

Year 8

Subject: Life Skills

	Unit of work & brief outline of what will be covered	Key Objectives – what will students learn	Assessment
1	<u>Drugs</u> Students will learn about the legality of a range of drugs with a focus on alcohol and tobacco. Students will learn strategies to resist peer pressure	To investigate attitudes towards drug use. To understand the potential legal consequences of using drugs. To investigate the short and long term impacts of drugs such as alcohol, vapes, NoS and cannabis. To understand how to manage peer and other influences in regards to substance abuse.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
2	<u>Basic First Aid 1</u> Students will learn about basic life support and supporting people with head injuries and who are bleeding. They will also learn how to help those who are choking, have asthma or allergies.	To understand the need to stay safe if helping others. To be able to put somebody into the recovery position. To be able to support people with head injuries, choking or who are bleeding. To be able to help someone who is suffering from an asthma attack or allergic reaction.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
3	<u>Relationships</u> Recapping puberty and the menstrual cycle. Learning predominantly about romantic relationships but also introducing sexual relationships and how contraception can prevent unwanted pregnancy and protected against STI's. Students also learn about why FGM and Forced marriage is never ok.	To understand the differences between healthy and unhealthy relationships. To understand the law in regards to sexual activity. To understand the meaning of consent. To understand what contraception is. To understand that FGM and Forced Marriage are unacceptable. To understand what misogyny is and how we can combat it in real life and online.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
4	<u>Life Online 2</u> Students will learn about how their digital footprint can be both positive and negative, they will investigate the use of social media, cyber bullying and how the internet can impact our own body image.	To investigate the benefits and costs of social media. To investigate the benefits and costs of AI.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
5	<u>Mental Health</u> Learning about positive and negative coping strategies with a focus on how to build own resilience when times are tough.	To understand what 'resilience' means. To be able to explain and use a range of healthy coping strategies when needed. To be able to recognise when people or own self are using unhealthy coping strategies and when and where to seek help. To understand what mental health first aid is.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC