

Year 8 PSHCE Programme 2025-26



| Unit title | | Content |
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| Relationships – consent Health & Well-being - Drugs & Alcohol and peer pressure | Monday 1 Sept Period 2 Monday 1 Sept Period 3 Monday 1 Sept Period 4 Monday 8 Sept Period 2 Monday 22 Sept Period 3 Monday 6 Oct Period 4 Monday 3 Nov Period 5 | 1. RSHE – Consent & Social Media (Boys) Friendships (Girls) 2. RSHE – Consent & Social Media (Boys) Friendships (Girls) 2a. RSHE – Consent & Social Media (Boys) Friendships (Girls) 3. Wellio – Drug Awareness – Tutor Led Session 4. Wellio – Alcohol Awareness – Tutor Led Session 5. Wellio – Sexting – Tutor Led Session 6. Wellio - Internal Anti-Bullying Week – Together against bullying – Tutor Led Session |
| Living in the Wider World – Goals & Careers | Tuesday 18 Nov Period 2 Tuesday 2 Dec Period 3 Friday 12 Dec Period 2 Friday 12 Dec Period 3 Tuesday 6 Jan Period 4 | 7. Careers Session – Identifying Interests – Unifrog - Tutor Led Session 8. Careers Session – Unifrog GCSE Choices, Choices! – Tutor Led Session 9. Careers Session – External Speakers – making choices 10. Careers Session – External Speakers making choices 11. Careers Session – GCSEs at Ratcliffe College |
| Health & Well-being – emotional well-being Living in the Wider World – how society functions | Wednesday 21 Jan Period 2 Wednesday 4 Feb Period 3 Wednesday 25 Feb Period 4 Wednesday 11 March Period 5 Thursday 26 March Period 2 Thursday 30 April Period 3 | 12. Wellio/RSHE - Children's Mental Health Wk – Measuring our self-worth – Tutor Led Session 13. RSHE - External Speakers - Internal E-Safety Week - Think Before you Share — Warzone 14. Wellio – Empowering positive masculinity – Tutor Led Session 15. National Careers Week - External Speakers - LEBC – Workshop 16. Wellio – How Laws are made – Tutor Led Session 17. Wellio – Real life resilience – Tutor Led Session |
| Relationships - Discrimination, Identity & relationships | Thursday 14 May Period 4 Friday 5 June Period 2 Friday 19 June Period 3 Friday 26 June Period 5 Friday 26 June Period 6 | 18. RSHE – Appreciating Differences – 1010 Resources – Tutor Led Session 19. RSHE – Feelings - 1010 Resources – Tutor Led Session 20. RSHE -. Tough Relationships – 1010 Resources – Tutor Led Session 21. RSHE – Wider World - 1010 Resources – Tutor Led Session 22. Year 10 enterprise event/follow up discussion previous topic – Tutor Led Session |
| Relationships – Identity & relationships | Monday 29 June Period 1 Monday 29 June Period 2 Monday 29 June Period 3 Monday 29 June Period 4 | 23. RSHE – External Speakers – Identity & Relationships – workshops 24. RSHE – External Speakers - Identity & Relationships – workshops 25. RSHE – External Speakers - Identity & Relationships – workshops 26. RSHE - External Speakers - Identity & Relationships – workshops |