

Home-School Learning Collaboration – PSHE

Topics- Summer 1 Unit 1- Health and safety Summer 2 Unit 2- Sex Education	Taught: Summer Term 1 and 8	Year Group: 8
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<p><u>Unit 1- Health and safety</u></p> <p>To know how to improve my personal safety To enhance your personal safety, prioritize situational awareness, take precautions when traveling, and be prepared for potential threats</p> <p>To know and identify basic techniques for dealing with common minor injuries in an emergency. If someone is injured, you should:</p> <p>first check that you and the injured person aren't in any danger, and, if possible, make the situation safe if necessary, dial 999 for an ambulance when it's safe to do so carry out basic first aid</p> <p>To know the potential hazards of traveling and to reduce the risks when traveling alone. Traveling solo, while rewarding, presents unique potential hazards and requires proactive safety measures. These include theft, scams, transportation issues, and general safety concerns in unfamiliar environments.</p> <ul style="list-style-type: none"> • Theft and Scams • Transportation Issues • General Safety Concerns • Unexpected Illness or Injury <p>To know about potential hazards and food safety in the kitchen In the kitchen, both food safety and personal safety are crucial. Potential hazards include slips, trips, falls, burns, cuts, and food contamination. To minimize these risks, prioritize proper hygiene, safe food handling, and safe appliance operation.</p> <ul style="list-style-type: none"> • Food Safety Hazards and Mitigation: 		<p><u>Unit 1- Health and Safety</u></p> <p>Personal safety: how to stay safe Metropolitan Police</p> <p>Personal safety Crimestoppers</p> <p>First Aid Training Courses St John Ambulance St John Ambulance</p> <p>Online first aid skills British Red Cross</p> <p>First aid - NHS</p> <p>Travel "Like a Girl": Why You Shouldn't Be Afraid to Travel Alone - Greenheart Travel</p> <p>Solo and independent travel - GOV.UK</p> <p>Foreign travel checklist - GOV.UK</p> <p>Road collisions and incidents Metropolitan Police</p> <p>How to Manage a Traffic Accident St John Ambulance</p> <p>What to do if your child has an accident - NHS</p> <p>How to Deal With a Minor Car Accident: 11 Steps</p>

- Cross-contamination: Raw meat, poultry, and seafood should be stored separately to prevent bacteria from spreading to other foods. Use separate cutting boards for raw and cooked foods.
- Temperature control: Maintain proper refrigeration temperatures (below 5°C) and freezing temperatures (below -18°C) to prevent bacterial growth.
- Proper cooking: Ensure food is cooked thoroughly to kill harmful bacteria.
- Hygiene: Wash hands thoroughly with soap and water before and after handling food, and after touching raw foods. Wear gloves when handling ready-to-eat food.
- Food storage: Store food properly and label leftovers with dates.
- Chemical hazards: Ensure cleaning products are stored away from food preparation areas and rinsed thoroughly after use.

Unit 2- Sex Education

To know what consent is, and how consent is given in different situations.

Consent means a voluntary, enthusiastic, and informed agreement to engage in a specific activity. It's a clear, affirmative "yes," not just the absence of a "no," and must be ongoing throughout the activity. Consent can be given verbally, nonverbally, or both.

To know the dangers if Sexting and sharing inappropriate images.

Sexting and sharing inappropriate images—especially among teens and young adults—can come with serious risks. Here's a breakdown of the key dangers to be aware of:

- Loss of Control Over the Image
- Legal Consequences
- Mental and Emotional Impact
- Damage to Reputation and Relationships
- Sextortion (Sexual Exploitation)

To know the different types of contraception's are and the pros and cons for each one

The main types of contraception, along with their pros and cons to help understand how each method works and which might be suitable for different needs:

- Barrier Methods : Condoms (Male/Female)
- Hormonal Methods : Birth Control Pill
- Patch / Ring / Injection
- Intrauterine Devices (IUDs) : Hormonal IUD (e.g. Mirena)
- Copper IUD (e.g. Paragard)
- Implant
- Emergency Contraception : Morning-After Pill
-

[Kitchen Safety | Electrical Safety First](#)

[Health And Safety In The Kitchen | Rhino Safety](#)

Unit two- Sex Education

To know about the different types of nontraditional relationships.

- Polyamory
- Open Relationships
- Monogamish
- Platonic Life Partnerships
- Communal or Group Relationships
- Long-Distance & Digital Relationships

To know what can happen when young adults start to romantically have relationships with another person.

Positive Outcomes

1. Emotional Growth
2. Improved Communication
3. Boost in Confidence
4. Companionship

Challenges or Risks

1. Emotional Ups and Downs
2. Loss of Focus
3. Peer Pressure or Control
4. Sexual Health Concerns

What Can Help Young Adults Stay Healthy in Relationships

- Clear communication and mutual respect
- Knowing and respecting boundaries
- Having trusted adults or mentors to talk to
- Learning about consent, contraception, and emotional well-being
- Focusing on self-growth as well as the relationship

To know how to deal with breakups

Dealing with a breakup—especially your first or a serious one—can be emotionally painful, but it's also a chance to grow, heal, and build resilience. Here's a guide to help young people cope in a healthy way:

Acknowledge Your Feelings

Talk to Someone You Trust

Avoid Contact (for now)

Home-School Learning Collaboration – PSHE

Focus on Self-Care Learn From the Experience Give It Time Avoid Unhealthy Coping		
Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
<u>Unit 1</u>		End of unit assessments for unit 1 and 2
Personal safety	Personal safety is defined as "an individual's ability to go about their everyday life free from the threat or fear of psychological, emotional or physical harm from others.	
First aid	Help given to a sick or injured person until full medical treatment is available	
Mobility	Mobility is the ability to move freely. If your basketball injury causes you to lose mobility in your knee, that means you can't move it very well.	
Safety measure	Safety measures are precautions and procedures implemented to protect individuals, property, or the environment from harm, injury, or loss	
CPR	CPR stands for cardiopulmonary resuscitation. It can help save a life during cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs	Family Learning Opportunities
Cross contamination	Cross-contamination is the physical movement or transfer of harmful bacteria from one person, object or place to another	
Bacteria	Practices and procedures in food safety and other areas that are aimed at minimizing the risk of harm from harmful bacteria	
<u>Unit 2</u>		
Consent	permission for something to happen or agreement to do something	How to Stay Safe with- sending images- <ul style="list-style-type: none"> • Think before you send: Ask yourself, "Would I be okay if everyone saw this?" • Never pressure others or allow yourself to be pressured into sending explicit content.

Home-School Learning Collaboration – PSHE

Non consensual		<ul style="list-style-type: none">• Use privacy settings, but remember nothing is truly private online.• Speak up if someone shares or asks for inappropriate images.• Tell a trusted adult or authority if you or someone you know is being target
Sexting		
Contraceptives		
Asexuality		
Monogamy		
Traditional relationships		
Dopamine		
Infatuation		