

Year 8 Learning Journey

End

MENTAL HEALTH & WELLBEING



How can I keep healthy?

Eating responsibly

What is anger and the effects on the body?

The dangers of cigarettes.

Bullying policy

What is mindfulness?

How can this aid positive mental health?

Why do we need sleep and how does sleep deprivation affect us?

How can we shop ethically?

What are needs and wants?

How can we care for our environment and why is it changing?

What is sustainability and why this is essential to our environment?

Why do some people become homeless and why is it on the increase?

Why do sexism, gender prejudice and stereotypes still exist?

Human Rights

How can we protect animal rights?

Why do we need sleep and how does sleep deprivation affect us?

Benefits – who needs it and where does the money come from?

Strong societies – nature and benefits of living in a society

Taxes – why we pay taxes and what is the money used for?

Good news day – kindness and generosity and respect.

EXPLORING WORLD ISSUES



STAYING SAFE ONLINE & OFFLIN

Internet safety – the dangers of excessive screen time.

Internet safety – What is online grooming and why must we be careful?



Keeping good friends and avoiding toxic ones.

Family relationships

How do we keep safe and have positive relationships on and off line.

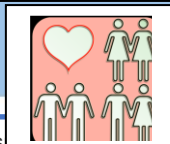
Peer Pressure.

Puberty, growing up, body changes, hygiene.

What are domestic and abusive relationships?

Healthy and unhealthy relationships?

FRIENDSHIPS RESPECT & RELATIONSHIPS



Start

Citizenship and PSHE is not an assessed subject, but many other schools have found that understanding is still of paramount importance. Pupil progress is measured through a range of tasks by pupils completing recall tasks at the end of each lesson and module. What is equally important as pupil progress in their understanding of the content covered is that students in Citizenship and PSHE develop a range of life-long skills such as resilience, confidence and independence and how to keep physically and mentally healthy. The skills that students develop in Citizenship and PSHE will enable them to continue in the next stages of their lives to further education, apprenticeships, and the world of work.

