

Year 8 Relationships Sex and Health Education (RSHE)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content (Links to Specification KS4 and National Curriculum KS3)	<p>Wellbeing & Community</p> <p>Dealing with change, physical and mental health – the safe use of AI, the teenage brain and sleep.</p> <p>Water Safety – keeping themselves safe in local surroundings</p> <p>Supporting a local charity – completing research and completing some fundraising</p> <p>Movember – prostate and testicular cancer, male suicide – whole school fundraising ideas / competition.</p> <p>H2, H6, H7, H8, H12, H21, H30, H31</p>	<p>Drugs & Alcohol</p> <p>Alcohol and drug misuse - pressures relating to drug use</p> <p>How to assess the risks relating to drug, vape and alcohol use and promoting positive social norms.</p> <p>How the teenage brain works and how drugs can impact this development</p> <p>External Visitors – Devon & Cornwall Police (Vaping)</p> <p>H23, H24, H25, H26, H27, H29, H31, H5, R42, R43, R44</p>	<p>School Wellbeing Project</p> <p>Complete a creative piece of work based on a previously taught topic. E.g. vaping</p> <p>Character</p> <p>Positive Role Models – How to recognise good role models in our lives and online</p> <p>Character Building & Resilience– Example of positive role models and how they have built resilience</p> <p>Rights of a Child – empathy for others e.g. case study of slums and children of Mumbai</p> <p>H9, R15, R37, R41, R3, R4, R42, R43, L9, L1, L2, L3</p>	<p>Emotional Wellbeing</p> <p>Mental health and emotional wellbeing – challenging myths and stigma, dealing with your emotions.</p> <p>Body image and healthy physical health</p> <p>Disability Awareness – increasing understanding of all types of disabilities – neurodiversity focus</p> <p>Challenging Bullying & discrimination</p> <p>H3, H4, H6, H7, H8, H9, H10, H11, H12, R39, R40, R41, R3, R4, R42, R43</p>	<p>Health & Wellbeing</p> <p>Consent – understanding the law, boundaries and all types of healthy relationships</p> <p>Period Awareness – available products, the environmental impact and period poverty. The use of PLAN B lockers for all pupils.</p> <p>External Visitors – Brook (Puberty & Body Image)</p> <p>H34, H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32</p>	<p>Relationships</p> <p>Relationships – Gender Identity, sexual orientation and the history of PRIDE</p> <p>Introduction to Contraception – the basic forms and how they work.</p> <p>R33, R2, R9, R10, R11, R13, R23, R29, R30</p>
Key questions	<p>-How do I care for my own emotional and physical health?</p> <p>-How do I keep myself safe in a range of scenarios?</p>	<p>-How do drugs impact the teenage brain?</p>	<p>-What makes a positive role model?</p> <p>-How do I develop and show resilience?</p>	<p>-What is discrimination?</p> <p>-What is body image and how can this affect us?</p>	<p>-How does consent link to all types of relationships?</p> <p>-How can we prepare ourselves or support others with their periods?</p>	<p>-What make a positive relationship?</p> <p>-Why do we celebrate PRIDE month?</p> <p>-What is contraception?</p>
Skills	<p>-Caring for their emotional and physical wellbeing.</p>	<p>-How to make good decisions in relation to outside pressures.</p>	<p>-How to make good choices with friendships and online content.</p>	<p>- Caring for their emotional and physical wellbeing.</p> <p>-Callingout any bullying or discrimination</p>	<p>-Knowing what healthy relationships look like and how to access support if needed.</p>	<p>--Knowing what healthy relationships look like and how to access support if needed.</p>
Assessments		Pupil Assessment 1		Pupil Assessment 2		Pupil Assessment 3
NEA including submission and resubmission deadlines						
Homework	<p>My RSHE – Completion of RSHE Safe Sheet 1</p> <p>Movember competition entry</p>		RSHE Safe Sheet 2		RSHE Safe Sheet 3	Diversity Week Competitions