delivering PSHE and RSE.

<i>Autumn 1 2026</i>	<i>Autumn 2 2026</i>	<i>Spring 1 2027</i>
Content – Relationships and Community <i>Content: British Values, Identity, Discrimination and Prejudice, Peer Pressure.</i> <i>Fortnight 1: The Equality Act (2010)</i> <i>Fortnight 2: Exploring Identity and Difference</i> <i>Fortnight 3: Exploring Identity and Similarities</i> <i>Fortnight 4: Managing Social Influence and Pressure</i>	Content – Health and Wellbeing <i>Themes: Regulated and illegal substances, substance misuse and making safe choices.</i> <i>Fortnight 1: Alcohol Safety and Risk</i> <i>Fortnight 2: Smoking, Vaping and other Inhaled Substances</i> <i>Fortnight 3: Energy Drinks and Caffeine</i>	Content Health and Wellbeing <i>Mental wellbeing, online safety, privacy.</i> <i>Fortnight 1: Physical and Mental Wellbeing</i> <i>Fortnight 2: Online Safety, Self-Esteem and Grooming</i> <i>Fortnight 3: Fake News and Echo Chambers</i>

Spring 2 2027	Summer 1 2027	Summer 2 2027
Content – Living in the Wider World Theme: Health, healthy routines and influences on health. <i>Fortnight 1: Know Your Rights</i> <i>Fortnight 2: Taking Control of our Learning</i> <i>Fortnight 3: Fortnight: Privacy and Consent</i>	Content – Relationships and Community Theme: Romance and friendships and relationship boundaries, consent, physical intimacy and contraception. <i>Fortnight 1: Romantic Relationships, Physical Intimacy (RSE)</i> <i>Fortnight 2: Contraception, Relationships and Intimacy Online (RSE)</i> <i>Fortnight 3: Understanding Healthy Family Relationships</i>	Content – Living in the Wider World Theme: Positive relationships in families and friendships. <i>Fortnight 1: Introduction to Budgeting</i> <i>Fortnight 2: Keeping our Money Safe</i> <i>Fortnight 3: End of Year Quiz / Getting ready for Year 9</i> <i>Fortnight 4: Preparing for the World of Work</i>