

**Long
Term Plan**

Students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during Year 7. Our age appropriate RSE curriculum means that students begin exploring the characteristics of positive and healthy, intimate and sexual relationships. Our Year 8 curriculum purposefully revisits core knowledge and skills acquired in Year 7 to further deepen their understanding of diverse relationships, their online lives and the increasing influence of peers and media.

Year 8: PSHE

	Learning Cycle	Key Concepts and Themes	Vocabulary
HT1	Respectful Relationships	<ul style="list-style-type: none"> • Healthy friendships and practical steps to improve and support relationships • Bullying • Identifying harmful behaviour online • Respect, Stereotypes and Equality • Hate crime • Sexual harassment and sexual violence • Coercive control and domestic violence • Criminal behaviour within relationships 	Assault, Sexual assault, Coercion, Blackmail, Stalking, Harassment, Mutual respect
HT2	Online and Media	<ul style="list-style-type: none"> • Behaviour expectations online and Sharing material online • Online risk, including nudes and grooming • Reporting material online and managing online issues • The law about sharing indecent images of children • The online world vs the physical world • The laws about online behaviour • Radicalisation and extremism and the impact of viewing harmful content • Pornography and sexually explicit material 	Grooming, Harassment, Radicalisation, Indecent, Censorship, Stalking, Distorted
HT3	Families	<ul style="list-style-type: none"> • Committed, stable relationships • Marriage and other types of long-term relationships • The laws relating to forced marriage and honour-based violence • FGM • Roles and responsibilities of parents • Determining trustworthy sources of information • Judge when a relationship is unsafe • To know practical steps to improve and support respectful relationships • Domestic Violence 	Intimacy, Unregistered marriage, Divorce and dissolution, Assault, Abuse, Domestic abuse
HT4	Intimate and Sexual Relationships	<ul style="list-style-type: none"> • Positive and healthy intimate relationships • Consent • Health and sex and relationships • Managing sexual pressure 	Mutual respect, Consent, Intimacy, Withdraw, Position of trust, Manipulation
HT5	Keeping Safe and Happy	<ul style="list-style-type: none"> • Drugs, alcohol and tobacco • First Aid • Road Safety • County Lines • Child Criminal Exploitation and Child Sexual Exploitation 	Physiological effect, Prescription, Alcohol misuse, Primary survey, CPR, Defibrillators
HT6	Intimate and Sexual Relationships	<ul style="list-style-type: none"> • Contraception and Sexually transmitted infections • Alcohol and drugs leading to risky sexual behaviour • How to access confidential sexual and reproductive advice 	STI, Contraception, Safer sex, Sexual health, Inhibitions, Regret, Fertility, Reproductive health

Skill Development	<ul style="list-style-type: none"> • Identifying thinking traps • Resilience • Managing risk • Identifying and accessing support • Self-regulation 	<ul style="list-style-type: none"> • Clarifying own values • Developing a healthy self-concept • Building and maintaining healthy relationships • Decision making 	<ul style="list-style-type: none"> • Empathy and compassion • Respect for others • Valuing diversity • Assessing the validity and reliability of information • Managing peer influence
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