

# Year 8 - Citizenship: RSHE - Rotation 1 - Reducing risk



Safeguarding	Ensuring safety
Highfields Safeguarding Team	<a href="mailto:safeguardinghighfields@hswv.co.uk">safeguardinghighfields@hswv.co.uk</a>
Signpost & support	Knowing where to go to for appropriate help
Gangs	Social groups
Influencing factors	Things that determine healthy outcomes or risky ones eg staying safe or being exposed to harm
Exit strategies	Ways to prevent, minimise and to step away from negative situations or people
Drug use and risk	Prescribed or recreational drug use and the harms involved
Law	The rules of the country
Sending inappropriate images (sexting/nudes)	Phone use and appropriate use of taking and sending images
Harassment, homophobia, sexual harassment and consent	Intentionally being mean and harmful to others in various way eg comments and actions and consent
Puberty and menopause	Development stages in life

## Gangs

Social groups are beneficial to us. However, gangs are harmful and heavily linked with illegal activity. Gangs are ruled with fear and require young people to take serious risks.

## Drugs and legality

Drugs are important in society to maintain health. Some people choose to use drugs which leads to harm. We look at risks in taking drugs which have not been recommended by a medic. We learn about the legal system and drugs.

## Sending inappropriate images

Phones are how most people communicate today. Sending images is the norm in society. However, it is important to know what is appropriate and inappropriate. We learn what the law says and how to be safe and where to seek help.

## Harassment

We learn what is meant by: harassment, bullying, sexual harassment homophobia and transphobia. We consider how laws protect our rights. And we explore what consent is and why it is important in healthy relationships.

## Puberty and Menopause

All young people will go through puberty and will learn how the changes will affect them. Menopause is a development stage that all females will go through. Both are important to be aware of.

## Key skills

<p>Making Informed Decisions</p> <p>Safety Risk</p>	<p>It's OK to get help</p>		<p>Reflection</p>	<p>What is county lines?</p>	<p>WE CARE. SO SPEAK UP</p>
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## YGAM

We learn about the potential harm and risks around gaming and gambling. We learn about law and gambling.



## Taking it Further

ChildLine <https://www.childline.org.uk/>

NSPCC helpline <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

## Drug Education

We will use educational websites to realise risks in drug use.



Chathealth 07507 332 631

<https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/0-19-service/chathealth/>

## Childline

We explore Childline in most lessons and learn what sort of help that Childline can offer young people.



## Learning Checklist

- I can ask for or seek help when I need to
- I can identify when situations are becoming risky
- I can reflect on mine and others' actions and consider the risks involved
- I can use positive coping strategies to improve my feelings
- I will have a better understanding of the development stages: puberty and menopause
- I can tell my friends and peers where they can get help
- I can contact the safeguarding team if something serious happens