

Year 8 PSHE / Cit Curriculum Map

Intent

Building on prior learning to develop students' age-appropriate knowledge, understanding and key skills needed to help them stay healthy, safe, and prepared for life - and work - in modern Britain.

Topics	(1) Respectful Relationships Aut 1 & 2	(2) The Weymouth Project Spr 1 & 2	(3) Healthy Mind, Healthy Body Sum 1	(4) Online Safety Sum 2
Focus of our enquiry	<p>How do we treat others fairly and with respect?</p> <p>An examination of the characteristics protected under the Equality Act 2010 and the different types of relationships and families</p>	<p>How can we prepare for future employment?</p> <p>A project exploring different career paths and key employability skills through the planning of a new business to introduce to Weymouth.</p>	<p>How can we support our physical health and mental wellbeing?</p> <p>Building on prior learning about Health Education, an examination of how students can make well-informed positive choices for themselves in relation to their bodies, health and emotions.</p>	<p>How can online activity be harmful now and in the future?</p> <p>A recap of the opportunities and dangers of the internet and an exploration of how students can stay safe online throughout their lives</p>
What content will we cover?	<ul style="list-style-type: none"> How do stereotypes, prejudice and discrimination negatively affect others? The Equality Act 2010: Why is it important to respect other people, what are Protected Characteristics and why are they protected under British law? Different types of relationships: heterosexual, homosexual, bisexual Different types of families and relationships 	<ul style="list-style-type: none"> What are the opportunities and challenges faced by the community of Weymouth? What new business venture could be introduced to Weymouth to increase employment opportunities? Career paths, key employability skills and future planning The functions and uses of money Personal finance: budgeting and managing financial risk 	<ul style="list-style-type: none"> Mental health: the importance of mental wellbeing, recognising the signs of poor mental health and the importance of exercise and sleep for mental health Smoking: the physical and psychological harms of smoking, dealing with peer pressure and the impact on finances Alcohol: the physical and psychological harms of smoking and dealing with peer pressure 	<ul style="list-style-type: none"> Staying safe online: what are the dangers of being influenced online, how do age restrictions protect young people and what is the law on sharing indecent images? Sharing information online: how can your digital footprint influence your future career?
How does this learning link to statutory requirements?	<p>The statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education states that pupils should know:</p> <ul style="list-style-type: none"> 'That there are different types of committed, stable relationships.' 'How these relationships might contribute to human happiness and their importance for bringing up children' 'What marriage is, including their legal status, legal rights and protections.' 'Why marriage is an important relationships choices for many couples and why it must be freely entered into.' 'The characteristics and legal status of other types of long-term relationships.' 'The role and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.' 'The characteristics of positive and healthy friendships including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.' 'How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage' including 'normalising non-consensual behaviour or encouraging prejudice.' 'That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.' 'About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.' 'That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.' 'The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.' 	<p>The statutory guidance for Careers Guidance and Access for Education and Training Providers states as part of the Gatsby Benchmarks schools should provide careers guidance through, amongst other things;</p> <ul style="list-style-type: none"> '2. Learning from career and labour market information.' '4. Linking curriculum learning to careers.' <p>The National Curriculum states that throughout KS3 Citizenship, students should be taught about:</p> <ul style="list-style-type: none"> 'The roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities.' 'The functions and uses of money, the importance and practice of budgeting, and managing risk.' 	<p>The statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education states that pupils should know:</p> <ul style="list-style-type: none"> 'How to recognise the early signs of mental wellbeing concerns.' 'Common types of mental ill health (e.g. anxiety and depression).' 'The benefits and importance of physical exercise and time outdoors on mental wellbeing and happiness.' 'The positive associations between physical activity and promotion of wellbeing, including as an approach to combat stress.' 'The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.' 'The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.' 'The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.' 	<p>The statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education states that pupils should know:</p> <ul style="list-style-type: none"> 'About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.' 'Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.' 'What to do and where to get support to report material or manage issues online.'