

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

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

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| | <ul style="list-style-type: none">• To consider and recognise peer pressure and have strategies to manage.• To look at how choice affects health.• To understand facts of reproductive health.• To understand the law in relation to consent.• To look at full range of contraceptive choices and options available. | <ul style="list-style-type: none">• To understand the risk of STIs.• To consider use of alcohol and drugs and risky situations.• 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.• To know where to seek advice and help on accessing confidential sexual and reproductive health advice and treatment. |
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