

**Year 8**  
**Health and Wellbeing, Relationships and Living in the Wider World**

<b>Term 1</b>	<b>Mental Wellbeing, Physical Health and fitness (Links to PE) and Health and Prevention (Links to FFT and Science)</b>	
	<ul style="list-style-type: none"> <li>To talk about emotions using appropriate vocab.</li> <li>To understand that happiness is linked to being connected to others.</li> <li>To recognise early signs of mental wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>To look at common types of mental ill health.</li> <li>To look at benefits and importance of physical exercise.</li> </ul>
<b>Term 1</b>	<b>Respectful Relationships and Families (Links to RE)</b>	
	<ul style="list-style-type: none"> <li>To look at different types of committed, stable relationships.</li> <li>To look at concept of marriage.</li> <li>To look at characteristics of positive and healthy relationships.</li> <li>To discuss concept of stereotypes.</li> <li>To discuss different types of bullying.</li> </ul>	<ul style="list-style-type: none"> <li>To recognise some types of behaviour are negative.</li> <li>To look at what constitutes sexual harassment and sexual violence.</li> <li>To look at unacceptable sexist, homophobic, biphobic and transphobic, racist and disablist language and behaviour and how to challenge it.</li> <li>To recognise that everyone has the same rights and opportunities.</li> </ul>
<b>Term 2</b>	<b>Internet Safety and Harms, Online and Media (Links to Computing)</b>	
	<ul style="list-style-type: none"> <li>To look at rights, responsibilities and opportunities online.</li> <li>To consider online risks.</li> <li>To look at responsibilities of sharing and viewing harmful content.</li> <li>To look at law around online offences.</li> <li>To consider how information and data is generated, collected and shared online.</li> <li>To understand how the media portrays young people and recognise its possible impact on body image and health issues.</li> </ul>	<ul style="list-style-type: none"> <li>To recognise the portrayal and impact of sex in the media and social media.</li> <li>To understand the importance of protecting their own and others' reputations and protecting their online presence.</li> <li>To recognise bullying and abuse in all forms and have the strategies to manage being targeted.</li> <li>To understand gambling and its consequences and where to go to for support.</li> <li>To know how to report and find support if they have been affected.</li> </ul>
	<b>Drugs, alcohol and tobacco (Links to Science)</b>	
<b>Term 3</b>	<ul style="list-style-type: none"> <li>To understand facts on legal and illegal drugs.</li> <li>To look at supply and possession of illegal substances.</li> <li>To look at physical and psychological consequences of addiction.</li> <li>To understand dangers of drugs and health risks.</li> </ul>	
	<b>Careers and Enterprise Education</b>	
	<ul style="list-style-type: none"> <li>To have opportunities to consider future goals and aspirations.</li> <li>To consider future pathways.</li> <li>To identify own strengths, interests, skills and qualities in view of future employability.</li> <li>To look at different types of work.</li> <li>To look at laws surrounding young peoples' rights.</li> <li>To look at the diversity of the labour market.</li> <li>To understand the role of money and how it links to the world of work.</li> </ul>	<ul style="list-style-type: none"> <li>To consider the role money plays in their own lives and others', including how to manage their money and be a critical consumer.</li> <li>To understand some key terminology relating to finance and enterprise.</li> <li>To consider that economic choices affect individuals, communities and across the world.</li> <li>To understand what is meant by enterprise and begin to develop enterprise skills.</li> <li>To develop their career identity, including how to maximise chances when applying for education or employment opportunities.</li> </ul>
<b>Term 3</b>	<b>RSE - Intimate and Sexual relationships, Sexual Health and Being Safe (Links to RE)</b>	
	<ul style="list-style-type: none"> <li>To look at the concept of positive and healthy relationships.</li> </ul>	<ul style="list-style-type: none"> <li>To understand the facts around pregnancy.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• To consider and recognise peer pressure and have strategies to manage.</li><li>• To look at how choice affects health.</li><li>• To understand facts of reproductive health.</li><li>• To understand the law in relation to consent.</li><li>• To look at full range of contraceptive choices and options available.</li></ul> | <ul style="list-style-type: none"><li>• To understand the risk of STIs.</li><li>• To consider use of alcohol and drugs and risky situations.</li><li>• To look at concept and law relating to sexual consent, exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage and FGM and how these can affect relationships.</li><li>• To know where to seek advice and help on accessing confidential sexual and reproductive health advice and treatment.</li></ul> |
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