

**Y8 Autumn Term**

**Being Me in My World**

**Celebrating Difference**

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	2 days
Self-identity Family and identity Stereotypes Personal beliefs and judgements Managing expectations First impressions Respect for the beliefs of others Active listening						Positive change made by others How positive behaviour affects feelings of wellbeing Social injustice Inequality Community cohesion and support Multi-culturalism Race and religion Prejudice LGBT+ bullying						

**Y8 Spring Term**

**Dreams and Goals**

**Healthy Me**

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Long-term goals Skills, qualifications Careers Money and happiness Ethics and mental wellbeing Budgeting Variation in income Positive and negative impact of money Online legal responsibilities Gambling issues					Long-term physical health Responsibility for own health Dental health Stress triggers Substances and mood Legislation associated with substances Exploitation and substances Medicine Vaccinations Immunisation Blood donation					

**Y8 Summer Term**

**Relationships**

**Changing Me**

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Positive relationship with self Social media and relationship with self Negative self-talk Managing a range of relationships Personal space Online etiquette Online privacy and personal safety Coercion Unhealthy balance of power in relationships Sources of support						Types of close intimate relationships Physical attraction Legal status of relationships Behaviours in healthy and unhealthy romantic relationships Pornography Sexuality Alcohol and risky behaviour					