

C42 Year 8 – Living in the wider world, Relationships, Health and wellbeing

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	Body confidence & healthy eating	How to avoid Discrimination	The real game & careers	Digital literacy	Addiction smoking, drugs & alcohol & safety	Relationships- Recognising different types of relationships
<b>Topic Objectives</b>	Mental health linked to body image and healthy coping strategies. Healthy eating	Different forms of discrimination and issues with stereotyping. To include racism, disability, sexism, homophobia, biphobia and transphobia	Making financial choices, real life jobs, labour market information and intro to careers	Social media and FOMO, recognising Fake news and gambling.	Effects of smoking, Alcohol and drug misuse and the pressures relating to these.	How to manage family changes. Starting and ending relationships and online relationships, FGM and period products
<b>Acquired Knowledge / Skills</b>	<ul style="list-style-type: none"> <li>• about attitudes towards mental health</li> <li>• how to challenge myths and stigma</li> <li>• about daily wellbeing</li> <li>• how to manage emotions</li> <li>• how to develop digital resilience</li> <li>• about unhealthy coping strategies (e.g. self-harm and eating disorders)</li> <li>• about healthy coping strategies</li> <li>• about the relationship between physical and mental health</li> <li>• about balancing work, leisure, exercise and sleep</li> <li>• how to make informed healthy eating choices</li> <li>• how to manage influences on body image</li> <li>• about the over-consumption of energy drinks</li> </ul>	<ul style="list-style-type: none"> <li>• how to manage influences on beliefs and decisions</li> <li>• about group-think and persuasion</li> <li>• how to develop self-worth and confidence</li> <li>• about gender identity, transphobia and gender-based discrimination</li> <li>• how to recognise and challenge homophobia and biphobia</li> <li>• how to recognise and challenge racism and religious discrimination</li> <li>• What are protected characteristics?</li> </ul>	<ul style="list-style-type: none"> <li>• about equality of opportunity in life and work</li> <li>• how to challenge stereotypes and discrimination in relation to work and pay</li> <li>• about employment, self-employment and voluntary work</li> <li>• how to set aspirational goals for future careers and challenge expectations that limit choices</li> <li>• to assess and manage financial risk</li> <li>• social and moral dilemmas about the use of money</li> <li>• Develop knowledge of the changing landscape of the world of work, including challenging gender stereotypes.</li> </ul>	<ul style="list-style-type: none"> <li>• online communication safely using social media</li> <li>• how to recognise online grooming</li> <li>• extremism and radicalisation</li> <li>• how to respond and seek support in cases of online grooming</li> <li>• how to recognise biased or misleading information online</li> <li>• how to critically assess different media sources</li> <li>• how to distinguish between content which is publicly and privately shared</li> <li>• about age restrictions when accessing different forms of media.</li> <li>• how to protect financial security online</li> <li>• how to assess and manage risks in relation to gambling</li> <li>• FOMO</li> <li>• Gambling, gambling hooks &amp; Online scams how to access support services</li> <li>• about medicinal and recreational drugs</li> </ul>	<ul style="list-style-type: none"> <li>• about the relationship between habit and dependence</li> <li>• how to use over the counter and prescription medications safely</li> <li>• how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes</li> <li>• how to manage influences in relation to substance use</li> <li>• how to recognise and promote positive social norms and attitudes</li> </ul>	<ul style="list-style-type: none"> <li>• about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering</li> <li>• about positive relationships in the home and ways to reduce homelessness amongst young people</li> <li>• about conflict and its causes in different contexts, e.g. with family and friends</li> <li>• conflict resolution strategies</li> <li>• how to manage relationship and family changes, including relationship breakdown, separation and divorce</li> <li>• what is FGM and how it affects girls in the UK and across the world</li> <li>• About different types of period products</li> </ul>

<b>Target Vocabulary</b>	self identity, appearance pressure, self esteem, social media, energy drinks, high sugar, calories, energy balance, coping strategies	Stereotyping, protected characteristics, racism, homophobia, biphobia, transphobia, British Values	employability skills, tax, strengths & interests, careers, aspirations, gender stereotypes, labour market information	social media, online grooming, biased info, fake news, age restrictions, online security, fear of missing out, online scams, online gambling, gambling hooks	drug class, prescription drugs , alcohol, spirits, alcohol percentage, addiction, smoking, vaping, peer pressure	going out, social media, conflict, compromise, trust, separation, divorce, foster care, adoption, blended family, relationship abuse, female genital mutilation, menstrual cycle
<b>Assessment</b>	Self and teacher assessment	Discrimination project	Self and teacher assessment	Self and teacher assessment	Knowledge test on Microsoft forms	Self and teacher assessment
<b>PSHE Association programme of study</b>	H3, H4, H5, H6, H7, H8, H9, H10, H11, H12, L24 H14, H16, H17, H18, H21	R39, R40, R41, R3, R4, R42, R43	R39, R41, L3, L8, L9, L10, L11, L12, L15, L18	H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	H2, R1, R6, R19, R21, R22, R23, R35, R36