Specification Links taught in Year 8 PSHE

Covering areas in Living in the wider world, Relationships and sex and Health and wellbeing.

- how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
- the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal
- about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
- not to provide material to others that they would not want shared further and not to share personal material which is sent to them.
- how information and data is generated, collected, shared and used online
- the concepts of, and laws relating to FGM, and how these can affect current and future relationships.
- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- how to talk about their emotions accurately and sensitively, using appropriate vocabulary
- that happiness is linked to being connected to others.
- how to recognise the early signs of mental wellbeing concerns
- common types of mental ill health (e.g. anxiety and depression
- how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
- how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
- the facts and science relating to immunisation and vaccination