







Year 8 PSHE Knowledge Organiser - Overview

School Values		Core Themes	
Ambition	desire and determination to achieve success	Health and Wellbeing	Unit 3: Peer pressure in relation to drugs and alcohol use Unit 6: Emotional Wellbeing: mental health, body image and coping strategies
Friendship	A relationship between people with mutual trust and support	Relationships	Unit 1: Discrimination including racism, sexism, religious, disability, homophobia, transphobia Unit 5: Identity and relationships including gender identity, sexual orientation and consent
Integrity	being honest and having strong moral principles. Doing the right thing	Living in the Wider World	Unit 2: Digital literacy: online safety, media reliability, gambling hooks Unit 4: Community and careers including equality and opportunity
Resilience	the capacity to recover quickly from difficulties		
Respect	To act in a way that shows an awareness of someone's wishes		
British Values		Noughts and Crosses	Boy Meets Boy
Democracy	a country in which the people choose their government by voting for it.	<p>The play version of this novel focuses on a dystopian world where race issues are subverted, with black people being the dominant race occupying the positions of power in society. This play serves as a good backdrop to issues such as:</p> <ul style="list-style-type: none"> • Prejudice • Racism • Bullying • Family relationships 	<p>This is a novel which focuses on the experiences of Paul, a gay boy who lives in town which is very accepting of all sexualities. The novel will serve as a useful backdrop to issues such as:</p> <ul style="list-style-type: none"> • Relationships • Sexuality • Prejudice.
Liberty	Having the freedom to make your own choices		
Respect	To act in a way that shows an awareness of someone's wishes		
Rule of Law	Everyone must follow the law		
Tolerance	allowing other people to say and do as they like, even if you do not agree or approve		
		<ul style="list-style-type: none"> • Your Tutor • Your Head of Year (RLH) • Ms Hilton • Ms Wheeler • Mr O'Connell • Learning Support 	    



Year 8 PSHE Knowledge Organiser - Unit 2: Digital Literacy

Key Terms	
Digital Literacy	Having the skills and knowledge to use technology safely
Fake news	Information that is not true
Misinformation	false information that is spread, regardless of intent to mislead
Disinformation	false or misleading information that is spread deliberately to deceive
Exploitation	Taking advantage of another person often financially
Gambling	To play a game in order to win money or prizes
Grooming	To develop a relationship with a child (often online) the intention of committing a sexual offence
Digital Footprint	The information that you leave on the internet as a result of your online activities
Digital citizenship	Accepted ways of behaving online
E safety	Strategies and systems to help people stay safe online

Tips for staying safe online
<ul style="list-style-type: none"> • Protect your identity – don't post any personal information • Set your profiles to private • Remember anything you post can be shared • Recognise the fakes • Spring clean your contacts • Block anyone who bothers you • Avoid the big risks • Let your friends and family know about your online choices • Watch out for suspicious messages • Remember anything you post can be shared

Tips for creating a positive digital footprint
<p>What you post online now will be there forever. Your digital footprint can be accessed by anyone – including your future employer.</p> <ul style="list-style-type: none"> • Ask yourself these questions before you post anything online: • Would you want your grandmother to see it? • Would you say this to someone's face? • Would you want someone to do this to you? • Is this really private? Could someone share it without your knowledge? • Is this yours to share / publish?






Support in school
<ul style="list-style-type: none"> • Your Tutor • Your Head of Year • Ms Hilton • Ms Wheeler • Mr O'Connell • Learning Support • School Counsellor

Where to get more information
    

Year 8 PSHE Knowledge Organiser - Unit 3: Drugs & Alcohol

Key Terms	
Nicotine	A highly addictive chemical (stimulant) found in cigarettes
E cigarette	a device that allows you to inhale nicotine in a vapour rather than smoke
Vaping	Using an e cigarette instead of smoking
Drug	A substance that has an effect on the body
Recreational drug	A chemical substance that is taken for pleasure and not for medical benefits
Energy drink	A non-alcoholic drink containing caffeine (a stimulant)
Alcohol	A depressant. It is a toxic substance which can be addictive.
Stimulant	A substance that that increases your levels of awareness and activity
Depressant	A substance which decreases your levels of awareness and activity
Psychoactive	Chemical substances that change a person's mental state by affecting the way the brain and nervous system work

What the law says		
<p>Smoking and vaping: You must be over 18 to buy cigarettes and e cigarettes in the UK. It is illegal for:</p> <ul style="list-style-type: none"> Adults to buy you cigarettes, including e cigarettes, if you are under 18 Shops to sell you cigarettes if you are underage To smoke in a car with a child in it or in an enclosed area <p>Alcohol: You must be over 18 to buy alcohol in the UK. It is illegal for:</p> <ul style="list-style-type: none"> Adults to buy you alcohol if you are under 18 Shops to sell you alcohol if you are underage To give children alcohol if they are under five <p>Medicinal drugs: These are prescribed by your doctor. These should only be used by the person that they are prescribed for. If you share your medicinal drugs with other people you may receive a punishment in line with the classification of that drug.</p> <p>Recreational drugs: Many of these are illegal. The punishment for using these depends on which 'class' they are in.</p> <p>**Possession of illegal drugs can result in up to 7 years in prison (class A). Dealing can lead up to life in prison</p>		
Types of drugs		
<p>Stimulants: These give you a rush of energy and make you more alert</p> <ul style="list-style-type: none"> Nicotine Cocaine Ecstasy 	<p>Depressants: These slow down the brain and make you drowsy</p> <ul style="list-style-type: none"> Alcohol Heroin Tranquilisers 	<p>Hallucinogenic: These alter the way you feel, see, hear, taste or smell</p> <ul style="list-style-type: none"> LSD Magic mushrooms Cannabis

Classification of drugs	
Class A	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms
Class B	Amphetamines
Class C	Cannabis, tranquilisers, ketamine, some pain killers
Where to get more help	
<ul style="list-style-type: none"> Your GP or Practice Nurse The school Nurse 	
	
	
	
	
	

Year 8 PSHE Knowledge Organiser - Unit 1: Discrimination

Key Terms	
Stereotype	A generalised belief about a particular group of people
Prejudice	judging someone without knowing them
Discrimination	Treating a person unfairly because of who they are
Homophobia	Dislike of or prejudice against homosexual people
Biphobia	Dislike of or prejudice against bisexual people
Transphobia	Dislike of or prejudice against transsexual or transgender people
Sexism	Prejudice or discrimination based on the sex of a person
Racism	Prejudice or discrimination based on the race or ethnicity of a person
Ableism	Discrimination in favour of able-bodied people
Religious discrimination	Discrimination against someone because of their religion or beliefs




How our views are shaped
<p>A central diagram with a cluster of colorful puzzle pieces on the left. To the right, several blue speech bubbles contain the following text: 'Society & culture', 'Personal experience', 'Friends & family', 'The law', 'The media', 'History', and 'Religion'.</p>
Discrimination and the law
<p>It is against the law to discriminate against someone because of their:</p> <ul style="list-style-type: none"> • Age • Disability • Gender reassignment • Marriage and civil partnership • Pregnancy and maternity • Race • Religion or belief • Sex • Sexual orientation <p>There are called protected characteristics.</p>

How it makes you feel	Support in school
<p>The language and behaviours that others demonstrate can make you feel:</p> <ul style="list-style-type: none"> • Scared • Anxious • Lonely • Worthless • Sad • Isolated • Unsafe 	<ul style="list-style-type: none"> • Your Tutor • Your Head of Year • Ms Hilton • Ms Wheeler • Mr O'Connell • Learning Support • School Counsellor
Where to get more help	
<p>A collection of logos for support organizations: NSPCC (National Society for the Prevention of Child Abuse), tic+ (Counselling, Support and Care to help people wellbeing), THINK U KNOW (a stylized logo with a book), ChildLine (0800 1111), and YOUNGMINDS.</p>	

Year 8 PSHE Knowledge Organiser - Unit 4: Careers

Key Terms	
Employed	Someone who has a job working for someone else
Self-employed	Someone who owns their own business and works for them self
Voluntary work	someone who works without being paid
Equality	Having status, rights, or opportunities
Opportunity	The chance for employment or promotion
Ambition	A strong desire to do or achieve something
Motivation	The reasons for acting or behaving in a particular way
Aspiration	A hope or ambition of achieving something
Goal	The aim or desired result
Post 16	Your destination once you have finished Year 11 (6 th Form, college, work)

Different career paths you can explore
<p>There are a range of jobs in sport: <i>Facilities manager</i> <i>Sales</i> <i>Website design & management</i> <i>Publicity officer</i> <i>Security officers</i> <i>Physiotherapists</i> <i>Sports psychologists</i></p>
<p>There are a range of jobs in medicine: <i>Neurologists</i> <i>Orthopaedic surgeons</i> <i>Radiographers</i> <i>Cardiologists</i> <i>Nurses/Doctors</i> <i>Therapists</i> <i>Haematologists</i> <i>Chaplains</i> <i>Oncologists</i> <i>Paramedics</i> <i>Dermatologists</i></p>
<p>There are a range of jobs in communications: <i>Computer programming / software engineers</i> <i>Cyber security risk consultants</i> <i>Complex data analysts</i> <i>Language analysts</i> <i>Roles working on computer networks and infrastructure</i> <i>Communication technology experts</i> <i>Information specialist</i></p>

Career Pathways	
T Level	New two year Level 3 qualifications - equivalent to 3 x A levels. Lead to a specific job and available in a whole range of different areas
A Level	Most students will study 3 subjects at A Level, each school and college will have set entry requirements for students to start A Levels.
Apprenticeships	An apprenticeship is a real job where you learn, gain experience and get paid. It can take between one and six years to complete an apprenticeship.
University	At University you will have the opportunity to attend lectures and learn to live more independently. It can provide you with life skills as well as qualifications to enter careers at a higher level.
Support in school	Where to get more help
<ul style="list-style-type: none"> Miss Franklin (Careers Lead) Mrs Balgobin (Careers Advisor) Mrs Brooks-Hughes (Library) Ms Hilton Head of Year Mrs Whitson-Jones (Head of 6th Form) 	  

Year 8 PSHE Knowledge Organiser - Unit 5: Identity

Key Terms	
Gender identity	A persons sense of being a man or a woman or anything in between
Gender expression	What others see. The way they dress, act and refer to themselves
Biological sex	Your genitalia – the body parts that you were born with
Sexual orientation	Who you are sexually and romantically attracted to
LGBTQ+	An acronym for lesbian, gay, bisexual, transgender and queer or questioning.
Pansexual	Someone who is attracted to people based on personality, not gender
Ally	Someone who is not LGBTQ+ but stands up for the LGBTQ+ community
Sexting	sending, receiving, or forwarding sexually explicit messages or images using electronic devices
Consent	Giving permission for something to happen
Contraception	A way of preventing pregnancy. eg. Condom, contraceptive pill

Who are you?

Healthy V's unhealthy relationships



HEALTHY RELATIONSHIPS	UNHEALTHY RELATIONSHIPS
Compliment	Criticize
Forgive	Hold grudges
Appreciate partner	Resent partner
Respect	Disrespect
Compromise	Demand
Encourage	Insult
Trust	Distrust
Support	Compete
Communicate	Hold secrets
Validate	Blame

Where to get more help

Consent	Support in school
<h1>CONSENT</h1> <div style="display: flex; align-items: center;"> <div style="border-left: 1px solid black; padding-left: 10px;"> <p>Freely Given</p> <p>Reversible</p> <p>Informed</p> <p>Enthusiastic</p> <p>Specific</p> </div> </div>	<ul style="list-style-type: none"> • Your Tutor • Your Head of Year • Ms Hilton • Ms Wheeler • Mr O'Connell • Learning Support • School Counsellor • School Nurse

Year 8 PSHE Knowledge Organiser - Unit 6: Wellbeing

Key Terms	
Mental Health	The term used to describe a state of well-being
Good mental health	The ability to think, feel and behave in a way that is normal for you
Poor mental health	Finding it difficult to manage how we think, feel, act with respect to daily stresses
Mental illness	Poor mental health and emotional wellbeing can lead to different forms of mental illness for some people
Resilience	The capacity to recover quickly from difficulties
Myth	A widely held but false belief or idea
Stigma	A disapproval of a situation or person associated with a particular circumstance
Coping strategy	The behaviors, thoughts, and emotions that you use to adjust to the changes that occur in your life
Body Image	how we see ourselves compared to how think we should look
Body confidence	how a person feels about the way they look

How good is your mental health?		Support in school
 <p>The scale consists of five colored boxes with bar charts of increasing height from left to right:</p> <ul style="list-style-type: none"> IN CRISIS (Red): Very anxious, Very low mood, Absenteeism, Exhausted, Very poor sleep, Weight loss. STRUGGLING (Orange): Anxious, Depressed, Tired, Poor performance, Poor sleep, Poor appetite. SURVIVING (Yellow): Worried, Nervous, Irritable, Sad, Trouble sleeping, Distracted, Withdrawn. THRIVING (Light Green): Positive, Calm, Performing, Sleeping well, Eating normally, Normal social activity. EXCELLING (Green): Cheerful, Joyful, Energetic, High performance, Flow, Fully realising potential. 		<ul style="list-style-type: none"> Your Tutor Your Head of Year Ms Hilton Ms Wheeler Mr O'Connell Learning Support School Counsellor School Nurse
Positive coping strategies	Where to get more help	
<p>If you feel that your mental health is not in a good place, try some of the following strategies:</p> <ul style="list-style-type: none"> Talk to someone – friend / family / teacher Exercise – walk / swim / dance Eat well – have a healthy meal Rest – get a good nights sleep Take care of yourself – have a bath / shower Disconnect – switch off your devices Treat yourself – hot chocolate / film 	 <p>tic+ Counselling, Support and Care to help people wellbeing</p> <p>YOUNG MINDS</p> <p>TALK TO US If things are getting to you</p> <p>116 123 jo@samaritans.org samaritans.org SAMARITANS</p>	