



# PSHE AT PLECKGATE YEAR 8 LEARNING JOURNEY



## Lesson 3: Consent

- Define consent as something that is freely given by someone with the capacity to make that decision
- Recognise scenarios that are consensual and non-consensual, using the legal definition of consent.

## Lesson 2: Online Grooming

- Correctly identify the different ways an online groomer will try to exploit someone.
- Describe what the warning signs are.
- Explain what the consequences for the vulnerable person could be.

## Lesson 3: Social Media

- Identify the negative internet uses and the information we should not make public.
- Describe how an online groomer uses social media.
- Analyse whether your social media profiles are safe from bullies and trolls.



YEAR

9

HT6

## Lesson 4: Group chats

- Describe how to identify risk and manage personal safety online.
- Develop strategies to identify and reduce risk from people online that you do not already know.

## Lesson 1: Staying safe online

- Describe what we mean by 'identity theft'
- Describe ways people can be targeted through online gaming.
- Explain how to protect ourselves and others from identity theft.

## Lesson 2: Sexting

- Students can understand the pressures on young people to send naked pictures (sexts)
- Students can understand the possible consequences of sending a sext, including the legal consequences

## Lesson 1: Mental Health

- Describe what we mean by 'mental health'.
- Describe ways for us to retain good mental health
- Explain why we sometimes suffer from poor mental health and how we may be able to improve our mental health.

## Lesson 3: Self Harm

- Describe the characteristics of a person who may self-harm and the danger they are in.
- Explain how we should support sufferers and why people sometimes self-harm.



HT5

## Lesson 2: Eating Disorders

- Correctly identify different eating disorders and their symptoms
- Describe ways for us to retain good mental and physical health to help prevent eating disorders developing
- Explain how eating disorders can be treated.



## Lesson 1: Falling in Love

- Identify what can be expected as someone becomes romantically attracted or involved with someone else.
- Describe what the case studies should do in the difficult romantic situations as well as what is and isn't appropriate.

HT4

## Lesson 2: What are Employment Rights?

- Investigate the rights and responsibilities of employers and employees.
- Apply legal knowledge to real life employment scenarios, clearly justifying choices made.

## Lesson 1: What are Employability rights and work skills?

- Correctly identify what would improve or a person's employability in the eyes of employers.
- Describe what applicants could do to improve their chances in gaining job interviews and securing employment.

HT3

## Lesson 3: Self-Confidence

- Identify different confidence boosters and situations where they can be used.
- Describe how using these boosters can aid our achievement and how we can apply them to our own lives.
- Explain why we have chosen particular boosters to suit particular case studies and the role science plays in our confidence levels.

## Lesson 2: Smoking and Vaping

- Identify and categorise the different health problems caused by smoking tobacco and cannabis.
- Describe the link between addiction, nicotine and dopamine.
- Explain why the NHS have endorsed vaping as a stop smoking aid and whether or not this makes vaping a safe long term activity using new terminology.



## Lesson 4: Drugs and the Law

- Identify correctly the penalties and fines for Class A, B and C drugs in the UK.
- Describe the short and long term risks of illegal drug use.
- Explain any issues faced by current UK legislation in relation to medical evidence.



## Lesson 1: What's the big deal about energy drinks?

- Correctly identify the different ways energy drinks affect the body.
- Describe how energy drinks can affect your behaviour.
- Explain how consuming excess sugar and caffeine affects dopamine levels and can impact on your attainment.



## Lesson 3: Challenging Gender Stereotypes

- Describe what gender stereotypes/gender roles are
- Explain the impact of gender stereotypes on behaviours and aspirations
- Outline ways to challenge gender stereotypes and support people who do not conform to them

## Lesson 3: Alcohol

- Describe some negative effects of excessive alcohol drinking.
- Explain how excessive alcohol drinking can damage the body.
- Analyse why people continue to drink alcohol excessively, despite having knowledge of the risks.

HT2

HT1

**Lesson 1:**  
Introduction to PSHE in Year 8  
What will I learn?



YOUR JOURNEY  
STARTS HERE



## Lesson 4: Sexuality and Gender Identity

- Explain the difference between sexual orientation, gender identity, and biological sex
- Explain why coming out to people can be difficult
- Explain how we can support people who have shared their sexual orientation and/or gender identity

## Lesson 2: Relationship Values

- I can reflect on and articulate relationship values
- I can identify health and unhealthy relationship behaviours and suggest ways to respond

