Year 8 PSHE Knowledge Organiser - Overview

	School Values		Core 1	Гhe	emes		
Ambition Friendship	desire and determination to achieve success A relationship between people with mutual trust and support	Health and Wellbeing Relationships	 Unit 3: Peer pressure in relation to drugs and alcohol use Unit 6: Emotional Wellbeing: mental health, body image and coping strategies Unit 1: Discrimination including racism, sexism, religious, disability, homophobia, transphobi 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	Noughts and Crosses			Boy Meets Boy		
Respect	To act in a way that shows an awareness of someone's wishes	The play version of this novel focuses on a dystopian world where race issues are			This is a novel which focuses on the experiences of Paul, a gay boy who lives in		
Democracy	British Values a country in which the people choose their government by voting for it.	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:			 town which is very accepting of all sexualities. The novel will serve as a useful backdrop to issues such as: Relationships 		
Liberty	Having the freedom to make your own choices	 Prejudice Racism Bullying Family relationships 		Sexuality Prejudice.			
Respect	To act in a way that shows an awareness of someone's wishes				Se wilti S		
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				DAV/D LEVITHAN		
Help & S	• Your Tutor • Your Head o • Ms Hilton • Ms Wheeler • Mr O'Connel • Learning Sup School Counsellor		DUTIEIIING, SUPPORT AND CAPE for Young People and People NSPCC		ChildLine 0800 1111 VOUNGMINDS		

Year 8 PSHE Knowledge Organiser - Unit 2: Digital Literacy

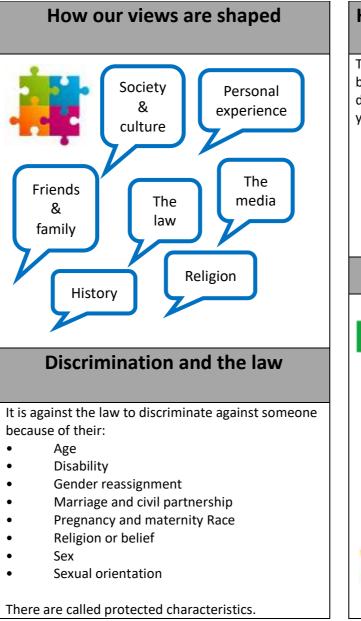
Key Terms		Tips for stayin	g safe online	Tips for creating a positive digital footprint			
Digital Literacy	Having the skills and knowledge to use technology safely	information • Set your profiles to pri		What you post online now will be there forever. Your digital footprint can be accessed by anyone – including your future employer.			
Fake news	Information that is not true	 Remember anything y Recognise the fakes 	ou post can be shared	 Ask yourself these questions before you post 			
Misinformation	false information that is spread, regardless of intent to mislead	 Spring clean your cont Block anyone who bot Avoid the big risks 		 Would you want your grandmother to see it? Would you say this to someone's face? 			
Disinformation	false or misleading information that is spread deliberately to deceive	 Let your friends and fa online choices Watch out for suspicio Remember anything y 	ous messages	 Would you want someone to do this to you? Is this <i>really</i> private? Could someone share it without your knowledge? Is this yours to share / publish? 			
Exploitation	Taking advantage of another person often financially						
Gambling	To play a game in order to win money or prizes	Support in school	Whe	e to get more information			
Grooming	To develop a relationship with a child (often online) the intention of committing a sexual offence	 Your Tutor Your Head of Year Ms Hilton Ms Wheeler Mr O'Connell 	CLICK CEOP Internet Safety	ChildLine			
Digital Footprint	The information that you leave on the internet as a result of your online activities	 Learning Support School Counsellor 		THINK			
Digital	Accepted ways of		NCDCC				
<u>citizenship</u> E safety	behaving online Strategies and systems to help people stay safe online		NSPCC				

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

I	Key Terms		What the law	says	C	assification of drugs
Nicotine	A highly addictive chemical (stimulant) found in cigarettes	cigarettes in the UI It is illegal for:	ζ.	to buy cigarettes and e ding e cigarettes, if you are	Class A	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms
E cigarette	a device that allows you to inhale nicotine in a vapour rather than smoke	under 18 • Shops to se	ell you cigarettes if you and a car with a child in it	are underage	Class B	Amphetamines
Vaping	Using an e cigarette instead of smoking	Alcohol: You must It is illegal for:	be over 18 to buy alcoh	ol in the UK.	Class C	Cannabis, tranquilisers, ketamine, some pain killers
Drug	A substance that has an effect on the body	 To give chi 	ell you alcohol if you are Idren alcohol if they are	under five	W	nere to get more help
Recreational drug	A chemical substance that is taken for pleasure and not for medical benefits	only be used by the your medicinal dru	e person that they are p gs with other people yo	your doctor. These should rescribed for. If you share u may receive a punishment	•	Your GP or Practice Nurse The school Nurse
Energy drink	A non-alcoholic drink containing caffeine (a stimulant)	Recreational drugs	sification of that drug. : Many of these are ille ds on which 'class' they	gal. The punishment for are in.		SMOKEFREE
Alcohol	A depressant. It is a toxic substance which can be addictive.		egal drugs can result in u d up to life in prison	up to 7 years in prison (class	0800	
Stimulant	A substance that that <i>increases</i> your levels of awareness and activity		Types of dru	ıgs	Frien	dly, confidential drugs advice
Depressant	A substance which <i>decreases</i> your levels of awareness and activity	Stimulants: These give you a rush of energy	Depressants: These slow down the brain and make	Hallucinogenic: These alter the way you feel, see, hear, taste or		drinkaware.co.uk
Psychoactive	Chemical substances that change a person's mental	and make you more alert	you drowsy	smell	IN S	SPCC
	state by affecting the way the brain and nervous system work	NicotineCocaineEcstasy	AlcoholHeroineTranquilisers	LSDMagic mushroomsCannabis		ChildLine 0800 1111

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			



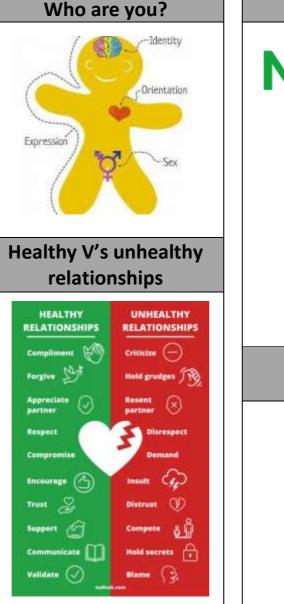
How it makes you feel	Support in school				
The language and behaviours that others demonstrate can make you feel: • Scared • Anxious • Lonely • Worthless • Sad • Isolated • Unsafe	 Your Tutor Your Head of Year Ms Hilton Ms Wheeler Mr O'Connell Learning Support School Counsellor 				
Where to get more help NSPCC					
YOUNGMINDS	ChildLine 0800 1111				

Year 8 PSHE Knowledge Organiser - Unit 4: Careers

Key Terms		Different career paths you can explore		Career Pathways		
Employed	Someone who has a job working for someone else	There are a range of jobs in sport: <i>Facilities manager</i> <i>Sales</i>		T Level		el 3 qualifications - equivalent to to a specific job and available in a fferent areas
Self- employed	Someone who owns their own business and works for them self	Website design & management Publicity officer Security officers		A Level	each school and c	ll study 3 subjects at A Level, ollege will have set entry students to start A Levels.
Voluntary work	someone who works without being paid	Physiotherapists Sports psychologists				
Equality	Having status, rights, or opportunities	There are a range of jobs in medicine:NeurologistsOrthopaedic surgeons		Apprenticeships		o is a real job where you learn, nd get paid. It can take between
Opportunity	The chance for employment or promotion	Radiographers Cardiologists Nurses/Doctors Therapists Haematologists Chaplains			one and six years to complete an apprenticeship	
Ambition	A strong desire to do or achieve something	Oncologists Paramedics Dermatologists		University	At University you will have the opportunity to attend lectures and learn to live more independently. It can provide you with life skill well as qualifications to enter careers at a high level.	
Motivation	The reasons for acting or behaving in a particular way	There are a range of jobs in communications: Computer programming / software		Support	in school	Where to get more help
Aspiration	A hope or ambition of achieving something	engineers Cyber security risk consultants		 Miss Franklin (Careers Lead) 		LifeSkills
Goal	The aim or desired result	Complex data analysts Language analysts		 Mrs Balge Advisor) 	obin (Careers	Created with WBARCLAYS
Post 16 Your destination once you have finished Year	Roles working on computer networks and infrastructure		(Library)	ks-Hughes	Careerpilot	
11 (6 th Form, college,		Communication technology experts Information specialist		 Ms Hiltor Head of Y Mrs Whit of 6th For 	/ear son-Jones (Head	У

Year 8 PSHE Knowledge Organiser - Unit 5: Identity

Key Terms				
Gender	A persons sense of being			
identity	a man or a woman or			
	anything in between			
Gender	What others see. The way			
expression	they dress, act and refer			
	to themselves			
Biological sex	Your genitalia – the body			
	parts that you were born			
	with			
Sexual	Who you are sexually and			
orientation	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			
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Year 8 PSHE Knowledge Organiser - Unit 6: Wellbeing

	Key Terms	How good is your men	tal health? Support in school
Mental Health Good mental health	The term used to describe a state of well-being The ability to think, feel and behave in a way that is normal for you	IN CRISIS STRUGGLING SURVIVING	Your Tutor Your Head of Year Ms Hilton Ms Wheeler Mr O'Connell
Poor mental health Mental illness	Finding it difficult to manage how we think, feel, act with respect to daily stresses Poor mental health and emotional wellbeing can lead to different forms of mental illness for some people	Very anxious Anxious Worried Very low mood Depressed Nervous Absenteelsm Tired teritable Exhausted Pior Sad Very poor sleep Poor sleep Weight fors Poor sleep Distracted Poor appetite Withdrawn	Positive Cheerful Catine Joyful Performing Energetite Steeping well High performance Eating normality Flow Posteritial potential
Resilience	The capacity to recover guickly from difficulties	Positive coping strategies	Where to get more help
Myth Stigma	A widely held but false belief or idea A disapproval of a situation or person associated with a particular circumstance	If you feel that your mental health is not in a good place, try some of the following strategies: • Talk to someone – friend / family / teacher	Signed and Carton reacting and the Signed and Carton reacting and the Signed and Carton reacting and Signed and Carton reacting and Signed and
Coping strategy Body Image	The behaviors, thoughts, and emotions that you use to adjust to the changes that occur in your life how we see ourselves compared to how think we should look	 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 	TALK TOUS Samaritans.org
Body confidence	how a person feels about the way they look	 Treat yourself – hot chocolate / film 	if things are getting to you