



Year 8 PSHE Plan

Term 1		Term 2		Term 3	
Lesson 1	Ways to well-being – post Covid/	Lesson 8	Careers and life choices	Lesson 14	Resilience
Lesson 2	Healthy choices - alcohol	Lesson 9	Sex and the law/ consent	Lesson 15	Managing change and loss
Lesson 3	Healthy choices – smoking and vaping	Lesson 10	Contraception	Lesson 16	Gender identity and equality
Lesson 4	Online/ offline safety	Lesson 11	Pornography and sexting	Lesson 17	Individual, family and community values
Lesson 5	Using financial terms, managing a budget	Lesson 12	Body image	Lesson 18	Promoting human rights – Rights Respecting Schools
Lesson 6	Contributing to society	Lesson 13	Emotional wellbeing/ mental health	Lesson 19	
Lesson 7	Accessing careers information, advice and guidance				

Health and Well-Being

Relationships

Living in the Wider World

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