

YEAR 8 PSHE 2026/20267

Term	Week Number	Mix of tutor time and timetabled lessons
Autumn 1	1	
	2	What services are available to manage my health
	3	Which should common health conditions should I know about
	4	How can I help someone who is choking or who is hurt
	5	What is CPR and how do defibrillators work
	6	How do vaccinations work
	7	Should vaccinations be compulsory
	8	What do I need to know about gangs
Autumn 2	9	What should I know about knife crime
	10	What is grooming
	11	What does 'county lines' mean
	12	What is extremism
	13	What are hate crimes
	14	What makes me happy
	15	<i>What is mental health</i>
Spring 1	16	How am I influenced
	17	How do I view myself
	18	How can I cope with grief
	19	What is addiction
	20	What are units
	21	What are the physical effects of drinking alcohol
Spring 2	22	What are the social effects of drinking alcohol
	23	How can I manage influence and pressure around alcohol
	24	What alternatives to alcohol exist.
	25	What is news
	26	Can we always believe what we see online
Summer 1	28	How can I judge the reliability of what I see
	29	How can I verify information
	30	How might I be manipulated
	31	How far can social media impact what we believe and what we do
	32	How might what we see online affect how we feel
	33	How can I REVIEW my news
	33	How is data collected
Summer 2	34	How is life online different to the real world
	35	What makes someone trustworthy
	36	What is consent
	37	What do healthy romantic relationships look like
	38	How might people show commitment to their partner
	39	<i>Spare lesson to catch up on any missed content</i>