

# Year 8 RSE Curriculum Map

## Term One

Core Themes		Health and Wellbeing					
Term		Autumn Half Term 1			Autumn Half Term 2		
Topic	Self Concept	Mental Health and Emotional Wellbeing	Healthy Lifestyles	Drugs, alcohol and tobacco	Managing Risk and personal safety	Puberty and Sexual Health	
Year 8	H3. the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health	H9. strategies to understand and build resilience, as well as how to respond to disappointments and setbacks	H16. to recognise and manage what influences their choices about physical activity	H23. the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics	H30. how to identify risk and manage personal safety in increasingly independent situations, including online	H34. strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing	
	H4. simple strategies to help build resilience to negative opinions, judgements and comments	H10. a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support	H17. the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices	H24. to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use	H31. ways of assessing and reducing risk in relation to health, wellbeing and personal safety		
		H11. the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible	H18. what might influence decisions about eating a balanced diet and strategies to manage eating choices	H25. strategies to manage a range of influences on drug, alcohol and tobacco use, including peers			
		H12. how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need		H26. information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use			

## Term Two

Core Themes		Relationships					
Term		Spring Half Term 1			Spring Half Term 2		
Topic	Positive Relationships	Relationship Values	Forming and Maintaining Respectful Relationships	Consent	Contraception and Parenthood	Bullying, abuse and Discrimination	Social Influences
Year 8	R3. about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation	R9. to clarify and develop personal values in friendships, love and sexual relationships	R17. strategies to identify and reduce risk from people online that they do not already know; when and how to access help	R24. that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances	R35. the roles and responsibilities of parents, carers and children in families	R38. to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied	R45. about the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours
	R4. the difference between biological sex, gender identity and sexual orientation	R10. the importance of trust in relationships and the behaviours that can undermine or build trust	R18. to manage the strong feelings that relationships can cause (including sexual attraction)		R36. the nature and importance of stable, long-term relationships (including marriage and civil partnerships) for family life and bringing up children	R39. the impact of stereotyping, prejudice and discrimination on individuals and relationships	R46. strategies to manage pressure to join a gang; exit strategies and how to access appropriate support
	R5. to recognise that sexual attraction and sexuality are diverse		R19. to develop conflict management skills and strategies to reconcile after disagreements				R47. motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon
	R6. that marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion						

Core Themes:

Healthy Lifestyles
Health related Decisions
Drugs, alcohol and tobacco
Managing Risk and Personal Safety
Puberty and Sexual Health
Sexual Health and Fertility

Term 2 - Relationships

Relationship Values
Forming and maintaining respectful relationships
Consent
Contraception and parenthood
Bullying, abuse and discrimination

Term 3 - Living in the Wider World

Choices and Pathways
Work and Career
Employment rights and responsibilities
Financial Choices
Media Literacy and digital resilience

# Term Three

Core Themes		Living In The Wider World					
Term	Summer Half Term 1			Summer Half Term 2			
Topic	Learning Skills	Choices and Pathways	Work and Career	Employment Rights and Responsibilities	Financial Choices	Media Literacy and digital resilience	
Year 8	L4. the skills and attributes that employers value	L9. the benefits of setting ambitious goals and being open to opportunities in all aspects of life	L11. different types and patterns of work, including employment, self-employment and voluntary work; that everyone has a different pathway through life, education and work	L13. about young people's employment rights and responsibilities	L18. to evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions	L24. to understand how the way people present themselves online can have positive and negative impacts on them	
	L5. the skills and qualities required to engage in enterprise	L10. to recognise and challenge stereotypes and family or cultural expectations that may limit aspirations	L12. about different work roles and career pathways, including clarifying their own early aspirations	L14. to manage emotions in relation to future employment	L19. to recognise financial exploitation in different contexts e.g. drug and money mules, online scams	L25. to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them	
	L6. the importance and benefits of being a lifelong learner					L26. that on any issue there will be a range of viewpoints; to recognise the potential influence of extreme views on people's attitudes and behaviours L27. to respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platforms	

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**Term 3 - Living in the Wider World**

Choices and Pathways
Work and Career
Employment rights and responsibilities
Financial Choices
Media Literacy and digital resilience