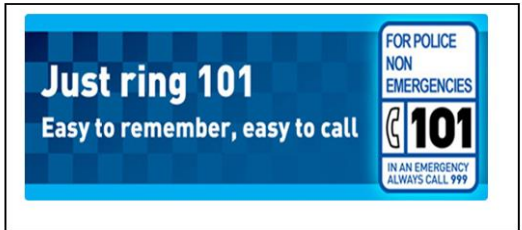


PSHCE

YEAR 8



www.youngminds.org.uk

























































Name:

Form **Tutor**.....





































2020-2021

Y8 PSHCE PROGRAMME 2020-2021







Lesson	Date	Topic	Self Assessment Circle how confident you feel with this topic before the lesson <u>Underline</u> how confident you feel with this topic after the lesson		
1	Mon 14 th Sept	Understanding Mental Health <ul style="list-style-type: none"> I understand how my mental wellbeing can be affected by a range of factors, such as family, friends, achievements and school and I have the ability to respond when it is having a negative effect on my mental wellbeing. 			
		<ul style="list-style-type: none"> I understand what makes a person mentally well and the importance of a balance between schoolwork, leisure, exercise, and community participation. 			
		<ul style="list-style-type: none"> I recognise early signs and symptoms of a range of mental wellbeing issues (e.g anxiety and depression) and I have positive ways of dealing with them, including asking for help. 			
		<ul style="list-style-type: none"> I understand a range of common types of mental ill health. 			
		<ul style="list-style-type: none"> I understand what being resilient means to me and I have strategies I can use to look after myself. 			
		<ul style="list-style-type: none"> I have identified a trusted adult that I can talk to when I need help/support both within and out of school. 			
2	Mon 28 th Sept	Alcohol <ul style="list-style-type: none"> I understand the physical and psychological risks associated with alcohol consumption, what constitutes safe alcohol consumption and consequences of addiction 			
3	Mon 12 th October	Careers Lesson 1 <ul style="list-style-type: none"> I understand the qualities and skills needed for employability and to be enterprising and can demonstrate how I am developing these both in and outside school. 			

4	Monday 2 nd Nov	Knife crime <ul style="list-style-type: none"> I understand risk within the context of personal safety, especially knife crime, accident prevention, farm safety and road safety. 			
5	Tues 17 th Nov	Healthy relationships <ul style="list-style-type: none"> I understand the expectations that having a partner might bring 			
		<ul style="list-style-type: none"> I can recognise the qualities and features of a positive relationship both on and offline (trust, respect, boundaries, privacy, consent) 			
		<ul style="list-style-type: none"> I am able to positively act upon the signs when a relationship is not healthy 			
		<ul style="list-style-type: none"> I understand what is meant by sexual intercourse, the benefits of delaying sexual relationship and where to access further information on healthy relationships. 			
6	Tues 1 st Dec	Assertive behaviour <ul style="list-style-type: none"> I recognise the early signs and symptoms of a range of mental wellbeing issues (e.g anxiety and depression) and I have positive ways of dealing with them, including asking for help. 			
		<ul style="list-style-type: none"> I understand what being resilient means to me and I have strategies I can use to look after myself. 			
7	Weds 16 th Dec	The influence of media <ul style="list-style-type: none"> I understand that people can create a specific image through their online life and how this can negatively impact on others through obsessive comparison with others 			
		<ul style="list-style-type: none"> I can challenge assumptions about the behaviours of young people using social norms data so I am aware of how many people of my age actually use substances and engage in sexual relationships and have considered the personal, social and health consequences alongside the benefits of not smoking, drinking, using substances or starting early sexual relationships 			
		<ul style="list-style-type: none"> I have considered and discussed media influences on image and behaviours and understand that media portrayal of relationships may not reflect real life 			

CHRISTMAS HOLIDAYS

8	Weds 13 th Jan	Mobile phone use <ul style="list-style-type: none"> I have ways of recognising and reducing risk both on and offline, minimising harm and getting help in risky situations 			
		<ul style="list-style-type: none"> I understand how I may be at risk from my own/others use of technology both in the short and long term and have implemented effective ways of protecting myself 			
		<ul style="list-style-type: none"> I understand the short and long term consequences of sending 'nude selfies' including the laws on possession of images and where to get help 			
		<ul style="list-style-type: none"> I have rehearsed strategies to help keep me safe when communicating on-line 			
9	Weds 27 th Jan	Online safety <ul style="list-style-type: none"> I am aware of how young people can be groomed or radicalised online and face-to-face and am able to take steps to protect myself and others which includes informing a trusted adult 			
		<ul style="list-style-type: none"> I have rehearsed strategies to help keep me safe when communicating on-line 			
10	Weds 10 th Feb	Careers Lesson 2 <ul style="list-style-type: none"> I understand what is meant by "job satisfaction" and why this is important to emotional and financial well being and how people's working lives can change 			
		<ul style="list-style-type: none"> I have started a personal career plan to help me secure the right qualifications, skills and experience I may need for employability 			
11	Thurs 4 th Mar	Minimum wage and Tax <ul style="list-style-type: none"> I know the current UK minimum wage, income tax and VAT rates 			
		<ul style="list-style-type: none"> I understand about the deductions taken from salaries and wages that provide the Government with public money and the decisions they have to make to effectively spend the money 			
		<ul style="list-style-type: none"> I understand the laws and bye-laws relating to young people's permitted hours and types of employment and I know how to minimise health and safety risks to me and others 			
		<ul style="list-style-type: none"> I understand the link between qualifications and earning 			

12	Thurs 18 th Mar	Buying Online and Value of money			
		<ul style="list-style-type: none"> I know the importance of protecting myself when buying products online 			
		<ul style="list-style-type: none"> I understand key vocabulary associated with business and enterprise and I can describe the organisation and structures of different types of business. I can analyse information to work out take home pay for typical jobs and the consequences for my aspirational future lifestyle (e.g renting / buying a house, food budget etc) 			
13	Fri 16 th April	UK Government			
		<ul style="list-style-type: none"> I understand the role and purpose of the democratic government in the UK including: the roles of citizens, Parliament and the monarch and how Parliament operates I understand what it means to live in a democracy and the precious liberties enjoyed by the citizens of the UK 			
EASTER HOLIDAYS					
14	Fri 30 th April	Careers Lesson 3			
		<ul style="list-style-type: none"> Recognise the qualities and skills that help make a young person employable and provide evidence for those you have demonstrated both in and out of school 			
		<ul style="list-style-type: none"> Know how to prepare and present yourself well when going through a selection process I know about the decisions and choices I will have to make at the end of KS3 			
15	Tues 4 th May	UK Political Parties			
		<ul style="list-style-type: none"> I know the different political parties in the UK and understand their role and how voting and elections work I understand the role of Members of Parliament (MPs) 			
16	Monday 17 th May	Criminal Law and Justice			
		<ul style="list-style-type: none"> I understand how the English legal system works including the nature of rules, civil and criminal laws and the justice system, including the role of the police and the operation of courts and tribunals I understand what happens to young people who break the law 			
17	Mon 7 th June	Campaigning & Debating			
		<ul style="list-style-type: none"> To understand how to campaign within the law I have debated and understood how some groups have broken the law to achieve their goals e.g suffragettes and Nelson Mandela 			

18	Tues 22 nd June	Vaccination <ul style="list-style-type: none"> I know the importance of protecting against infection and disease including by immunisation and vaccination 			
19	Weds 7 th July	First Aid <ul style="list-style-type: none"> I have knowledge of basic first aid and life-saving skills and can put them into practice 			

SUMMER HOLIDAYS