



## Living Education (PSHE) Year 8 Medium Term Scheme of Work from 2023

Half term	Topic	In this unit of work, students learn...	PSHE Association Programme of Study refs: H = Health & Wellbeing R = Relationships L = Living in the Wider World
<b>Autumn 1</b> Sept – Oct half term	<b>Team St Michael's</b> Setting new ground rules School Council election  Patrons work  <b>Living in the wider world 2</b> Online safety and digital literacy  <b>Careers 2</b> My skills and strengths, my career	<ul style="list-style-type: none"> <li>• Ground rules for respectful discussions</li> <li>• Election of tutorial school council representative</li> <li>• Setting goals for Year 8</li>   <li>• Who is my tutorial patron and what makes them a good role model</li>   <li>• What do you know about online safety?</li> <li>• Digital media use – what is safe and what is excessive use?</li> <li>• Balancing your time online</li> <li>• What is digital citizenship?</li> <li>• Online rights and responsibilities</li>   <li>• How to do careers research online, including how to use KUDOS</li> <li>• Key skills and self-reflection</li> <li>• Starting to plan for your career</li> <li>• Exploring your values</li> </ul> <p>Where to get up-to-date, relevant and impartial advice and information about careers</p>	       Y8 Unit J - H20, H22  Y8 Unit K - H20, H21, H23, R30, R31  Y9 Unit H - H1, H3, R2, R3, L2, L8, L9, L15  Y9 Unit J - H1, H3, L1, L2, L8, L7, L9, L10, L12, L13, L14
<b>Autumn 2</b> Oct half term - Christmas	<b>Living in the Wider World 3</b> Staying safe	<ul style="list-style-type: none"> <li>• What is knife crime and how common is it?</li> <li>• Why do some people choose to carry a knife?</li> <li>• Knife crime statistics</li> <li>• Risks and consequences of carrying a knife</li> <li>• How to live knife free</li> <li>• What is serious and organised crime?</li> </ul>	Y9 Unit A - H1, H4, H19, R1, R3, R4, R6, R7, R8, R28, R30, R34  Y9 Unit B - H20, R3, R30, R31, L1  Y9 Unit C - H20, H27, R6, R28, R29, R30, R31, R33, R34, R35, L1



		<ul style="list-style-type: none"><li>• What are gangs and why might someone join one?</li><li>• How do gangs influence a person's behaviour and attitudes?</li><li>• What is coercion?</li><li>• Risks and possible consequences of gang membership</li><li>• Finding a way out</li><li>• Getting help for yourself or a friend</li><li>• Links between gangs and knife crime</li><li>• What is serious and organised crime?</li><li>• Developing your assertiveness and resistance to coercion</li></ul>	
<b>Spring 1</b> Christmas – Feb half term	<b>Health and Wellbeing 3</b> Drugs Education 2	<p><b>Information letter sent home to parents.</b></p> <ul style="list-style-type: none"><li>• What do you already know about drugs?</li><li>• Legal and illegal drugs</li><li>• Peer influence and the need to belong</li><li>• Social norms and isolation</li><li>• Risk factors and protective factors</li><li>• Why do people take drugs?</li><li>• Why should you know about drugs?</li><li>• What is a unit of alcohol?</li><li>• What types of drugs are there?</li><li>• Drug myths and finding reliable information on drugs</li><li>• Statistics around drug use in young people</li><li>• Strategies for dealing with peer influence</li><li>• Why cigarettes are bad for health</li><li>• Smoking: expectations vs reality</li><li>• Being assertive and saying no</li><li>• Crunch situations</li></ul>	<p>Y8 Unit C - H24, H25, H26, H28, H32</p> <p>Y8 Unit D - H20, H24, H25, H28, H30, H31, R32</p> <p>Y8 Unit E - H27, H28, H30, R30, R31</p>



<p><b>Spring 2</b> Feb half term - Easter</p>	<p><b>Relationships 3</b> Introduction to sexuality, expectations and consent. Readiness and benefits of delaying sex. Contraception: the condom and the pill.</p> <p>Female Genital Mutilation (FGM)</p>	<ul style="list-style-type: none"> <li>• What might people expect from a relationship?</li> <li>• What is sexuality?</li> <li>• Qualities and behaviours within a healthy relationship</li> <li>• How might your values and culture impact on your choices?</li> <li>• What skills might be needed to have a healthy relationship?</li> <li>• The importance of friendship and trust prior to intimacy</li> <li>• Introducing consent and the importance of assertive communication</li> <li>• The benefits of delaying sexual activity</li> <li>• Negotiating external influences and pressures</li> <li>• The importance of contraception</li> <li>• Why couples use condoms and/or the pill when having sex</li> <li>• The existence of STIs and HIV</li> <li>• UK law regarding consent to sexual activity</li> <li>• What is FGM?</li> <li>• Where FGM is performed and who might be at risk</li> <li>• UK laws regarding FGM</li> <li>• How to get help if you feel someone you know is at risk</li> <li>•</li> </ul>	<p>Y8 Unit P - H1, R1, R3, R4, R5, R6, R7, R8, R13, R14, R15, R16, R17, R23, R25, R29, R30, R31, L5</p> <p>Y8 Unit Q - R3, R5, R6, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R25, R28, R29, R30, R31, R36, R37</p> <p>Y8 Unit R - H11, H12, R3, R5, R6, R14, R15, R17, R21, R22, R30</p> <p>Y7 Unit U - H8, H31, L5, L6</p>
<p><b>Summer 1</b> Easter – May half term</p>	<p><b>Health and Wellbeing 4</b> Introducing body image and self-esteem.</p>	<ul style="list-style-type: none"> <li>• What is body image?</li> <li>• Where do appearance ideals come from and how can they affect us?</li> <li>• The changing history of appearance ideals</li> <li>• Resisting the influence of media and social media</li> <li>• Building better self-esteem</li> <li>• Avoiding comparisons and noticing 'body talk'</li> <li>• What you can do to 'be the change'</li> <li>• Dealing with change and loss</li> </ul>	<p>Y8 Unit L - H1, H2, H3, H4, H5, H6</p> <p>Y8 Unit M - H2, H4, H5, H6, H14, H16, H17, H18, H19</p> <p>Y8 Unit N - H1, H2, H3, H5, H6, H7, H13, H15, H31</p> <p>Y8 Unit O - H4, R5, R12</p>



<p><b>Summer 2</b> May half term -</p>	<p><b>Citizenship 2</b> Rights and responsibilities in a democracy; equality and discrimination</p> <p><b>Living in the Wider world 4</b> Consumer rights</p>	<ul style="list-style-type: none"> <li>• What are rights and responsibilities?</li> <li>• What does it mean to live in a democracy?</li> <li>• What are stereotypes and how can they affect us?</li> <li>• What is discrimination and what forms can it take?</li> <li>• What is equality and how can we try to create it?</li> <li>• Racism and religious intolerance and their effects on society How can we challenge racism and intolerance?</li> </ul> <ul style="list-style-type: none"> <li>• What are consumer rights?</li> <li>• How do I exercise my consumer rights?</li> <li>• How to complain effectively</li> <li>• The influence of media and advertising</li> </ul>	<p>Y8 Unit F - L1, L3, L4, L5, L6, L7</p> <p>Y8 Unit G - R27, R28, L3, L4, L7</p> <p>Y8 Unit H - R27, R28, R30, R31, L3, L4, L7</p> <p>Y8 Unit I - H8, H20, R1, R3, R18, R19, R27, R28, R30, R31, L1, L3, L4, L5, L6, L7</p> <p>Y8 Unit S - L18, L20</p>
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**Relationships/Health and Wellbeing** are statutory elements of the course.  
For more information please refer to the RSE and Drugs Education policies.

**Other elements within the Year 8 Living Education programme**

- Careers Education
- Citizenship and British Values
- Financial capability (some outcomes also covered in Maths)
- Open Water Danger

Elements of **Citizenship education** are taught cross-curricular and on CVE days.