# Y8 Topics

| Y8 Weekly Wellbeing – Term 1 | | | |
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| Topic | PSHE Strand | British Value | Specific PSHE Area |
| Understanding Wellbeing | Health and Wellbeing | Individual Liberty | Mental Health, Emotional Wellbeing, Self-Awareness and Personal Development |
| Stigma Surrounding Mental Health | Health and Wellbeing | Mutual Respect | Mental Health Awareness, Reducing Stigma, Empathy and Inclusion |
| How to Monitor Wellbeing | Health and Wellbeing | Individual Liberty | Self-Care, Emotional Wellbeing, Mental Health Monitoring and Resilience |
| Coping Strategies | Health and Wellbeing | Individual Liberty | Mental Health, Resilience, Stress Management and Healthy Coping Strategies |
| Body Positivity on Social Media (Career – Content Creator) | Health and Wellbeing | Individual Liberty | Self-Esteem, Body Image, Media Literacy and Online Influences |
| Diwali and Bonfire Awareness<br>Student Elections | Living in the Wider World | Tolerance of Different Faiths and Beliefs<br>Democracy | Cultural Awareness, Religious Festivals, Diversity, Community Cohesion and Personal Safety |

| Y8 Weekly Wellbeing – Term 2 | | | |
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| Topic | PSHE Strand | British Value | Specific PSHE Area |
| Oral Hygiene, Tooth Brushing and Dental Care | Health and Wellbeing | Individual Liberty | Physical Health, Personal Hygiene, Preventative Healthcare and Healthy Lifestyles |
| Decay and Gum Disease | Health and Wellbeing | Individual Liberty | Dental Health, Physical Health, Risk Prevention and Self-Care |
| Vaping and Oral Health | Health and Wellbeing | Individual Liberty | Substance Education, Physical Health, Risk Management and Healthy Choices |
| Energy Drinks and Sugar | Health and Wellbeing | Individual Liberty | Nutrition, Healthy Eating, Physical Health and Lifestyle Choices |
| Drugs and Managing Influences (Careers – Doctor) | Health and Wellbeing | Individual Liberty | Substance Misuse, Peer Influence, Decision-Making and Risk Management |
| Nicotine and Influences | Health and Wellbeing | Individual Liberty | Smoking, Vaping, Peer Pressure, Health Risks and Personal Responsibility |
| Cultures Day – festive season | Living in the Wider World | Tolerance of Different Faiths and Beliefs | Diversity, Cultural Awareness, Community Cohesion and Inclusion |

| Y8 Weekly Wellbeing – Term 3 | | | |
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| Topic | PSHE Strand | British Value | Specific PSHE Area |
| Identity, Self-Worth and Confidence | Health and Wellbeing | Individual Liberty | Self-Esteem, Confidence, Personal Identity, Emotional Wellbeing and Resilience |
| How to Manage Influences | Health and Wellbeing | Individual Liberty | Decision-Making, Peer Influence, Risk Management and Personal Responsibility |
| Gender Identity | Relationships | Tolerance of Different Faiths and Beliefs | Equality, Diversity, Identity, Inclusion and Respect |
| Homophobia and Biphobia | Relationships | Mutual Respect & Tolerance of Different Faiths and Beliefs | Challenging Discrimination, Equality, Respect and Diversity |
| Transphobia<br>(Career – Lawyer) | Relationships | Mutual Respect & Tolerance of Different Faiths and Beliefs | Protected Characteristics, Equality, Human Rights and Anti-Discrimination |
| LGBTQ+ History Awareness | Living in the Wider World | Tolerance of Different Faiths and Beliefs | Diversity, Equality, Inclusion, Social Justice and Community Awareness |

| Y8 Weekly Wellbeing – Term 4 | | | |
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| Topic | PSHE Strand | British Value | Specific PSHE Area |
| What are E-rides? | Living in the Wider World | Rule of Law | Road Safety, Personal Safety, Rights and Responsibilities, Understanding the Law |
| Threatening and Antisocial Behaviour | Living in the Wider World | Rule of Law | Community Safety, Crime Prevention, Respectful Behaviour and Citizenship |
| Money Laundering | Living in the Wider World | Rule of Law | Financial Crime, Economic Wellbeing, Financial Responsibility and Consumer Awareness |
| Understanding Money Budgeting | Living in the Wider World | Individual Liberty | Financial Education, Budgeting, Saving, Spending and Economic Wellbeing |
| Stress Awareness (Careers – Counsellor) | Health and Wellbeing | Individual Liberty | Mental Health, Emotional Wellbeing, Coping Strategies, Resilience and Support Networks |

| Y8 Weekly Wellbeing – Term 5 | | | |
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| Topic | PSHE Strand | British Value | Specific PSHE Area |
| Positive Behaviours in Friendship | Relationships | Mutual Respect | Friendships, Respectful Relationships, Communication and Social Skills |
| Healthy Partnerships | Relationships | Mutual Respect | Healthy Relationships, Respect, Trust, Boundaries and Communication |
| The Law on Consent | Relationships | Rule of Law | Consent, Rights and Responsibilities, Healthy Relationships and Safeguarding |
| Contraception and Sexual Health | Health and Wellbeing | Individual Liberty | Sexual Health, Informed Choices, Personal Responsibility and Wellbeing |
| Drugs and Alcohol Awareness (Career – Scientist) | Health and Wellbeing | Individual Liberty | Substance Education, Risk Management, Decision-Making and Healthy Lifestyles |
| Unplanned Encounters | Relationships | Rule of Law | Personal Safety, Safeguarding, Risk Awareness and Seeking Support |
| My Future (Careers – Post-16 Options) | Living in the Wider World | Individual Liberty | Careers Education, Aspirations, Post-16 Pathways and Goal Setting |
| Autism Awareness Month | Relationships | Mutual Respect & Tolerance of Different Faiths and Beliefs | Equality, Diversity, Inclusion and Understanding Difference |

| Y8 Weekly Wellbeing – Term 6 | | | |
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| Topic | PSHE Strand | British Value | Specific PSHE Area |
| Online Communication Grooming and Safety | Relationships | Rule of Law | Online Safety, Grooming Awareness, Safeguarding, Personal Safety and Seeking Support |
| AI and Fakes (Pol-Ed) | Living in the Wider World | Democracy | Media Literacy, Critical Thinking, Misinformation, Digital Citizenship and Online Safety |
| Sharing Online and Social Media | Relationships | Individual Liberty | Online Relationships, Digital Footprint, Responsible Online Behaviour and Personal Choices |
| Viewing Harmful Content | Health and Wellbeing | Rule of Law | Online Safety, Risk Awareness, Media Influence and Seeking Support |
| How People Make a Difference in Society (Careers – Charity Sector) | Living in the Wider World | Democracy | Citizenship, Volunteering, Community Participation, Social Responsibility and Careers |
| Mental Health and Wellbeing | Health and Wellbeing | Mutual Respect | Mental Health Awareness, Emotional Wellbeing, Support Networks and Reducing Stigma |
| Cultures Day – summer celebration | Living in the Wider World | Tolerance of Different Faiths and Beliefs | Diversity, Inclusion, Cultural Awareness and Community Cohesion |