

Year 8

Health and Wellbeing, Relationships and Living in the Wider World

Term 1		Term 2		Term 3	
<p>Mental Wellbeing Physical Health and fitness (Links to PE, FFT and Science)</p>	<p>Respectful Relationships Families (Links to RE)</p>	<p>Internet Safety and Harms, Online and Media (Links to Computing)</p>	<p>Drugs, alcohol and tobacco (Links to Science)</p>	<p>Work and Careers Choices and Pathways Employment rights and responsibilities</p>	<p>RSE Intimate and Sexual relationships Sexual Health Being Safe (Links to RE)</p>
<p>To talk about emotions using appropriate vocab with some confidence</p>	<p>To look at different types of committed, stable relationships</p>	<p>To look at rights, responsibilities and opportunities online</p>	<p>To understand facts on legal and illegal drugs To look at the law relating to supply</p>	<p>To have opportunities to consider future goals and aspirations To consider future pathways</p>	<p>To look at the concept of positive and healthy relationships including the</p>

<p>To understand that happiness is linked to being connected to others-5 ways to wellbeing</p> <p>To recognise early signs of mental wellbeing and look at triggers</p> <p>To look at a range of coping strategies</p> <p>To look at common types of mental ill health in more depth</p> <p>To look at benefits and importance of physical</p>	<p>To look at concept of marriage</p> <p>To look at characteristics of positive and healthy relationships</p> <p>To discuss concept of stereotypes</p> <p>To discuss different types of bullying</p> <p>To recognise some types of behaviour are negative</p> <p>To look at how to manage risk and stay safe, including gangs (county lines)</p>	<p>To consider online risks</p> <p>To look at responsibilities of sharing and viewing harmful content</p> <p>To look at law around online offences</p> <p>To consider how information and data is generated, collected and shared online</p> <p>To understand how the media portrays young people and recognise its possible impact on body image</p>	<p>and possession of illegal substances</p> <p>To look at physical and psychological consequences of addiction and dependency</p> <p>To understand dangers of drugs and health risks</p> <p>To look at the harms of tobacco</p> <p>To recognise and manage peer influence on decisions about the use of substances</p> <p>To understand how to access support</p>	<p>and options available</p> <p>To look at routes into work</p> <p>To look at different types of work</p> <p>To look at different work roles</p> <p>To look at laws surrounding young peoples' rights</p> <p>To learn about managing emotions in relation to future employment</p>	<p>ideas of respect and trust etc</p> <p>To consider and recognise peer pressure and have strategies to manage</p> <p>To look at how choice affects health</p> <p>To understand facts of reproductive health</p> <p>To look at a range of contraceptive choices and options available</p> <p>To understand the facts around pregnancy</p>
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<p>exercise and a healthy lifestyle and how it impacts on body image and self esteem</p> <p>To know when and where to go for help</p>	<p>To look at what constitutes sexual harassment</p> <p>To look at unacceptable sexist, homophobic, biphobic and transphobic, racist and disablist language and behaviour and how to challenge it</p> <p>To recognise that everyone has the same rights and opportunities</p>	<p>and health issues</p> <p>To recognise the portrayal and impact of sex in the media and social media</p> <p>To understand the importance of protecting their own and others' reputations and protecting their online presence</p> <p>To recognise bullying and abuse in all forms and have the strategies to manage being targeted</p>		<p>To look at the diversity of the labour market</p> <p>To develop their career identity, including how to maximise chances when applying for education or employment opportunities</p>	<p>To understand the risk of STIs</p> <p>To consider the use of alcohol and drugs in relation to the concept of risk</p> <p>To look at the law relating to consent and sexual consent, exploitation and grooming and how these can affect relationships</p> <p>To know where to seek advice and help on accessing confidential sexual and reproductive health advice and treatment</p>
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