

# Year 8 PSHE Learning Outcomes

## Unit 1: Emotional Wellbeing

By the end of this unit students will know...

- about attitudes towards mental health
- how to challenge misconceptions stigma
- about daily wellbeing
- how to manage emotions
- how to develop digital resilience
- about unhealthy coping strategies (e.g., self-harm and eating disorders)
- about healthy coping strategies

## Unit 2: Drugs and Alcohol

By the end of this unit students will know...

- about medicinal and reactional drugs
- about the over-consumption of energy drinks
- about the relationship between habit and dependence
- how to use over the counter and prescription medications safely
- how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes
- how to manage influences in relation to substance use
- how to recognise and promote positive social norms and attitudes

## Unit 3: Community and Careers

By the end of this unit students will know...

- about equality of opportunity in life and work
- how to challenge stereotypes and discrimination in relation to work and pay
- about employment, self-employment and voluntary work
- how to set aspirational goals for future careers and challenge expectations that limit choices
- about the risks of 'sexting' and how to manage requests or pressure to send an image
- about basic forms of contraception, e.g., condom and pill

## Unit 4: Identity and Relationships

By the end of this unit students will know...

- the qualities of positive, healthy relationships
- how to demonstrate positive behaviours in healthy relationships
- about gender identity and sexual orientation

- about forming new partnerships and developing relationships
- about the law in relation to consent
- that the legal and moral duty is with the seeker of consent
- how to effectively communicate about consent in relationships

## Unit 5: Discrimination

By the end of this unit students will know...

- how to manage influences on beliefs and decisions about group-thinking and persuasion
- how to develop self-worth and confidence
- about gender identity, transphobia and gender-based discrimination
- how to recognise and challenge homophobia and biphobia
- how to recognise and challenge racism and religious discrimination

## Unit 6: Digital Literacy

By the end of this unit students will know...

- about online communication
- how to use social networking sites safely
- how to recognise online grooming in different forms, e.g., in relation to sexual or financial exploitation, extremism and radicalisation
- how to respond and seek support in cases of online grooming
- how to recognise biased or misleading information online
- how to critically assess different media sources
- how to distinguish between content which is publicly and privately shared
- about age restrictions when accessing different forms of media and how to make responsible decisions
- how to protect financial security online
- how to assess and manage risks in relation to gambling and chance-based transactions