

## Year 8 Learning Journey: Holistic Development

YEAR  
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In *Think, Talk, Thrive*, students explore the importance of building resilience and recognising the symptoms of stress and anxiety. They learn how talking therapies and open communication can support mental health and emotional well-being.



In *Dangerous Decisions*, students explore the harmful effects of drugs, vaping, smoking, alcohol, and energy drinks on the body. They learn about the physical and mental health risks associated with these substances and how they can negatively impact decision-making, relationships, and well-being.



In *Keep Calm and Explore British Values*, students reflect on what it means to be active participants in society. They explore themes of inclusivity, discrimination, and the importance of respecting others. The unit also examines the justice system, including crime and punishment, helping students understand how laws protect individuals and promote fairness.



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In *Created and Chosen*, students continue their RSE journey, building on the knowledge and ideas from TenTen. They deepen their understanding of identity, relationships, and personal values, with a focus on self-respect, respecting others, and the role of faith in relationships.

In *Digital Decorum*, students explore the dangers of the online world, including cyberbullying, fake news, screen addiction, gaming, and gambling. They learn how to recognise harmful behaviours, make safe choices, and manage their digital habits responsibly. The unit promotes critical thinking and respectful, balanced use of technology.



In *Financial Fitness*, students explore different career paths and what to consider when choosing a job, such as skills, interests, and qualifications. They also learn about managing money using debit and credit cards, understanding the differences, benefits, and risks of each.

Students will participate in *Reg and Read* during afternoon form time. This initiative provides students with the opportunity to engage with a variety of texts that are linked to the Trust Virtues of the academy, fostering a deeper understanding of the values that underpin the school's ethos.