

PSHE Map Year 8 2026/2027

Autumn Term 1
Core Theme: Economic Wellbeing and Careers
Budgeting PSHE Objectives: Economic wellbeing 1. about different values and attitudes relating to finance, including debt; that families and individuals need to actively manage their finance 9. how to budget effectively for different circumstances; the benefits of saving
Cultivating Careers PSHE Objectives: Careers education KS4 20. about the information, advice and guidance available to them on next steps and careers; how to access appropriate support, be proactive and flexible and make the most of opportunities KS4 21. the benefits and challenges of cultivating career opportunities online; safe and positive ways to create and share content KS4 22. strategies to manage their online presence and how to evaluate its impact, including both reputational risks and career opportunities CDI Framework Goal 1, 3 and 4 Gatsby Benchmarks: 2 and 8
Making Ethical Financial Decisions PSHE Objectives: Economic wellbeing 4. how to manage influences on spending, including advertising, peers, climate and ethical business practices; what makes something 'good value for money' and how this can be different for different people 6. about social and moral dilemmas relating to spending
Savings and Loans PSHE Objectives: Economic wellbeing 2. how to manage emotions in relation to money
Assessment of Economic Wellbeing and Careers and Feedback Survey
Core Theme: RSHE
Prejudice and discrimination Religion PSHE Objectives: Inclusion, bullying and discrimination 4. the impact of stereotypes, prejudice and discrimination on individuals and relationships, including online; that prejudice-based language and behaviour, including sexism, homophobia, biphobia, transphobia, racism, ageism, ableism and faith-based prejudice, are unacceptable and cause harm to individuals and communities; how to challenge discrimination safely
Who are the radical groups PSHE Objectives: Inclusion, bullying and discrimination 2. that on any issue there will be a range of viewpoints; that people may say things on social media in more extreme or exaggerated ways than they would offline, and the impact this can have on themselves and others; how and why conflicts can escalate when communicating on social media
LGBTQAI+ PSHE Objectives: Healthy, positive relationships 3. that sexual attraction and sexuality are diverse

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Autumn Term 2
Medical Consent PSHE Objectives: Keeping well, health services, and first aid 13. about Gillick competence and medical consent; strategies to become a confident user of the healthcare system (NHS, dentists, pharmacist, sexual health clinics, specialist services); to overcome potential concerns or barriers to seeking help
County Lines PSHE Objectives: Personal safety, risk and influence 7. how to recognise signs that they or others may be being drawn into criminal behaviour (e.g. county lines drug running, money laundering, cybercrime); how to access appropriate support
Purpose of blood, organ and stem cell donation PSHE Objectives: Keeping well, health services, and first aid 14. the purpose of blood, organ and stem cell donation for individuals and society
Communication Skills PSHE Objectives: Healthy, positive relationships 9. the skills of active listening, clear communication, negotiation, compromise, and how to reconcile after disagreements, including within families
Dealing With Emotions PSHE Objectives: Personal safety, risk and influence 6. skills to de-escalate arguments and reduce conflict in communication with others; recognising when and how to use strategies to exit situations that have become dangerous 1. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary
Gambling PSHE Objectives: Personal, safety, risk and influence 4 the risks associated with gambling, and that chance-based transactions in gaming can carry similar risks; strategies for managing peer and other influences relating to gambling Online Harms 14. about thinking errors (e.g. 'gambler's fallacy') and product design features associated with gambling, including in online games; the risks and harms of gambling-related behaviours, including the accumulation of debt; how to access appropriate sources of help
Responsibility For Own Physical Health PSHE Objectives: Keeping well, health services, and first aid 4. where to find reliable health information; the different health services available (pharmacists, GPs, A&E, sexual health clinics); how, when and why to access them
Spring Term 1
Risk Taking PSHE Objectives: Personal safety, risk and influence 5. the impact of risk-taking behaviour, such as gambling, alcohol and drug use on mental health and wellbeing
Stress PSHE Objectives: Mental health and wellbeing

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9. how self-regulation strategies and problem solving can help to manage strong, unpleasant or uncomfortable feelings (including worry, anxiety, tension, stress, anger and fear), and to manage distractions, respond to disappointments and setbacks, and promote wellbeing
Unhealthy Coping Strategies PSHE Objectives: Mental health and wellbeing 18. to recognise when they or others are using unhealthy coping strategies, such as self-harm, disordered eating, alcohol or other substance misuse; the bidirectional relationship between substance use and mental health difficulties; the importance of seeking help, including when it is necessary to break a confidence to ensure someone else's safety or wellbeing
Vaping and Smoking PSHE Objectives: Personal safety, risk and influence 5. about the physical harms caused by smoking tobacco (e.g. lung cancer and cardiovascular disease); the physical and mental health benefits of quitting, and strategies to do so, including nicotine substitutes and the role of vaping 6. strategies to manage pressure to vape; the risks associated with non-smokers using vapes, including the risks of illicit vapes containing drugs
Wellbeing and Resilience PSHE Objectives: Mental health and wellbeing 7. to recognise situations which may increase feelings of anxiety or worry; how to overcome barriers to participating in enjoyable or rewarding activities; that participating in these activities can help reduce anxiety over time
Contraception PSHE Objectives: Sex Education 4. about the purpose and efficacy of different contraceptives; how and where to access contraception and medically accurate advice K5. the communication skills to effectively discuss contraceptive use (including condoms) with a partner
Spring Term 2
Domestic Conflict PSHE Objectives: Harmful relationship behaviours 6. the laws relating to harmful sexual behaviour, sexual harassment and sexual violence, and examples of such behaviours, including unwanted sexual language, attention or contact, sharing intimate images without consent, upskirting, and other inappropriate sexual behaviour
How can we avoid online groomers PSHE Objectives: Online life 2. how to safely and responsibly form, maintain and manage positive, respectful and safe relationships online 3. that features of the internet can amplify risks and opportunities, e.g. the speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity; strategies to identify and reduce risk from people online that they do not already know, including managing personal information, privacy and location setting

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The Equality Act 2010

PSHE Objectives: Inclusion, bullying and discrimination

- 3. the legal rights and responsibilities everyone has as a unique and equal member of an inclusive, diverse community; the laws that protect people with protected characteristics from discrimination
- 4. the impact of stereotypes, prejudice and discrimination on individuals and relationships, including online; that prejudice-based language and behaviour, including sexism, homophobia, biphobia, transphobia, racism, ageism, ableism and faith-based prejudice, are unacceptable and cause harm to individuals and communities; how to challenge discrimination safely

Adolescent Brain

PSHE Objectives: Puberty and adolescence

- 2. about the adolescent brain; the relationship between brain development and hormonal changes as people mature

Impact of Social Media

PSHE Objectives: Online life

- 4. the role social media plays in connecting people, sharing experiences and finding community

Summer Term 1

Assessing Social Media

PSHE Objectives: Online life

- 6. how to approach online and social media content critically, including identifying bias, mis- and disinformation, and assessing the likelihood that content is untrue, manipulated or created by AI; the importance of seeking a variety of perspectives on issues and strategies for fact-checking online information

Data Privacy, Online Advertising and Digital Wellbeing

PSHE Objectives: Online life

- 7. how information and data is generated, collected, shared and used online, including for commercial purposes; choices people can make about how their data is kept private or used
- 8. that they will encounter information and advertising online that is manipulated, exaggerated or targeted towards them using their data; ways to limit targeted content and manage their responses to it
- 9. how persuasive design features affect the time people spend online; strategies for managing the effects of persuasive design features, and how to recognise when and why they need to come offline

Online Scams

PSHE Objectives:

Online Life

- 10. how to recognise online scams to extort money or information in different contexts; the impact of online scams on individuals and society; ways to protect personal information and finances online

Online harms

- 9. risks and warning signs of online scams, including sextortion, and the harm they can cause; the importance of seeking help swiftly, how to report and who to tell if scammed or involved in sextortion

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Dangers of AI

PSHE Objectives: Online harms

- 4. how generative AI works and is used; the ethical considerations related to generative AI, including regarding people's rights and the environment; about the impact and possible harms of generative AI tools, such as chatbots, on wellbeing, relationships and advice seeking
- 6. about the motivations, consequences and potential harms of creating and sharing deepfakes

Water Safety

PSHE Objectives: Personal Safety

- 2. skills to predict, assess and manage risk in the context of increasing independence, e.g. around roads, railways, level crossings and water (including the water safety code); how to manage personal safety in public spaces and when socialising with friends, family, the wider community or people they don't know

Community Participation

PSHE Objectives: Mental Health and Wellbeing

- 4. how friendships, community participation and doing things for others can contribute to belonging, happiness and wellbeing; that most people will feel lonely at times and ways to manage feelings of loneliness
- 12. strategies for building connectedness with others, including making the most of opportunities for community participation and volunteering, and the importance of doing so for happiness and wellbeing

Purpose of Vaccinations

PSHE Objectives: Keeping well, health services, and first aid

- 2. hygiene routines, treatment and prevention of infections; the purpose of vaccinations offered during adolescence such as HPV; the benefits of immunisation for individuals and society
- 12. about vaccinations available to adults, including the flu vaccine and travel vaccinations

Summer Term 2

Bystander Effect

PSHE Objectives: Keeping well, health services, and first aid

- 6. how to respond in a range of emergency situations; to report rather than film incidents

Personal Belongings

PSHE Objectives: Personal safety, risk and influence

- 1. how to take care of personal belongings and use mobile phones safely when out and about

Physical Safety

PSHE Objectives: Personal safety, risk and influence

- 2. skills to predict, assess and manage risk in the context of increasing independence, e.g. around roads, railways, level crossings and water (including the water safety code); how to manage personal safety in public spaces and when socialising with friends, family, the wider community or people they don't know

Mental Health Stigma

PSHE Objectives: Mental health and wellbeing

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2. how language and misconceptions about mental health can affect how someone responds to mental health difficulties; ways to challenge stigma and access appropriate support services and mental health organisations 16. the nature and prevalence of mental health difficulties that commonly affect young people; facts about, and signs of, more serious mental health conditions; what someone could do if concerned about their own or others' mental health or wellbeing
Assessment of RSHE and Feedback Survey
PD Passport
End of year quiz

In Curriculum
Literacy for Life
PSHE Objectives: Inclusion, bullying and discrimination 1. that people have different values and perspectives, and how to manage differences constructively and respectfully 2. the legal rights and responsibilities everyone has as a unique and equal member of an inclusive, diverse community; the laws that protect people with protected characteristics from discrimination 3. the impact of stereotypes, prejudice and discrimination on individuals and relationships, including online; that prejudice-based language and behaviour, including sexism, homophobia, biphobia, transphobia, racism, ageism, ableism and faith-based prejudice, are unacceptable and cause harm to individuals and communities; how to challenge discrimination safely 4. to recognise bullying, and its impact, in all its forms; the skills and strategies to respond to experiencing, or witnessing others, being bullied Online harms 3. that features of the internet can amplify risks and opportunities, e.g. the speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity; strategies to identify and reduce risk from people online that they do not already know, including managing personal information, privacy and location setting Healthy lifestyles 5. about nutrition and the role of a balanced diet as part of a healthy lifestyle Careers education 1. that everyone has a different pathway through life, education and work; that all jobs and careers have different challenges and rewards; routes into work, training and other vocational and academic opportunities 2. to review their values and personal qualities, and develop their strengths, interests and skills; how these might impact their future education and career choices 3. to identify their own early career aspirations, and how to manage feelings about future employment, including anxiety, worry or uncertainty 6. about different work roles, career pathways, employment sectors, types and patterns of work, including employment, self-employment, entrepreneurialism and voluntary work; the factors that might influence a person's type of employment CDI Framework:

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1, 2 and 6 Gatsby Benchmarks: 1,2, 3 and 4
Science
PSHE Objectives: Puberty and Adolescence 1. about the maturing female and male adolescent body and strategies to manage the emotional and physical changes (e.g. periods, wet dreams, body hair, voice, body shape and skin changes) that are a typical part of growing up 3. how to manage menstrual wellbeing, choose and access appropriate menstrual products; who to talk to if concerned or for advice about menstrual health
Design
PSHE Objectives: Personal Safety, risk and influence 2. skills to predict, assess and manage risk in the context of increasing independence, e.g. around roads, railways, level crossings and water (including the water safety code); how to manage personal safety in public spaces and when socialising with friends, family, the wider community or people they don't know
P.E
PSHE Objectives: Healthy lifestyles 2. the benefits of physical activity and exercise for health and wellbeing 3. to recognise positive and negative influences on, and barriers to, physical activity; strategies to reduce the impact of barriers and respond to influence Mental Health 3. the benefits of sleep, physical activity, personal interests, hobbies and time outdoors/in nature for wellbeing, happiness and developing a positive relationship with oneself
Maths
PSHE Objectives: Careers Education 5. to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative
Art
PSHE Objectives: Careers Education 1. to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative Mental Health and Wellbeing 2. the benefits of sleep, physical activity, personal interests, hobbies and time outdoors/in nature for wellbeing, happiness and developing a positive relationship with oneself Inclusion bullying and discrimination 1. that people have different values and perspectives, and how to manage differences constructively and respectfully
Focus Days
Careers (09/10/26): PSHE Objectives: Careers 1. that everyone has a different pathway through life, education and work; that all jobs and careers have different challenges and rewards; routes into work, training and other vocational and academic opportunities

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2. to review their values and personal qualities, and develop their strengths, interests and skills; how these might impact their future education and career choices
3. to identify their own early career aspirations, and how to manage feelings about future employment, including anxiety, worry or uncertainty
4. how to set realistic yet ambitious targets and goals; the benefits of setting ambitious goals and being open to opportunities in all aspects of life
5. to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility, creativity and initiative
6. about different work roles, career pathways, employment sectors, types and patterns of work, including employment, self-employment, entrepreneurialism and voluntary work; the factors that might influence a person's type of employment

L4L Davari Day (30/11/26)

PSHE Objectives: Inclusion, bullying and discrimination

- KS4 7. that a tolerant community requires building mutual respect and understanding for others' beliefs, perspectives and cultures

Knife Crime and Gangs Focus Day (30/11/26):

PSHE Objectives: Personal safety, risk and influence

9. which trusted adults can support them with worries about knife crime or violence, and the likely outcomes of reporting concerns
8. motivations for, misconceptions about, and social, legal and physical consequences of carrying knives or other weapons; strategies for managing pressure and influence to carry a weapon
16. how to evaluate different sources of advice and support in relation to violence, gangs and other criminal behaviour, and when to encourage others to seek help, or report concerns on their behalf

Culture Day (19/03/27)

PSHE Objectives: Inclusion, bullying and discrimination

6. about everyone's right to be treated with respect, and how the Equality Act applies in different contexts, including schools, workplaces, public spaces and online
7. that a tolerant community requires building mutual respect and understanding for others' beliefs, perspectives and cultures

Assemblies

See assembly rota with audit.

External Agencies

Alison Cope – Knife Crime

PSHE Objectives: Personal safety, risk and influence

9. which trusted adults can support them with worries about knife crime or violence, and the likely outcomes of reporting concerns
8. motivations for, misconceptions about, and social, legal and physical consequences of carrying knives or other weapons; strategies for managing pressure and influence to carry a weapon

Virtual Decisions – Knife Crime

PSHE Objectives: Personal safety, risk and influence

9. which trusted adults can support them with worries about knife crime or violence, and the likely outcomes of reporting concerns

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DECCA

PSHE Objectives: Drug Education

- 4. to evaluate influences, attitudes, social norms and cultural values about alcohol, including the harms and law related to alcohol sale and consumption
- 6. strategies to manage pressure to vape; the risks associated with non-smokers using vapes, including the risks of illicit vapes containing drugs
- 7. strategies to manage a range of influences, including peer influence, on drug use; about problematic and harmful drug use, including sources of help and support

L4L Davari Day

PSHE Objectives: Inclusion, bullying and discrimination

- KS4 7. that a tolerant community requires building mutual respect and understanding for others' beliefs, perspectives and cultures

Enterprise Competition

PSHE Objectives: Careers

- 5. to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative