

Term	Theme	Key assessment	How you can support your child
Year 8 PSHE			
1	<p>Mental health and well being</p> <p>Mental health 1 welcome back - ground rules and, how are you?</p> <p>Mental health 2 - attitudes</p> <p>Mental health 3 - promoting emotional wellbeing</p> <p>Mental health 4 - promoting emotional wellbeing/digital resilience</p> <p>Mental health 5 - unhealthy coping strategies</p> <p>Mental health 6 - healthy coping strategies</p>		<p>Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues. PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English.</p>
2	<p>Body image</p> <p>Confident Me appearance ideals</p> <p>Confident Me media messages</p> <p>Confident Me confront comparisons</p> <p>Confident Me banish bodytalk</p> <p>Confident Me be the change</p> <p>Confident Me be the change 2</p>		

3

British values

British Values - crime and punishment -  
should Leanne go to jail?

British Values - crime and punishment -  
should Leanne go to jail?

British Values - knife crime

British Values - pressure groups - are you  
fluffy or spiky?

British Values - pressure groups-the Bristol  
Bus Boycott

ASSESSMENT - pressure groups

4

Relationships and Sex Education

RSE 1 - HPV

RSE 2 - sexuality

RSE 3 - romance

RSE 4 – marriage and the law

RSE 5 - sexting

RSE 6 – peer support

5

Drugs, alcohol and tobacco

- Alcohol
- cannabis

6

Careers and financial awareness

- Employability skills
- Labour market information