PSHE/RSE: Year 8 Medium Term Overview

Autumn Term 1 Introduction to Health and Well-being	Autumn Term 2 Introduction to Relationships	Spring Term 1 Health and Wellbeing	Spring Term 2 Living in the Wider World	Summer Term 1 Relationships	Summer Term 2 Health and Wellbeing
Healthy bodies, healthy minds Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Emotional well-being** Mental health and emotional well-being, body image and coping strategies	**Digital Literacy** Online safety, digital literacy, media reliability, gambling hooks	**Discrimination** All forms of discrimination, incl. racism, disability, sexism, homophobia, biphobia, transphobia	**Drugs and Alcohol** Alcohol and drug misuse, pressure relating to drug use
In this unit, students learn to: · understand positive and healthy relationship traits · explain basic lifestyle and wellbeing concepts · how healthy eating impacts lives · identify different body images and those represented inappropriately online · promote their own emotional wellbeing	*In this unit, students learn to:* · appreciate the multi-cultural diversity of Britain · identify stereotypical views · understand how discrimination and prejudice can affect people's lives	*In this unit, students learn to:* · evaluate the links between mental health and physical health · identify common misconceptions about mental health · recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health · recognise circumstances leading to intense emotions	*In this unit, students learn to:* · describe what cybercrime is using key terms · evaluate the reasons why someone may become involved in cybercrime · describe or demonstrate decision making and risk assessment skills in relation to cybercrime · explain the consequences of cybercrime, for the		

		that may be difficult to manage · explain a range of positive strategies for managing difficult emotions · assess whom, how and why to ask for support when it's needed · explain the factors that affect emotional wellbeing · identify ways to promote emotional wellbeing and build resilience · reframe and learn from disappointments and setbacks · evaluate the positive and negative impact of social media on emotional wellbeing · analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image · describe strategies to promote emotional wellbeing online	perpetrator and the target · recommend alternative pathways for someone at risk of committing cybercrime · assess the benefits, challenges and risks involved in using social media. · identify when relationship behaviours online carry risk, and strategies to manage risk online. · explain how to seek help if concerned about something that happens online.		

		· explain why self-harm and eating disorders are unhealthy coping strategies · recognise misconceptions about unhealthy coping strategies · recognise warning signs of emotional difficulties; identify suitable sources of support; and explain why, when and how to seek help for themselves or others			