

Year 8 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 8
1	7th Sept	Welcome back
2	14th Sept	Covid reflection - How has Covid-19 affected our lives? What has the impact been on the UK and the wider world?
3	21st Sept	Mental health – how can we cope when times get tough? Where can we access support?
4	28th Sept	Right and Wrong - Where do our ideas of right and wrong come from?
5	5th Oct	The Law – What is meant by the ‘rule of law’? Why are laws important?
6	12th Oct	Criminal activity – What are the consequences of anti-social behaviour on the victim and the offender?
7	19th Oct	Criminal exploitation – Why do people join gangs? Can you tell a healthy group from an unhealthy social group?
		October half term
8	2nd Nov	Careers - Introduction to choosing GCSE's
9	9th Nov	Careers - Where can GCSE's take me?
10	16th Nov	Careers - Choosing GCSE's
11	23rd Nov	Careers - Employability
12	30th Nov	Healthy relationships - What are the features and consequences of a healthy relationship?
13	7th Dec	Unhealthy relationships - What are the features and consequences of an unhealthy relationship?
14	14th Dec	Indecent images/sexting - What are the risks and consequences of sexting? What does the law say?
		Christmas
15	4th Jan	Parenthood - How does becoming a parents change your life?
16	11th Jan	Marriage vs cohabitation - Why do some couples choose to cohabit rather than marry?
17	18th Jan	Types of marriage - What different types of marriage exist, and why might couples choose to marry?
18	25th Jan	Divorce - Why might some marriages end in divorce?
19	1st Feb	SAFER INTERNET WEEK - Body image and social media
20	8th Feb	Wedding planner - How much does it cost to arrange a wedding?
		February half term
21	22nd Feb	DIVERSITY WEEK - Disability
22	1st March	Smoking - How does smoking tobacco affect your health?
23	8th March	Alcohol - What impact does alcohol have on your physical and mental health?
24	15th March	Drugs - How can drugs affect your physical and mental health?
25	22nd March	Drugs - How can drugs affect your physical and mental health?
26	29th March	Decision making exercise - Which is the most dangerous drug? Assessing the danger posed by drugs vs the law associated with each one.
		Easter
27	19th April	First aid - basic treatment
28	26th April	First aid - CPR
29	3rd May	First aid - Consolidation
30	10th May	Dental hygiene - What are the benefits of good oral hygiene?
31	17th May	Puberty - What physical and emotional changes do we associate with puberty?
32	24th May	Plastic free periods - What impact do period products have on the environment? What other options are available?
		Whitsun half term
33	7th June	Mental Health Week - Unhealthy coping strategies: self-harm and eating disorders
34	14th June	Building resilience and emotional coping skills
35	21st June	Conflict resolution - How can we overcome conflict with others?
36	28th June	Digital detox - What are the benefits of a digital detox?
37	5th July	Mop up sessions
38	12th July	Mop up sessions
39	19th July	Mop up sessions
		Summer holidays