

Year 8 PSHE

Autumn Term

Lesson	Core Content & Objectives	British Values Link
Mental Health, Stigma & Seeking Help Budgeting, Savings & Money Basics	Prioritizing essential expenditures over impulsive retail purchases. Tracking simulated monthly income against outgoings (rent, bills, utilities). Exploring interest rates, compound growth, and emergency savings. Spotting hidden subscription renewals and resisting peer buying pressure. Discussing loot boxes, microtransactions, and gambling-like mechanics in games. Hands-on simulation managing an unexpected emergency financial bill.	Individual Liberty: Making independent financial choices. Rule of Law: Financial regulations and tax systems. Individual Liberty: Financial resilience and planning. Rule of Law: Consumer rights and consumer protection laws. Rule of Law: Age restrictions and gambling laws in the UK. Individual Liberty: Adapting to sudden financial shifts.

Spring Term

Lesson	Core Content & Objectives	British Values Link
Romantic Relationships & Communication	Prioritizing essential expenditures over impulsive retail purchases. Tracking simulated monthly income against outgoings (rent, bills, utilities). Exploring interest rates, compound growth, and emergency savings. Spotting hidden subscription renewals and resisting peer buying pressure. Discussing loot boxes, microtransactions, and gambling-like mechanics in games. Hands-on simulation managing an unexpected emergency financial bill. Understand about some challenges that young people face and how to overcome them Critical analysis of altered media images and artificial beauty norms. Building internal self-esteem; shifting focus away from online validation. Role of the active bystander; standing up against bullying in school. Building cognitive resilience during academic and domestic changes. Navigating public transit, road crossings, and distracted walking dangers. Practical training on calling 999, performing CPR, and locating an AED.	Individual Liberty: Making independent financial choices. Rule of Law: Financial regulations and tax systems. Individual Liberty: Financial resilience and planning. Rule of Law: Consumer rights and consumer protection laws. Rule of Law: Age restrictions and gambling laws in the UK. Individual Liberty: Adapting to sudden financial shifts.
Relationship Red Flags & Boundaries	Exploring romantic attraction; transitioning from friends to partners. Trust, boundaries, mutual support, and independent identities. Practicing assertive, open expression; avoiding passive-aggressive behaviors. Strategies for managing rejection, breakups, and disappointments. Challenging unrealistic romantic expectations in media and online. Understanding legal boundaries, coercion, age limits, and consent.	Individual Liberty: Respecting personal relationship choices. Mutual Respect: Equal, non-controlling relationships. Mutual Respect: Respecting your partner's voice. Individual Liberty: Respecting a partner's right to leave. Mutual Respect: Deconstructing idealized media portrayals. Rule of Law: Sexual offences legislation and consent age.

Summer Term

Lesson	Core Content & Objectives	British Values Link
Physical Health & Wellbeing	Understanding teenage circadian rhythms and optimizing sleep habits. Connecting dietary habits to energy levels, mood stability, and concentration. How physical activity releases endorphins and reduces stress. Managing puberty transitions, preventative care, and dental health. Preventing screen fatigue, postural strain, and eye fatigue. Setting achievable sleep, nutrition, and exercise goals.	Individual Liberty: Taking ownership of personal health habits. Individual Liberty: Making informed food and drink decisions. Individual Liberty: Self-regulating mood through movement. Individual Liberty: Personal responsibility for hygiene. Individual Liberty: Balancing online and offline activities. Individual Liberty: Planning for personal improvement.
Stable Relationships & Conflict Resolution	Understanding what makes long-term relationships secure and supportive. Celebrating adoptive, blended, foster, single-parent, and LGBTQ+ families. De-escalating heated arguments; practicing active listening. Navigating dating rumors, online gossip, and social double standards. Exploring the emotional and legal realities of sharing private photos. Evaluating relationship scenarios to protect personal wellbeing.	Mutual Respect: Valuing stable, supportive commitments. Tolerance: Respecting and valuing diverse family setups. Mutual Respect: Resolving differences peacefully. Mutual Respect: Protecting peers from social exclusion. Rule of Law: Laws against sharing intimate photos without consent. Individual Liberty: Making independent, safe personal choices.