



Year 8: Health and wellbeing		
<p>Topics covered: Drugs - classes, effects, withdrawal and the law Alcohol County lines Knife Crime FGM</p>	<p>How it links to what has been studied before: In year 7 how to keep yourself healthy and manage your health and wellbeing. You also considered how protected characteristics are important. You will develop this in year 8 to think about risk factors which can affect your health and wellbeing</p>	<p>How it links to what will be studied: You will then develop this further looking at the challenges of keeping good mental and physical health in the social media age, in year 9.</p>
<p>Key words: Class A, Class B, Class C, withdrawal, criminal, FGM</p>	<p>Key skills: Discussion, debate, empathy, reflection</p>	
<p>Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson</p>	<p>Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.</p>	
<p>Why we study it: Learning in health and wellbeing ensures that you develop the knowledge and understanding, skills, capabilities and attributes which you need for mental, emotional, social and physical wellbeing now and in the future. It helps you to learn how to effectively, cope with day-to-day challenges, and develop into resilient young adults.</p>		

Year 8 Living in the wider world		
<p>Topics covered: Protected characteristics, racism and homophobia and transphobia Tolerance and mutual respect Needs and wants - money Money personality Managing a personal budget</p>	<p>How it links to what has been studied before: We have looked at law and decision making and why they are important for a community. We will build on this to look at how we protect people from discrimination and how the law has a part to</p>	<p>How it links to what will be studied: We will build on ideas of needs and wants and a personal budget as we move into year 9. We will start looking at careers and our future roles in society.</p>

	play in this. We will also start to think about money and making financial decisions.	
Key words: Protected characteristics, racism, homophobia, tolerance, respect, budget	Key skills: Discussion, debate, empathy, reflection	
Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson	Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.	
Why we study it: This includes learning about the different roles and responsibilities people have within their community. The benefits of living in a diverse community and strategies for challenging stereotypes and prejudice. Helping you to understand your feelings about money, financial decisions, careers and the economy is a vital part of preparing you for adult life, with clear links to health outcomes and relationships.		

Year 8 Relationship and sex education		
Topics covered: Positive relationships abusive relationships LGBTQ+ relationships Coercive relationships sexting - only 2023-2024	How it links to what has been studied before: You have already studied relationships and how to be a good friend. This then builds further on your work in year 7, looking at positive and negative relationships and how to deal with them.	How it links to what will be studied: You will then go on to look at romantic and sexual relationships in year 9 and what these can mean. You will consider issues around consent, STIs and contraception
Key words: LGBTQ+, Coercive, abusive, grooming	Key skills: Discussion, debate, empathy, reflection	
Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson	Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.	

Why we study it:

To give you the information you need to help you develop healthy, nurturing relationships of all kinds, not just intimate relationships. To know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. You will also develop an understanding of what is acceptable and unacceptable behaviour in relationships. This will help you understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

