



Year 8 Life Skills (PSHCEE) - 2023/24

Health and Wellbeing

Relationships and Sex Education (RSE)

Living in the wider world

Autumn Term

Spring Term

Summer Term

8.1 Drugs Education

1. Exploring attitudes to drugs
2. Drugs, the law and managing risk
3. Drugs and their effects: Alcohol and cannabis
4. Managing influence
5. Prescription drugs, legal highs & vaping

8.2 Physical Health

1. Cancer awareness
2. Types and signs of cancer (including sun damage and skin cancer)
3. Blood, organ and stem cell donation
4. Vaccinations and addressing concerns

8.3 Mental health and wellbeing (2)

1. Promoting emotional wellbeing
2. Anxiety and healthy coping strategies
3. Unhealthy coping strategies
4. Mindfulness and self-awareness

8.4 Talk Relationships

1. Healthy relationships
2. Sexualised media
3. Safer online relationships
4. Sexual harassment and harmful sexual behaviour
5. Consent
6. Sharing of nudes and semi-nudes

8.5 Aspiration and the future

1. Discovering your personality (careers)
2. What career might be right for me?
3. Aspiration and success
4. Showcasing personal strengths
5. Managing online reputation
6. Leadership and teamwork
7. Volunteering

8.6 Personal Finance (1)

1. Understanding employment and pay
2. Expenditure and bills

8.7 Families and Marriage

1. Relationships and families
2. Marriage and long-term commitment

8.8 Loss and Bereavement

1. Understanding death and grief
2. Managing grief and loss

8.9 First aid and dental health

1. Basic first aid (recovery pos., CPR, AED)
2. First aid (bleeding, choking & head injury)
3. Dental health and oral hygiene

If you have a question or a worry about a topic, speak to your PSHE teacher or Head of Year. If you want to find out more or access additional support, visit:

<https://learn.beaumont.school/support>

