





PSCHE Crucial Knowledge - Year 8

SRE (Sex and Relationship Education) Learning about relationships, the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way, body ownership and keeping ourselves safe.	Citizenship Exploring what it means to be part of communities at different levels; Local, National and Global; the laws, rights and systems in place to help us.	Careers Outlining the choices we have in terms of jobs in the future; the skills and pathways needed to reach them and our personal development.	Finance Activities associated with our spending choices, managing money, budgeting, banking, wages, debit/credit, markets and investments/saving.
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SRE 	<ul style="list-style-type: none"> • There are many places you can report online issues/abuse, such as CEOP, Childline and the Police. • Social Media and other online discussion platforms can be used by people to coerce you into doing things you would not normally do. • Carrying or using a knife as a weapon/threat is a dangerous and illegal activity. • As we start puberty, we often seek to start romantic relationships; these should be positive and supportive. • Wanting to act older than you are carries health risks, especially involving alcohol and sexual activity. • Knowing basic Emergency Aid such as the Recovery Position and CPR saves lives. • Having respect for others helps to develop our self-confidence and mental health. • Recognising issues like depression, stress and anxiety help greatly in developing a positive Mental Health.
Citizenship 	<ul style="list-style-type: none"> • The UK is made of many peoples from differing backgrounds; this should be celebrated not used to make others feel bad. • Voting enables anyone over the age of 18 to have a say in who organises and runs the Government, both in your local area and Nationally by selecting Police Chiefs, Council Members, MPs and Political Parties.
Careers 	<ul style="list-style-type: none"> • Choosing the right GCSE subjects will help develop key skills you need in the future (jobs). • After School there are many options available including College, University or more Work Based pathways such as Apprenticeships. • Exploring industries/jobs enables us to see the range of possible jobs available; key in developing aspirations and skills.
Finance 	<ul style="list-style-type: none"> • A key benefit of working is being paid; from your wages, Tax, National Insurance and other deductions pay for services you access. • Bank accounts are vital in managing finances and enable us to track and use our money. • Budgeting concerns balancing your income with your outgoings, to prevent debt and financial difficulties, enabling longer term planning/savings.