

Year 8 PSHE

Throughout the school year, your child will be learning about these key topics. The specific timing of when each topic is covered can be found on the main Year 8 page.

To support your child's learning, we've included some ideas and websites that you may find helpful to explore and discuss together as they progress through the curriculum.

Theme	Opportunity to help.
Online safety	<p>Discussion about online stress and difference between online self and real self.</p> <p>Discussion about sharing photos and messages online.</p> <p>#BeKind - https://www.bekindmovement.co.uk/</p> <p>https://youtu.be/1fw2K28Jl-c</p> <p>https://youtu.be/NNiezC_PHA</p> <p>discuss about how to keep data protected online.</p> <p>https://ico.org.uk/for-organisations/uk-gdpr-guidance-and-resources/childrens-information/school-resources/england-secondary/</p> <p>Discuss about filter bubbles and the dangers of not fact checking and only reading information that is given to them.</p> <p>https://www.youngcitizens.org/resource/filter-bubbles-tell-me-what-i-want-to-hear/</p> <p>https://www.childnet.com/parents-and-carers/</p>
Discrimination	<p>Discuss the different types of discrimination, examining where stereotypes and opinions originate. Explore the concept that people are not required to share the same beliefs, but it is unacceptable to impose your ideas on others.</p> <p>RACISM</p> <p>https://www.history.com/topics/black-history/civil-rights-movement</p> <p>https://youtu.be/1l3wJ7pJUjg</p> <p>https://t.co/t7LIENtPn?amp=1</p> <p>EXTREMISM</p> <p>https://youtu.be/ufFAsmt82mg</p> <p>http://report-it.org.uk/reporting_internet_hate_crime</p> <p>www.childline.org.uk</p> <p>GENDER</p> <p>https://pshe-lessons.com/sexism/index.php</p> <p>HOMOPHOBIC</p> <p>https://www.thetrevorproject.org/</p> <p>https://www.barnardos.org.uk/</p>

	<p>DISABILITY</p> <p>https://youtu.be/psr9SOGAKlg</p>
HPV vaccine	<p>As students will be receiving the HPV vaccine this term, this lesson aims to explain the vaccination procedure and provide an overview of what HPV is.</p> <p>https://www.nhs.uk/vaccinations/hpv-vaccine/ https://www.gov.uk/government/publications/hpv-vaccine-vaccination-guide-leaflet https://www.oxfordhealth.nhs.uk/wp-content/uploads/2019/10/HPV-universal-programme_-_your-guide-to-the-HPV-vaccine-leaflet.pdf</p>
Self esteem	<p>Discuss the different types of thinking, focusing on unhealthy thoughts and the impact of listening to your inner critic. Explore methods for adjusting these thoughts, such as using worry trees and managing stress through techniques like filling stress buckets</p> <p>https://www.nhs.uk/better-health/ www.childline.org.uk/info-advice https://www.calm.com/blog/reframing-negative-thoughts https://positivepsychology.com/inner-critic-worksheets/ https://mentalhealth-uk.org/blog/the-stress-bucket/ https://www.getselfhelp.co.uk/docs/worrytree.pdf</p> <p>looking at the stigma of mental health – removing myths and readjusting thought patterns.</p> <p>https://youtu.be/w1wnFYF-l7A?si=N9V1JuAiGjGCXpY3 https://youtu.be/13WZij3xmCA?si=qDU9slzsBqtG7gg- https://mentalhealthmatch.com/</p>
Conflict & resolution	<p>Discuss adolescence and the introduction of hormones into relationships, which can cause conflict with peers, siblings, and parents. Explore strategies for de-escalating conflicts and emphasis on the importance of using empathy in any situation</p> <p>https://raisingchildren.net.au/teens/communicating-relationships/communicating/conflict-management-with-teens https://ukpsychologists.uk/parent-and-teenagers-conflict-tips-for-approaching-conflict-in-a-healthy-way/</p>