

Year 8 Curriculum notes

Half term	Topic	In this unit of work, pupils learn...
Autumn 1	<p>Mental health and wellbeing: Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others</p>	<ul style="list-style-type: none"> • about attitudes to mental health and how to challenge stigma and misconceptions • ways to promote and maintain emotional wellbeing how to build resilience and reframe disappointments and setbacks • about the impact of social media on mental health and emotional wellbeing • strategies to develop digital resilience • managing influences, including the media, on body image about unhealthy coping strategies, including self-harm and eating disorders • about healthy ways to manage difficult feelings, challenging circumstances, stress and anxiety • why, when and how to access support for themselves or others
Autumn 2	<p>First aid and keeping safe: First aid including CPR and defibrillator use; Personal safety including travel safety</p>	<ul style="list-style-type: none"> • how to manage personal safety, including when out, travelling, at home and online • how to respond in an emergency situation how to perform basic first aid, including CPR when and how to safely use defibrillators

<p>Spring 1</p>	<p>Relationships:</p> <p>Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender identity and sexual orientation; Consent in intimate situations; Contraception and sexual health</p>	<ul style="list-style-type: none"> • about relationship norms and expectations • about forming new partnerships and developing relationships • the impact of stereotypes on expectations of gender roles, behaviour and intimacy • about gender identity and sexual orientation • to recognise levels of intimacy, including readiness for sex • about the choice to delay sex and the right to enjoy intimacy without sex • effective communication strategies and consent in intimate situations • the law in relation to relationships, sex, consent (including sharing of sexual images), FGM and forced marriage • about contraception, its role in preventing pregnancy and sexually transmitted infections • how condoms and the pill are used safely • about the HPV vaccination programme • about FGM and forced marriage, and how to access help and support
<p>Spring 2</p>	<p>Friendships and managing influences:</p> <p>Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use</p>	<ul style="list-style-type: none"> • how to manage group friendships • how to manage social influences, peer pressure and the desire for peer approval in a range of contexts, including in relation to substance use and anti-social behaviour how to manage personal safety in social situations • how to access support and advice in relation to friendship and peer influence issues • about why young people may join gangs and the consequences of gang behaviour • how to access support in relation to gangs exit strategies for pressurised situations

<p>Summer 1</p>	<p>Careers: Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence</p>	<ul style="list-style-type: none"> • how to identify their life and career aspirations • how to identify personal strengths and skills for employment • how to challenge stereotypes and expectations that limit aspirations • about routes into different careers how to evaluate progression routes • about how a person's online presence can affect employability how to manage online presence including on social networking sites • how to manage emotions in relation to future employment • possible visit from the police/outside agencies
<p>Summer 2</p>	<p>Moving forward: Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change</p>	<ul style="list-style-type: none"> • how to review personal strengths and targets • how to identify opportunities to develop strengths and skills • how to set realistic yet ambitious goals for the future • about options available in senior school • how to manage change and transition, including feelings