

# Year 8 Learning Aid

## Personal, Social, Health and Economic Education (PSHE)

## What I will know and understand in PSHE by the end of the year.



This year in PSHE, we will be learning about:	This links to:	Key Terms:
<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Common mental health issues, their symptoms, and ways to promote good mental health</li> <li>2. The negative effects of unhealthy strategies people use to cope with anxiety, stress and depression</li> <li>3. Activities that have a positive and negative effect on mental health</li> <li>4. Which healthy activities promote good mental health and why</li> <li>5. Ways to maintain and monitor health and why it's important</li> <li>6. Ways to maintain good personal hygiene and why it's important</li> <li>7. The effect of too much screen time upon mental and physical health</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Year 7</b> – Dangers of sharing online / legal implications / Dangers of viewing harmful content / Harmful behaviours online</li> <li>• <b>Year 8</b> - Online safety / Cyberbullying</li> <li>• <b>Year 9</b> – Mental wellbeing / Healthy lifestyle / E-safety / Cyberbullying / Devices and security / E-safety / Facebook page / Gaming / sexting / Netiquette / Stress</li> <li>• <b>Year 10</b> – Cybercrime / AUP and the real world</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mental Health</b> – A person's condition with regard to their psychological and emotional wellbeing</li> <li>• <b>Depression</b> – Feeling of low mood for a period of time leading to hopelessness and loss of pleasure</li> <li>• <b>Self-Harm</b> – Deliberate injury to oneself, typically due to an overwhelmingly negative mental state</li> <li>• <b>Stress</b> – Feeling overwhelmed or exhausted</li> <li>• <b>Anxiety</b> – Sense of worry or fear</li> <li>• <b>Relaxation</b> – The state of being free from tension and anxiety</li> <li>• <b>Health</b> – The state of being free from illness or injury</li> <li>• <b>Hygiene</b> – Practices that keep yourself clean to maintain health and prevent the spread of diseases</li> </ul>
<p><b>Relationships</b></p> <ol style="list-style-type: none"> <li>1. What makes us unique, and that our deepest need is to love and be loved</li> <li>2. Ways in which people may choose to articulate their identity, and how people are equal but different</li> <li>3. Feelings associated with sexual attraction and some of the ways to manage those feelings</li> <li>4. The different stages of pregnancy, its emotional impact, and the different attitudes towards abortion</li> <li>5. Harmful effects of prejudice and discrimination, and why there is a law to protect some characteristics</li> <li>6. The consequences of sharing images online, and how to resist pressure to share these images</li> <li>7. Prejudice and discrimination in the wider world, and how prejudice can grow into discrimination</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Year 7</b> – Who am I / Dangers of sharing online / Dangers of viewing harmful content / Harmful behaviours online</li> <li>• <b>Year 8</b> – E-Safety / Online safety / Cyberbullying</li> <li>• <b>Year 9</b> – Love / Delaying sexual activity / E-Safety</li> <li>• <b>Year 10</b> – Pregnancy and abortion / Beliefs, values and attitudes</li> <li>• <b>Year 11</b> – Harmful relationships</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Gender identity</b> – How a person defines their gender</li> <li>• <b>Gender Dysphoria</b> – Feeling that one's emotional and psychological identity as male or female to be opposite to one's biological sex</li> <li>• <b>Self-control</b> – The ability to regulate one's emotions, thoughts and behaviours</li> <li>• <b>Abortion</b> – The removal of a foetus from the womb before it can survive</li> <li>• <b>Sexting</b> – Sending or receiving sexually explicit messages, photos or videos online</li> <li>• <b>Indecent</b> – Not conforming with generally accepted behaviours in relation to sexual matters</li> </ul>
<p><b>Living in the wider world – British Values / Risks</b></p> <ol style="list-style-type: none"> <li>1. The term British Values, and the importance of the rule of law</li> <li>2. Diversity in the UK, benefits of living in a diverse country, + the need to promote inclusion + integration</li> <li>3. The term anti-racism, how to be anti-racist, and the different types of racism</li> <li>4. How the political system in the UK works, and the differences between parliament and government</li> <li>5. How elections, and the General Election work in the UK</li> <li>6. How certain attitudes and behaviours can cause accidents, and how to stay safe in different situations</li> <li>7. The effects and impact of poor behaviour on your future</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Year 7</b> – British Values / Democracy / Liberty / Freedom of faith / Rule of law / PREVENT / Anti-social behaviour</li> <li>• <b>Year 8</b> – Appreciating difference / Prejudice and discrimination</li> <li>• <b>Year 9</b> – Love</li> <li>• <b>Year 10</b> – Authentic Freedom / Beliefs, values and attitudes / Immigration / Anti-racism / Parliament / Equality / Stereotyping</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Individual liberty</b> – If we don't break the law, we can live as we choose and have our own opinions</li> <li>• <b>Mutual respect</b> – Though we might not agree with other people, we respect their thoughts</li> <li>• <b>Tolerance</b> – To accept that other people might have different beliefs than ours</li> <li>• <b>Identity</b> – Who a person is, what makes them unique</li> <li>• <b>Inclusion</b> – The state of being included or being made a part of something</li> <li>• <b>Culture</b> – The ideas, customs (traditions) and social behaviour of people or society</li> <li>• <b>Racism</b> – The belief that a certain race is inherently inferior</li> <li>• <b>ASBO</b> – Anti-Social Behaviour Order</li> </ul>
<p><b>Living in the wider world – Knowing the Risks</b></p> <ol style="list-style-type: none"> <li>1. Identifying which drugs are legal, illegal and prescription, and the risks around different drugs</li> <li>2. Different types of online behaviour, offences that can be committed, and freedom of expression</li> <li>3. The reasons why people drink alcohol, the impact it can have, and the risks of underage drinking</li> <li>4. The symptoms of drugs, and the long term consequences of drug abuse</li> <li>5. Different effects of smoking, the reasons why people smoke, and the health risks associated</li> <li>6. Why people set fires on purpose, and the dangers and consequences of fire setting</li> <li>7. Examples of Cyberbullying, offensive terms used, and hoe to offer and seek advice</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Year 7</b> – Harmful behaviours online / Bullying and abuse / Anti- Social behaviour / Effects of poor behaviour</li> <li>• <b>Year 8</b> – E-Safety</li> <li>• <b>Year 9</b> – E-Safety and Cyberbullying / Healthy lifestyle</li> <li>• <b>Year 10</b> – Risks associated with alcohol / Addiction / Dangers of smoking / Peer pressure</li> <li>• <b>Year 11</b> – Drugs / Alcohol / Smoking / Addiction</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drug</b> – Any substance which alters the way the body functions by altering chemical processes</li> <li>• <b>Social media</b> – Any website, app or network which allows you to share information with others</li> <li>• <b>Peer Pressure</b> – Encouraged to do something you don't want to do because friends are doing it</li> <li>• <b>Nicotine</b> – The addictive component in cigarettes</li> <li>• <b>Arson</b> – An offence committed by destroying or damaging property by fire</li> <li>• <b>Cyberbullying</b> – The use of electronic communication to bully a person, typically by sending messages of a n intimidating or threatening nature</li> </ul>
<p><b>Living in the wider world – Financial Awareness / Work Related Learning</b></p> <ol style="list-style-type: none"> <li>1. Why savings are important, how we can save, and where we can save</li> <li>2. Why it is important to know how much money you have, and how to avoid overspending</li> <li>3. Disposable income, deductions from your pay, and the difference between gross and net pay</li> <li>4. Fairtrade, what do they do, and what do they sell</li> <li>5. What a career is, and what steps someone might need to take to reach their chosen career</li> <li>6. Dream jobs, the difference between careers, and how interests can link with chosen dream career</li> <li>7. My skills, my qualities, and Labour Market Information (LMI) for the North East</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Year 7</b> – Money / Budgeting / Bank accounts / Earnings / Employability skills / Dream jobs</li> <li>• <b>Year 9</b> – Enterprise / Problem solving / Passion into Business / Creativity / Apprenticeships / A levels / BTECs</li> <li>• <b>Year 10</b> – Work Experience / Interviews /Health &amp; Safety / Behaviour / Suitable skills / Persistence and Resilience</li> <li>• <b>Year 11</b> – LMI / researching post 16 / CV's / Personal statements / Salaries / debt / Mortgages /Buying a car</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Interest</b> – When the bank pays you for keeping your money with them. When the bank lends you money that you don't have, they will charge you <b>interest</b>.</li> <li>• <b>Disposable income</b> – The amount of money left to spend after taxes have been deducted</li> <li>• <b>Mortgage</b> – A loan taken out to buy a home</li> <li>• <b>Fairtrade</b> – Is a system of certification that ensures a set of standards are met in the production and supply of a product or ingredient</li> <li>• <b>Career</b> – A job undertaken for a significant period of a person's life with opportunities for progress</li> <li>• <b>Personal skill</b> – E.g. Computer literate/Painting      <b>Personal quality</b> – E.g. Friendly/Confident</li> </ul>