Curriculum Summary Document
Year 8 – PSHE
Choices, Wellbeing and the Digital World

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Alcohol, Drugs and Risk	September – early October	Students learn about alcohol and the law, the misuse of drugs and why people may choose to use harmful substances. They explore the impact of peer pressure, the reasons behind risky behaviours and how choices can have long-term consequences. The module helps students recognise the difference between fact and myth, and understand how to make safer, more informed decisions.	This module develops students' confidence in assessing risks, resisting pressure and making responsible choices. It strengthens their understanding of personal safety and consequences, supporting the development of a healthy lifestyle as they move into adolescence.	Science – effects of substances on the body PE – health, fitness and wellbeing Tutor Time – behaviour, routines and decision-making
Protection, Rights and Discrimination	October	Students explore how individuals are protected from discrimination and why equality is a legal and moral responsibility. They examine real-life scenarios that link to stereotypes, prejudice and fairness, and learn how to challenge discriminatory behaviours appropriately.	This module deepens students' awareness of diversity and encourages them to recognise their role in creating a respectful school and community. It prepares them to understand their rights, responsibilities and the importance of standing up for others.	Religious Studies – discrimination, equality and respect History – rights, law and social change
Online Safety and the Digital World	November – December	Students investigate how online scams work, why online content cannot always be trusted and how misinformation spreads. They explore the positive and negative impacts of social media and consider the risks around sharing private images. The module promotes safe digital behaviour and builds critical thinking around online interactions.	This module equips students with the skills needed to navigate digital spaces safely and responsibly. It supports the development of discernment, resilience and digital literacy, which are essential across school life and future learning.	Computing – online safety, digital citizenship and cyber security English – evaluating sources and identifying bias

Choices and Consequences	January – February	Students revisit the topic of substances by developing a deeper understanding of drugs, alcohol and why people choose to take risks. They explore emotional, social and psychological influences and examine how different choices lead to different outcomes. The module builds students' awareness of how harmful behaviours can affect health, wellbeing and future opportunities.	This module encourages students to reflect on their values and decision-making processes. It helps them recognise their responsibility for their own health and behaviour, building resilience and strengthening their ability to make informed choices.	Science – impact of substances on the body and brain PE – health and lifestyle impacts
Managing Peers and Pressure	February – March	Students learn strategies to manage peer pressure in both face-to-face and online situations. They examine how online contexts can change behaviour and expectations, and they explore practical ways to protect their mental health. The module focuses on developing confidence, self-awareness and supportive peer relationships.	This module strengthens emotional literacy and helps students recognise when to seek support. It reinforces respectful communication and builds the confidence required to make safe, independent decisions within social groups.	Tutor Time – behaviour, friendships and wellbeing Computing – online behaviour and digital communication
Body Image and Healthy Lifestyles	April – May	Students examine how positive body image is developed and how lifestyle choices influence physical and mental health. They explore the link between healthy routines, wellbeing and self-esteem, including the importance of sleep and balanced habits.	This module supports students in developing healthy attitudes towards themselves and their bodies. It helps them understand how physical health and emotional wellbeing are connected and reinforces lifelong habits that promote resilience.	PE – health, exercise and wellbeing Science – the body, sleep and lifestyle factor
Careers and Me	June – July	Students explore employability skills and the qualities employers look for. They learn about working patterns, how the world of work is changing and how AI may shape future jobs. Students begin considering possible career interests and pathways, developing early aspirations for life beyond school.	This module introduces students to the world of work and helps them understand how their skills and interests can shape future opportunities. It encourages ambition, self-reflection and curiosity about the careers available to them.	Computing – AI and the future of work Maths – interpreting data and planning pathways Tutor Time – aspirations and goal setting