

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Summer 1 Relationships	Spring 2 Health & wellbeing	Spring 1 Living in the wider world	Summer 2 Living in the wider world
Year 8	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
	<ul style="list-style-type: none"> •about attitudes towards mental health •how to challenge myths and stigma •about daily wellbeing •how to develop digital resilience •about unhealthy coping strategies (e.g. self-harm and eating disorders) •about healthy coping strategies 	<ul style="list-style-type: none"> •how to use social networking sites safely •how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation •how to respond and seek support in cases of online grooming •how to recognise biased or misleading information online •about age restrictions when accessing different forms of media and how to make responsible decisions •how to protect financial security online •how to assess and manage risks in relation to gambling and chance-based transactions 	<ul style="list-style-type: none"> •how to manage influences on beliefs and decisions •how to develop self-worth and confidence •about gender identity, transphobia and gender-based discrimination •how to recognise and challenge homophobia and biphobia •how to recognise and challenge racism and religious discrimination 	<ul style="list-style-type: none"> • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use 	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay (2 lessons) • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices (2 lessons) 	<ul style="list-style-type: none"> • the qualities of positive, healthy relationships • about gender identity and sexual orientation • about the law in relation to consent /that the legal and moral duty is with the seeker of consent/ how to effectively communicate about consent in relationships • about the risks of 'sexting' and how to manage requests or pressure to send an image • about basic forms of contraception, e.g. condom and pill