Year 8 PSHCE Curriculum Map

Colour code key: Key Areas

Relationship and Sex Education	Health Education	Keeping safe and the law	Citizenship and Democracy	Careers Education

Week	Unit	Lesson title
1	Unit 1	Why is trust important?
2		Is this banter or bullying?
3		How do I deal with conflict?
4		What is child-on-child abuse?
5		How can we deal with friendships breaking down?
6	Unit 2	What happens if there is an emergency at school?
7		Are we responsible with social media?
8		How does social media make me feel?
9		How can viewing violent content make us feel?
10		What are deep fakes?
11		What is phishing and hacking?
12		What is financially motivated sexual extortion?
13	Unit 3	What is a family?
14		What are red flags in relationships (friendship & romantic)?
15		How do I deal with unplanned encounters?
16		What are threatening behaviours?
17	Unit 4	How can I deal with my friends using drugs and alcohol?
18		How safe are legal drugs?
19		What does the law say about the possession of drugs?

20		How can drugs and alcohol impact the way we feel?
21		What are mental health conditions?
22		How might relationship changes impact our wellbeing?
23	Unit 5:	Careers What is self-awareness
24		Careers How can I apply my skills to the world of work?
25		Careers What are job families
26	Unit 6	How can we be street savvy?
27		Why is fighting not the answer?
28		What are the risks of carrying a knife?
29		What makes a gang a gang?
30	Unit 7	What do we mean by intimidation?
31		What is anti-social behaviour?
32		What are county lines?
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