

Year 8 - PSHE - Health and Wellbeing

Key Terms

Body Image	How you see yourself when you look in the mirror or when you picture yourself in your mind.
Cyberbullying	Any type of bullying that happens through a digital medium
Troll	Someone who deliberately posts negative or offensive comments online directed at other users
Bereavement	The experience of losing a loved one through their death.

PSHE covers a variety of topics that focus developing understanding in four key areas, personal, social, health and economic.

Grief and Bereavement

Bereavement refers to the experience of losing a loved one through their death. Grief is the term for the feelings you experience after the death of a loved one or the loss of something which you deeply valued.

Drugs and Alcohol Safety

Excessive alcohol use can lead to long-term health impacts including weight gain, headaches, and sleep disturbance and for some depression. Drugs are substances that change a person's mental or physical state. They can affect the way your brain works, how you feel and behave and your understanding and your senses.

Key Skills

- Active listening and communication
- Teamwork
- Negotiation and self advocacy
- Leadership
- Presentation and debate

Cyberbullying

Cyberbullying and online trolling is becoming increasingly common and often takes place through social media apps, including TikTok

How to prevent cyber bullying:

- Always respect others
- Think before you send
- Don't retaliate or reply
- Make sure you tell someone

Threshold Concepts:

TC5	That the media and social media can have an impact on how people think about themselves and express themselves, including regarding body image, physical and mental health
TC6	Know what mental and emotional health is and strategies for managing these
TC7	Know what loss, separation, divorce and bereavement are the strategies for managing the feelings associated with them
TC8	That there are misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use
TC9	That there are strategies to manage a range of influences on drug, alcohol and tobacco use, including peers