



Lockyer's Middle School PSHE Coverage

Year 8

Lesson	<u>Unit 1 - Emotional Wellbeing.</u>	Where an RSHE statement is covered.
1	Identify attitudes towards mental health.	RSHE
2	Understand how to promote emotional wellbeing.	RSHE
3	Know about unhealthy coping strategies (e.g. self-harm and eating disorders).	RSHE
4	Know healthy coping strategies.	RSHE
	<u>Unit 2 - Discrimination</u>	
1	Understand different types of discrimination and how that impacts individuals.	
2	Explain what is racism.	
3	Explain how the media can influence public views about stereotypes	
4	Explain what protections have been put in place to stop discrimination	
	Identify key points in history when people's rights have begun to change and	
5	identify the factors which have caused the change.	
	<u>Unit 3 - Parliament and democracy.</u>	
1	Describe the UK political system of a democratic government.	
2	Know the main political parties.	
3	Describe the general election.	
	<u>Unit 4 - Community and careers</u>	
1	Understand about employment, self-employment and voluntary work.	
	Identify equality of opportunity in careers and life choices and different types and	
2	patterns of work.	
3	Know how to challenge stereotypes and discrimination in relation to work and pay	



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4	Learn how individuals can make a difference through their career choices.	
5	Understand why people volunteer and explore the value young people place on volunteering.	
6	Understand how to set aspirational goals for future careers and challenge expectations that limit choices.	
	<u>Unit 5 - Digital literacy.</u>	
1	Know how to use social networking sites safely, including knowing about age restrictions.	RSHE
2	How to recognise, respond to and seek help for grooming in different forms.	RSHE
3	Understand how to recognise biased or misleading information online.	RSHE
4	Explain how to protect financial security online.	RSHE
5	Know how to assess and manage risks in relation to gambling and chance-based transactions.	RSHE
	<u>Unit 6 - Identity and relationships</u>	
1	Understand different types of committed relationships, including marriage, civil partnerships and cohabitation.	RSHE
2	Explain how FGM is in contradiction with human rights.	RSHE
3	Explain how forced marriage is in contradiction with human rights,	RSHE
4	Risks of sexting and how to manage requests or pressure to send an image.	RSHE
	<u>Unit 7 - Drugs and Alcohol</u>	
1	Learn about some of the risks and effects of legal and illegal drug use.	RSHE
2	Understand the consequences of the over-consumption of energy drinks	RSHE



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3	Learn about the risks and consequences of nicotine.	RSHE
4	Learn about the risks and consequences of alcohol.	RSHE
5	Describe the reasons why people drink alcohol and the effects on the body.	RSHE
6	Reflect on and describe a variety of attitudes to drug and alcohol related issues.	RSHE
7	Understand the risks associated with vaping.	RSHE