

Year 8 RSHE

Key Learning

Pre-Exposure Tasks

Area #1 Safeguarding and the Law

Throughout the year a key underpinning feature of our work is keeping safe in a range of environments. Wherever possible we seek to inform students of relevant laws to the area of study.

- 1) Search for 'NSPCC Parents Leaflets' to access a range of helpful information packs concerning safeguarding issues that may affect families.

Area #2 Respectful Relationships

The importance of relationships is a second, significant underpinning idea in our study. The concepts of consent and communication feature throughout. Also, in Year 8 we have a particular focus on:

- The dangers of discrimination and its' effects on society
- The difference between being an upstander and a bystander.
- The dangers of coercion and forced marriage.

- 1) Review a newspaper or watch the evening news with your child. What examples of discrimination or injustice are there? In these situations are there people who are upstanders or bystanders?
- 2) Use every day examples to illustrate the ideas of consent and permission. Discuss why it is important to seek and gain consent in everyday relationships.

Area #3 Health and Wellbeing

A further area of study focuses on issues of health and wellbeing relevant to the lives of Year 7 students. This will include:

- Strategies to manage emotions
- The importance of sleep as part of a healthy lifestyle
- The significance of a healthy diet.
- Strategies to promote self-esteem.
- The dangers of alcohol consumption and risks associated with it.

- 1) Review the Public Health England website for a range of resources and information sheets linked to health issues that affect young people (<https://campaignresources.phe.gov.uk/schools>).
- 2) Discuss with your child their sleep routine. Are there tweaks that could be made to help them to have a healthier sleep routine?

Area #4 My Online Life

Having an online life is a significant part of the lives of many young people. We seek to equip our young people to live wisely in this area. Building on topics covered in Year 7, sessions for Year 8 students include:

- Awareness of online risks and strategies to promote online safety.
- The potential effects of social media on our body image.

- 1) Review the Internet Matters website (<https://www.internetmatters.org/>) for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.