



		<ul style="list-style-type: none"> • What are gangs and why might someone join one? • How do gangs influence a person's behaviour and attitudes? • What is coercion? • Risks and possible consequences of gang membership • Finding a way out • Getting help for yourself or a friend • Links between gangs and knife crime • What is serious and organised crime? • Developing your assertiveness and resistance to coercion 	
<p>Spring 1 Christmas – Feb half term</p>	<p>Health and Wellbeing 3 Drugs Education 2</p>	<p>Information letter sent home to parents.</p> <ul style="list-style-type: none"> • What do you already know about drugs? • Legal and illegal drugs • Peer influence and the need to belong • Social norms and isolation • Risk factors and protective factors • Why do people take drugs? • Why should you know about drugs? • What is a unit of alcohol? • What types of drugs are there? • Drug myths and finding reliable information on drugs • Statistics around drug use in young people • Strategies for dealing with peer influence • Why cigarettes are bad for health • Smoking: expectations vs reality • Being assertive and saying no • Crunch situations 	<p>Y8 Unit C - H24, H25, H26, H28, H32</p> <p>Y8 Unit D - H20, H24, H25, H28, H30, H31, R32</p> <p>Y8 Unit E - H27, H28, H30, R30, R31</p>
<p>Spring 2 Feb half term - Easter</p>	<p>Health and Wellbeing 4 Introducing body image and self-esteem.</p>	<ul style="list-style-type: none"> • What is body image? • Where do appearance ideals come from and how can they affect us? • The changing history of appearance ideals • Resisting the influence of media and social media 	<p>Y8 Unit L - H1, H2, H3, H4, H5, H6</p> <p>Y8 Unit M - H2, H4, H5, H6, H14, H16, H17, H18, H19</p>



		<ul style="list-style-type: none"> • Building better self-esteem • Avoiding comparisons and noticing 'body talk' • What you can do to 'be the change' • Dealing with change and loss 	<p>Y8 Unit N - H1, H2, H3, H5, H6, H7, H13, H15, H31</p> <p>Y8 Unit O - H4, R5, R12</p>
<p>Summer 1 Easter – May half term</p>	<p>Relationships 3 Introduction to sexuality, expectations and consent. Readiness and benefits of delaying sex. Contraception: the condom and the pill.</p> <p>Female Genital Mutilation (FGM)</p>	<ul style="list-style-type: none"> • What might people expect from a relationship? • What is sexuality? • Qualities and behaviours within a healthy relationship • How might your values and culture impact on your choices? • What skills might be needed to have a healthy relationship? • The importance of friendship and trust prior to intimacy • Introducing consent and the importance of assertive communication • The benefits of delaying sexual activity • Negotiating external influences and pressures • The importance of contraception • Why couples use condoms and/or the pill when having sex • The existence of STIs and HIV • UK law regarding consent to sexual activity • What is FGM? • Where FGM is performed and who might be at risk • UK laws regarding FGM • How to get help if you feel someone you know is at risk 	<p>Y8 Unit P - H1, R1, R3, R4, R5, R6, R7, R8, R13, R14, R15, R16, R17, R23, R25, R29, R30, R31, L5</p> <p>Y8 Unit Q - R3, R5, R6, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R25, R28, R29, R30, R31, R36, R37</p> <p>Y8 Unit R - H11, H12, R3, R5, R6, R14, R15, R17, R21, R22, R30</p> <p>Y7 Unit U - H8, H31, L5, L6</p>
<p>Summer 2 May half term -</p>	<p>Citizenship 2 Rights and responsibilities in a democracy; equality and discrimination</p>	<ul style="list-style-type: none"> • What are rights and responsibilities? • What does it mean to live in a democracy? • What are stereotypes and how can they affect us? • What is discrimination and what forms can it take? • What is equality and how can we try to create it? • Racism and religious intolerance and their effects on society How can we challenge racism and intolerance? 	<p>Y8 Unit F - L1, L3, L4, L5, L6, L7</p> <p>Y8 Unit G - R27, R28, L3, L4, L7</p> <p>Y8 Unit H - R27, R28, R30, R31, L3, L4, L7</p> <p>Y8 Unit I - H8, H20, R1, R3, R18, R19, R27, R28, R30, R31, L1, L3,</p>



	Living in the Wider world 4 Consumer rights	<ul style="list-style-type: none">• What are consumer rights?• How do I exercise my consumer rights?• How to complain effectively• The influence of media and advertising	L4, L5, L6, L7 Y8 Unit S - L18, L20
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Relationships/Health and Wellbeing are statutory elements of the course.
For more information please refer to the RSE and Drugs Education policies.

Other elements within the Year 8 Living Education programme

Careers Education

Citizenship and British Values

Financial capability (some outcomes also covered in Maths)

Open Water Danger

Elements of **Citizenship education** are taught cross-curricular.