

Year 8 PDE Programme

Your child will be taught PDE by a teacher who has been specially trained to deliver it. PDE is taught three times per fortnight in lessons of one hour. Themes we cover in PDE will also be enriched at the same time by the pastoral team in their assemblies and tutor time. We aim to provide a broad and rich curriculum, supporting your child's personal development in areas such as self-concept and identity, physical and mental health, study skills and careers and relationships and sex education. If you scan down the left-hand column in the table below, you can see what your child will be taught each term this year. We hope that by seeing what your child will learn this year, you will be able to support them at home.

A note about RSE (Relationships and Sex Education) in Year 8: RSE is a statutory requirement by the government and underpins our PDE curriculum at Langley Senior. Relationships education is broad and covers one's relationship with oneself and others, including intimate relationships. The Sex Education element covers the same content as that which appears in the statutory Science Curriculum for Key Stage 3, aiming to reinforce it, and give children the emotional skills they will need when experiencing puberty and developing sexuality. It is best practice to teach Sex education within the context of healthy, safe and lawful Relationships. **However, parents and guardians may withdraw their children from the Sex Education elements of the RSE curriculum at Langley School, provided that the elements they are withdrawn from are not the content covered in the statutory Science curriculum.** For example, students cannot be withdrawn from a lesson about sexual reproduction or puberty but can be withdrawn from portions of lessons that might refer to sexual pleasure, practices and sex lives. If and when discussion or questions about sexual pleasure, practices or sex lives arise, the RSE trained teacher would address them in an age-appropriate way. We would like parents and guardians to be aware that that this is likely to be safer than children trying to find answers to questions online, or via their peers, and that the details we deliver are determined by what we know Langley Year 8s encounter in their social and school lives. **If you scan down the table, you will see green text detailing the lessons where Sex Education is taught, and where withdrawal may be possible.** We are always happy to discuss our curriculum with parents and guardians, so please do be in touch should you require more information.

Year 8		
	Lesson	Learning Objectives
Autumn Term	Challenging Myself	Learning goals To understand how setting goals and trying new things supports personal growth and future opportunities. Measures of success Identify personal strengths and set realistic goals Explain how skills and qualifications open up future opportunities Try something new and reflect on the experience
	Resilience Toolkit	Learning goals To examine what makes a person resilient and build a resilience toolkit to use in the future. Measures of success Recognise elements of resilience. Identify how resilience can benefit their lives. Build a resilience toolkit to use for future challenging situations.
	Respecting Ourselves	Learning goals To examine how a positive identity and relationship with ourselves support the relationships we build with others. Measures of success Describe what self-esteem and independence look like. Identify how having your own interests, hobbies and friendships contributes to who you are. Explain what it means to be treated with respect.
	Combat Worry, Stress & Anxiety	Learning goals To compare and contrast the effects of worry, stress and anxiety and identify strategies to address each. Measures of success Describe the differences between worry, stress and anxiety. Identify ways to deal with worry, stress and anxiety. Establish plans to help reduce the likelihood of these symptoms in the future.
	The Power of Self-Care	Learning goals To identify the importance of self-care and learn strategies I can use when stressed or anxious Measures of success Define self-care and explain why it is important. List a range of self-care activities. Create a self-care plan with three activities to use.
	Managing Unhealthy Relationships	Learning goals To determine what toxic behaviours are, and understand what steps can be taken to resolve or move past these types of behaviour. Measures of success Able to identify behaviours that would be considered toxic. Reflect and share past experiences with toxic relationships. Apply strategies to real-life scenarios of how to handle possibly toxic situations.
	Conflict Resolution	Lesson goals Learn how to resolve conflict using effective communication strategies. Measures of success Identify the best methods to resolve conflict. Practise how to communicate effectively when resolving conflict. Practice collaborative (the owl) conflict resolution techniques.

Autumn Term	Peer Pressure Survival Guide	Learning goals To recognise peer pressure and apply strategies to respond confidently in pressure situations. Measures of success Identify red flag behaviours in peer pressure scenarios. Explain how peer pressure can influence decisions and feelings. Apply strategies to respond to peer pressure.
	Online Relationships	Learning goals To identify how to be safe online and understand the differences in relationships online and in person. Measures of success Identify scams and unsafe situations online. Understand the differences between friends and being friendly with people. Determine what is required to maintain real relationships beyond social media.
	Assessing the Trustworthiness of Others	Learning goals To recognise warning signs of untrustworthiness in people and determine the appropriate response. Measures of success Recognise untrustworthy behaviours. Determine common situations where people are deceived. Create effective strategies to handle unsafe relationships.
	Together Against Bullying	Learning goals To identify bullying behaviours, apply strategies to handle them, and intervene positively as a bystander. Measures of success Distinguish between bullying, banter and arguments. Identifies strategies for when you're a victim of bullying. Practice being a positive bystander to bullying.
	Explicit Sexual Imagery	Learning goal To identify the impact explicit sexual imagery has on disrespect and violence towards women. Measures of success Identify how explicit sexual imagery impacts relationships. How disrespectful relationships can lead to violence. How we can counteract violence against women.
Autumn Term	Fundamentals of AI	Learning goal To understand the fundamentals of Artificial Intelligence, its forms, and its impact on society. Measures of success Define AI and its different forms. Identify examples of AI in daily life. Evaluate the potential benefits and risks AI poses to society.
	Social Media Addiction	Learning goals To examine the impact of social media addiction on mental health and develop strategies to avoid its negative effects. Measures of success Identify ways social media overuse can affect mental health. Discuss the impact of social media on society. Implement strategies to manage social media use responsibly.
	Sharing Information Online	Learning goals To understand the dangers of posting information online and what needs to be considered beforehand. Measures of success I can recognise safe online practices. I can identify the consequences of sharing personal content online irresponsibly. I can reflect on own online practices.
	Viewing Harmful Content	Learning goal To identify what constitutes harmful content, its impact and how to report it. Measures of success Determine what constitutes harmful content. Recognise the impact of harmful content. Identify how to report harmful content.
	Changing Emotions	Lesson goals To understand how emotions change as we grow and learn ways to manage strong feelings when they show up. Measures of success Name strategies to manage emotions in different situations. Know that emotions change as we get older. Recognise there is a choice in how to respond to emotions.

Spring Term 1	Menstrual Health and Conditions	Learning goals To learn about menstruation and gynaecological health conditions. Measures of success Explain the processes and experiences of menstruation, perimenopause, and menopause. Describe PMS, PMDD, endometriosis, and PCOS. Recognise when to seek help and support others during these phases.
	The Many Forms of Relationships	Learning goals To understand the qualities of different relationship types and to identify the types of relationships to foster in the future. Measures of success Explore the many types of relationships that exist in society. Recognise the types of relationships we have and what they bring us. Compare the relationships of friendships, romantic relationships and marriage.
	Romantic Relationships	Learning goals To identify the different stages of romantic relationships and the changes in emotions in each. Measures of success Compare and contrast the stages of romantic relationships. Recognise the changes in emotions during relationships. Identify ways to manage strong emotions during relationships.
	Ending Relationships	Learning goals To recognise when a relationship may be unsafe and know how to end relationships respectfully. Measures of success Identify signs that a relationship may be unsafe or harmful. Determine safe and trusted sources of help and support. Demonstrate respectful ways to end friendships or relationships.
	Power Dynamics & Consent	Learning goals To understand power in relationships, how it impacts consent, and how to establish boundaries. Measures of success Define power imbalances and understand the different types. Communicate boundaries in relationships using scenarios. Practice effective and assertive communication.
	The Truth About Vaping	Lesson goals To learn about the health risks of vaping and be able to make informed decisions about vaping. Measures of success Know the health risks associated with vaping. Identify the common misconceptions about vaping not being dangerous. Be able to make informed decisions about vaping.
	Drug Awareness	Learning goals To become informed about drugs and to explore why some people might or might not choose to take illegal drugs. Measures of success Can identify different classifications of drugs and their impact. Examine why some people might or might not choose to take illegal drugs. Recognise that being drug-free is a common choice and that most people don't use drugs.
	Alcohol and Social Inhibitions	Learning goal To identify the impact and consequences of alcohol and substance use on social situations. Measures of success Identify the reasons why people use alcohol in social situations. Recognise the physical and social consequences from using alcohol. Identify strategies to avoid and prevent alcohol fueled scenarios.
	Gender-Based Discrimination	Learning goals Understand gender-based discrimination and develop strategies to challenge and prevent it. Measures of success Identify different forms of gender-based discrimination. Understand gender discrimination's impact. Develop strategies to challenge gender-based discrimination.

Spring Term 2	Homophobia	Learning goals To examine homophobia, what it is, why it happens, and how we can stand up against it and become an ally. Measures of success Able to define homophobic terminology. Identify homophobic behaviours. Practise standing up against homophobia and how to be an ally. Learning goal
	Racism & Discrimination	Identify and combat racism and religious discrimination through understanding, awareness, and strategic action. Measures of success Identify learned behaviours Detect subtle microaggressions Implement anti-discrimination and racism strategies Learning goal
	Exploring the Democratic Process	Identifying the key aspects of the democratic process. Measures of success Recognise the underlying values of democracy. Identifying the representative nature of Parliament. Identifying the process of general elections. Learning goal
	Fundamentals of Business	To identify the defining features of a business and recognise key business concepts. Measures of success Identify the basic features of a business. Explain core business concepts such as supply and demand, and profit and loss. Generate a unique business idea, adhering to business principles.
Summer Term 1	Taking Control of My Money	Learning goals To develop essential financial skills, including managing income, expenses, using banking apps, cards and avoiding scams. Measures of success Review how money is earned and spent. Demonstrate safe use of online banking, digital payments and bank cards. Recognise financial scams and how to prevent them.
	Making Health Decisions	Learning goals To know how to access healthcare services, manage minor ailments safely, and understand medical consent. Measures of success Identify appropriate healthcare services for different health needs. Explain when self-care or pharmacy support may be suitable. Describe how medical consent works for young people.
	Health and Hygiene	Learning goals To learn about hygiene, why it's important and how best to maintain it. Measures of success Identify why hygiene is important and how to maintain it. Understand bacteria and viruses causing illnesses due to poor hygiene. Identify ways to improve my personal hygiene.
	Careers Lesson	
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Summer Term 2	Theology And Philosophy Lessons start now and continue to the end of the school year.	