

St Peter's Catholic High School Year 8 Curriculum for Life S.O.W

Topic Title	C4L and Ground Rules	Self-Esteem	Emotional Wellbeing	Physical Health and Wellbeing	A Balanced Lifestyle	Body Image	Cyberbullying	Sexting	Peer Pressure	Staying Safe Online	Online Reputation	Work, Work Work
Key questions within lessons:	Can you name 5 topics or more which will be covered in C4L lessons this year?	Can you define the term self- esteem?	Do you know what emotional wellbeing is and why it is important?	Can you identify the physical activities that you regularly take part in?	Can you make a list of reasons why young people don't get enough sleep?	Can you define 'body image?'	Can you define the term cyberbullying?	Can you list who and what causes pressure on young people to send naked pictures?	Can you define peer pressure?	Can you identify information which is private and shouldn't be shared online?	Can you define what online reputation is?	Can you list different types of work?
	Can you name at least three of our agreed C4L ground rules?	Can you list personal circumstances which may change a person's self esteem?	Can you identify ways to promote your own emotional wellbeing?	Why is it important to have a healthy active lifestyle?	Can you explain why sleep is important?	Can you explain the impact social media has on body image?	Can you identify which actions cross the line between 'banter' and cyberbullying?	Can you identify the possible consequences of sending a sext?	Can you give examples of how peer pressure can happen online?	What are the risks of oversharing information on social media?	How do you create a digital footprint?	Can you give definitions for these different types of work?
		Can you identify ways a person can improve and develop theirs and other's self- esteem?	Can you explain who, how and why to ask for support when it's needed?	What positively and negatively influences young people's choices about participating in physical activity and exercise?	Why is it important to maintain a balance between work, leisure and exercise?	Can you identify techniques to minimise stress which may arise from a negative perception of our body image influenced by social media?	Can you find help and know who to speak to if you're worried about something online?	Can you give advice to others to avoid sending a sext?	Can you identify how a good friend should behave online?	Can you list the things you should do to stay safe online?	Can you identify ways in which young people can create a positive or a negative online reputation?	Can you explain the laws about young people working?
			Do you know how to be a supportive friend and how to promote your friends' wellbeing?									



Topic Title	UK Parliament	History of Parliament	The Role of the Monarch	Power to the People	Political Parties	Alcohol (Smashed Online)	Smoking	Illegal Drugs	Addiction	Gambling	Relationships and Consent *	Respecting Individuality *
Key questions within lessons:	Can you describe Parliament?	Can you identify at least 3 key points in history which relate to UK Parliament?	Can you explain what role the Queen plays in Parliament?	Can you explain the different ways that UK citizens can actively contribute to democracy?	What is a political party?	Can you identify the social and emotional causes of underage drinking?	Can you list reasons why people choose to smoke?	Why do people take drugs?	What is addiction?	What is gambling?	Can you list the characteristics of positive and healthy friendships?	Can you list different characteristics which people use to identify themselves?
	Can you explain what role Parliament plays?	Can you summarise the main changes from pre- 1215 up to present day?	Can you identify the other roles which the Queen assumes?	Can you name your MP?	Can you name 5 UK political parties?	What is the impact of underage drinking on young lives?	Do you know how smoking harms your health?	Can you identify the risks associated with taking illegal substances?	What types of addiction are there?	Can you give examples of gambling?	Can you define 'consent'?	When do people discover these characteristics?
			Can you put forward ideas in a debate relating to the abolition of the monarchy		Can you provide key information about one of UK's main political parties?	Where and how can you get help	Do you know who to ask for advice and where to look for guidance on resisting pressure to smoke and how to stop smoking?	Do you know the legal consequences of supplying and misusing illegal substances?	What are the stages of addiction?	Why do people choose to gamble?	Can you identify the types of behaviour within relationships which are criminal?	Can you identify how stereotypes, in particular those based on protected characteristics can cause damage?
								How can you turn down drugs?	Where can you get help and support for addiction?	What are the laws in relation to gambling?		Why is respect important?
										What are the consequences of gambling?		How is having self-respect and self-worth important to
										Where can you get support if you're worried about yourself or others in relation to gambling?		build confidence?

*Delivered by Spectrum Health CIC 22nd Sept – 7th October