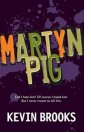





Year 8 RSHE

Key Learning		Pre-Exposure Tasks	Linked Fiction
Themes ongoing in Year 8	<p>Safeguarding and the Law</p> <p>Consider keeping safe in a range of environments. Become informed of relevant laws to the area of study. Focus on conduct online and laws regarding discrimination.</p>	<p>Go to Parents' leaflets NSPCC Learning to find 'NSPCC Parents Leaflets' which offer a range of helpful information packs concerning issues that may affect families.</p>	 <p>Martyn Pig Kevin Brooks</p>
	<p>Respectful Relationships</p> <p>Explore the importance of relationships. Learn about the concepts of consent and communication. Consider the dangers of discrimination and its effects on society, the difference between being an upstander and a bystander and the dangers of coercion and forced marriage.</p>	<ol style="list-style-type: none"> 1. Review a newspaper or watch the news. What examples of discrimination or injustice are there? In these situations are there people who are upstanders or bystanders? 2. Discuss why it is important to seek and gain consent in everyday relationships. 	 <p>The Bone Sparrow Zana Frallion</p>
	<p>Health and Wellbeing</p> <p>Focus on issues of health and wellbeing relevant to your own lives, including: 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 and the dangers of alcohol consumption.</p>	<p>PHE School Zone</p> <ol style="list-style-type: none"> 1. Review the Public Health England website for a range of resources and information sheets linked to health issues that affect young people. 2. Consider whether there are changes that you could make to have a healthier sleep routine. 	 <p>Asha and the Spirit Bird Jasbinder Bilan</p>
	<p>My Online Life</p> <p>Having an online life is a significant part of the lives of many young people. Learn to live wisely in this area. Develop an awareness of online risks and explore strategies to promote online safety. Consider the potential effects of social media on body image.</p>	<p>Internet Matters</p> <p>Review the Internet Matters website for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.</p>	 <p>In Real Life Cory Doctorow</p>