

PSHCE/RSE Curriculum Map: Year 8

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topics	Online and in-school safety Democracy Mutual respect	Tolerance of different faiths/cultures and protected characteristics Kindness to ourselves and others	Healthy living First aid	Rights and Responsibilities The rule of law Financial literacy	Careers and ambitions Skills for the future Budgeting	Safety Healthy coping strategies Relationships and Sex Education (delivered in RE)
Intent	<ul style="list-style-type: none"> • Develop a deep understanding of the importance of being an active citizen in modern Britain, who makes a positive contribution to school and the wider community • Teach students to understand British values of respect, tolerance, law and democracy which underpin our school value of kindness • Develop digital and personal resilience enabling students to make informed and safe choices 	<ul style="list-style-type: none"> • Ensure that students have a clear understanding of what healthy relationships look like so that they can keep themselves and others safe • Teach students the law regarding protected characteristics so that they can become responsible citizens actively countering discrimination • Celebrate and understand the different communities in Bradford, in Great Britain and in the world we inhabit today 	<ul style="list-style-type: none"> • Develop digital and personal resilience enabling students to make informed and safe choices • Teach children how to make informed and safe choices to look after their own and others' physical/mental wellbeing • Develop a deep understanding of the importance of being an active citizen in modern Britain, who makes a positive contribution to school and the wider community 	<ul style="list-style-type: none"> • Developing self-efficacy creating ambitious and resilient learners who are able to learn from their mistakes and move forward with ambition • Provide opportunities for students to develop numeracy skills ensuring future financial literacy -Develop a deep understanding of the importance of being an active citizen in modern Britain, who makes a positive contribution to school and the wider community -Celebrate and understand the different communities in Bradford, in Great Britain and in the world we inhabit today, ensuring that students 	<ul style="list-style-type: none"> • Develop a deep understanding of the importance of being an active citizen in modern Britain, who makes a positive contribution to school and the wider community • Provide opportunities for students to develop numeracy skills ensuring future financial literacy • Forge a clear understanding that actions have consequences • Developing self-efficacy creating ambitious and resilient learners who are able to learn from their mistakes and move forward with ambition 	<ul style="list-style-type: none"> • Develop digital and personal resilience enabling students to make informed and safe choices • Teach children how to make informed and safe choices to look after their own and others' physical/mental wellbeing -Ensure that students have a clear understanding of what healthy relationships look like so that they can keep themselves and others safe.

		<ul style="list-style-type: none"> •Develop students so that they celebrate difference, ensuring that all feel like they belong at BBEC 		celebrate difference so that all feel like they belong at BBEC		
Key Knowledge Learning intentions	<p>What is democracy? Why is voting important? How do I keep myself safe online? What are age restrictions and why do they apply? What should/shouldn't I share online and why? How to be critical of what we see online Learning to spot fake news and how to critically analyse information we receive online. Understanding the impact of social media on our wellbeing. How to deal with conflict with our peers and adults/staff.</p>	<p>What is the Equality Act 2010? What are the protected characteristics? What is discrimination? How can discrimination lead to prejudice and stereotyping? How can we challenge stereotypes? What is extremism and how can we begin to address it? How can we look after our emotional wellbeing and show resilience in doing so? What are healthy and unhealthy coping strategies? How should we show kindness to others by thinking about our actions online and offline?</p>	<p>What does a healthy, balanced diet look like? How can we use knowledge of nutrition to look after our bodies/minds? What are the harmful effects of energy drinks and too much caffeine? What are healthy alternatives to unhealthy food options? What are the harmful effects of tobacco and vaping? What are the harmful effects of alcohol? How can we manage influences around addictive/harmful substances? How to identify and provide first aid for a casualty who is having an asthma attack. How to identify and help a casualty who is having an allergic reaction.</p>	<p>How does financial income work? What is a gross income? What are taxes, national insurance and pensions? What financial support is available? What is risky behaviour and how can I avoid taking risks? What are the risks of gambling? Where are young people susceptible to gambling habits, e.g. within gaming? What are human rights and how to they impact people around the world? When and why do human rights conflict at times? What are childrens' rights? Who are refugees and asylum seekers and how can we show empathy?</p>	<p>What is the difference between a job and a career? What are my future options for employment? How can I begin to target set for the future? What is time management and how can I use it effectively? How can I develop my leadership skills? What is professionalism? What are realistic plans for the future? What are my transferable skills and how can I develop them further How to budget effectively now and in the future What is the difference between financial "needs" and "wants?"</p>	<p>How to keep safe around sun and water How to support others around us with regards to emotional wellbeing and mental health The meaning of self-care and how to be kind to ourselves How to recognise risky behaviour online Understanding the laws around image-sharing Meaning of gender stereotypes, Identify some gender expectations and the problems these present. Meaning of sexuality and gender identity. Meaning of peer pressure and everyday consent. Identify ways to stay safe in person and online.</p>

			How and when to seek medical help if required.	<p>What is the rule of law and why is it a fundamental British value?</p> <p>What role does the law play in our lives?</p> <p>What does it mean to be an active and responsible citizen?</p> <p>How do charities operate?</p> <p>How can we show mutual respect?</p>		Describe the physical and emotional changes that occur during puberty. Explain where to seek advice and support.
Key Skills	<p>Recognising how to keep safe both inside and outside of school</p> <p>Understanding the fundamental British value of democracy in the UK and worldwide</p> <p>Understanding mutual respect as part of fundamental British values</p> <p>A deeper understanding of online safety and how to navigate the online world with critical thinking skills</p>	<p>Understanding the laws in place designed to ensure equality for all in the UK.</p> <p>Understanding the effects of discrimination, prejudice and stereotyping, as well as the dangers of extremism.</p> <p>Develop an understanding of how to look after emotional wellbeing.</p> <p>Develop resilience by gaining an understanding of</p>	<p>Understanding how to make informed choices about looking after our minds and bodies.</p> <p>Understanding how to resist influence with regards to addictive and harmful substances.</p> <p>Develop a understanding of helping those having asthma attacks and allergic reactions.</p>	<p>Understanding how financial income and support works in the UK.</p> <p>Understanding the risks associated with gambling and gaming.</p> <p>Develop an understanding of human rights in relation to The Human Rights Act, the Universal Declaration of Human Rights and the UN Convention on the Rights of the Child</p> <p>Develop empathy for people around the world and</p>	<p>Understanding the range of employment and educational options available for the future.</p> <p>Develop aspiration for the future and how to prepare for future ambitions by developing key skills needed for employment and education.</p> <p>Understanding what it means to budget effectively and develop an understanding of financial "needs" and "wants"</p>	<p>Understanding how to keep safe ahead of summer</p> <p>Recognising when to use healthy coping strategies in order to deal with intense emotions and conflict with others</p> <p>Understand how gender stereotypes can be harmful.</p> <p>Practised techniques for resisting peer pressure and understand the meaning of everyday consent.</p>

		healthy and unhealthy coping strategies.		circumstances which differ to our own Develop an understanding of the rule of law and mutual respect.		
Key Vocabulary	Values Voting Parliament Democracy Elections Dictatorship Mutual respect Parliament Government Age restrictions Bias Fake news Algorithms Wellbeing Body image Appearance pressures Self esteem Conflict resolution	Tolerance Equality Protected characteristics Discrimination Prejudice Stereotyping Extremism Wellbeing Coping strategies Resilience Upstander Bystander Verbal bullying Physical bullying Indirect bullying Cyberbullying	Wellbeing Addiction Coping strategies Diet Exercise Nutrition Nutrients Dopamine Caffeine Tobacco Vaping Influence Allergic Airways Respiratory rate Triggers Inhaler Allergen Immune system Adrenaline Anaphylaxis Airway	Income Gross income Tax National Insurance Universal Credit Welfare Risks Gambling Loot boxes Human rights Responsibilities Law Justice Criminal responsibility Consequences Refugees Asylum seekers Migrants Conflict	Careers Job market Work/life balance Ambition Aspiration Transferable skills Leadership Empathy Time management Teamwork Budgeting Finance Outgoings Purchases	UV Safety Emergency response Hazards Conflict Support Mental health Self-care Mindfulness Coping strategies Risk Image-sharing Consequences Gender Stereotype Sexuality Gender identity Inclusive Peer pressure Consent Puberty
Key Reading	Local, national and international news stories					
End Point	Students will have developed an understanding of both BBEC and	Students will have developed an understanding of equality and why	Students will have developed an understanding of how to look after their	Students will have developed an understanding of future	Students will have developed an understanding of rights and responsibilities and	Students will have developed an understanding of how to keep safe

	British values and how to keep safe online and in school.	we have laws in place to protect this. Students will have developed the knowledge to use social media safely, thinking about the wellbeing of ourselves and others.	physical and mental wellbeing and make informed choices about their health. Students will have developed an understanding of how to administer first aid to those who are suffering from an asthma attack or allergic reaction.	employment and education options. Students will have developed an understanding of how to begin to prepare for future ambitions. Students will understand how their current skills can be developed to ensure that they are prepared for the world of work and education in the future.	how the rule of law is a fundamental British value.	when spending more time outside in the summer months. Students will have developed an understanding of how to use healthy coping strategies and de-escalation to deal with intense emotions and conflict
Form of Assessment	Weekly multiple choice quizzes Scenario-based assessments Recap and recall questions CfU questioning MWB Student voice	Weekly multiple choice quizzes Scenario-based assessments Recap and recall questions CfU questioning MWB Student voice	Weekly multiple choice quizzes Scenario-based assessments Recap and recall questions CfU questioning MWB Student voice	Weekly multiple choice quizzes Scenario-based assessments Recap and recall questions CfU questioning MWB Student voice	Weekly multiple choice quizzes Scenario-based assessments Recap and recall questions CfU questioning MWB Student voice	Weekly multiple choice quizzes Scenario-based assessments Recap and recall questions CfU questioning MWB Student voice
Enrichment opportunities	External speakers/workshops Assemblies BBEC Pride event					
Leadership opportunities	Regular student voice to be collated and shared with prefects/SLT					



AMBITION



RESILIENCE



COURTESY



KINDNESS