

YEAR 8 PSHCE SCHEME OF WORK 2025-26

TOPIC AND AIM	OBJECTIVES/KEY QUESTIONS/ACTIVITIES
Introduction to PSHCE and Well-Being at HBS	Introduction to PSHCE curriculum, establishment of expectations and ground rules Well-being and support at HBS; PSHCE handbook
First Aid	Understand the bystander effect and the role of the first aider; the primary survey Key first aid techniques for: <ul style="list-style-type: none"> • Emergencies and recovery position • CPR • Use of defibrillator • Allergies
Sense of Self: Confident Me	Understand the concept of appearance ideals Explore pressure to conform to appearance ideals and potential impact Analyse strategies to resist appearance pressures, avoid comparisons and build body confidence
Relationships: Managing Conflict	Explore what healthy relationships should look like and how to establish them Explore signs of unhealthy relationships and discuss strategies for dealing with them
Discrimination: Hemisphere training	Racial literacy training – programme from Hemisphere
Sexuality and Gender Identity	Understand sexual orientation and perceived gender identity Consider the anxieties and concerns that a person may have when revealing differences Identify the causes and consequences of bullying and consider strategies for dealing with it
Online Safety: Content, Propaganda, Contact	Understand the concept of critical thinking and application to information online Develop strategies to evaluate what is trustworthy online Explore the term propaganda, potential impact and techniques to assess information Explore possible hidden motives of online contact and ways to report concerns

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Mental Health: Healthy coping strategies	<p>Recognise a range of difficult emotions</p> <p>Use a range of strategies to manage difficult emotions</p> <p>Know where and how to access further support</p>
Mental health: anxiety	<p>Feel more comfortable talking about anxiety</p> <p>Understand more about anxiety disorders</p>
Mental health: depression	<p>Feel more comfortable talking about depression</p> <p>Know the warning signs to look out for and understand the difference between normal mood swings and depression</p>
Mental health: self-harm	<p>Feel more comfortable talking about self-harm</p> <p>Understand that self-harm is an unhealthy coping strategy</p> <p>Identify some triggers and signs in others</p>
Mental health: getting help	<p>Consider the impact of misusing terms about mental health</p> <p>Know how to get support for themselves and for a friend</p>
Study Skills and Time Management, Revision Skills	<p>Explore strategies for time management and revision techniques</p>
Drugs, tobacco and alcohol	<p>Understanding the risks of alcohol, drugs and tobacco</p> <p>Identify ways in which they can affect individuals and those around them</p> <p>Identify the factors that can help build resilience and protect us from risk</p>
Growth mindset	<p>Understanding the effect of a growth, rather than fixed, mindset and applications to study</p>