LEARNING JOURNEY





YEAR 8

Dealing with emergencies and first aid





How do I cope with difficulties, problems and emergencies?





General health

Dealing with loss, divorce and other difficult times.









What is a healthy relationship?



The internet & emotional health

Different (healthy) family & relationship types

Marriage, long term relationships

otional health & relationship types

How do I manage my emotions and mental health?













YOUR
LIFEYOU
CHOOSE
EVENT

Knife crime: risks and the law

RISK! Unhealthy substances: caffeine, tobacco, vapes

How do make sensible choices around risks and dangers?













Health and hygiene: Washing, clothes, lifestyle.

Puberty (bodies and menstruation) privacy & anti FGM

How can I be happy & healthy during puberty?





Safety & Risk: What is harassment?





Ground rules & Values

Transition Days

In secondary schools, <u>all students of all abilities must (by law) have learned about these topics by the end of Y11</u>. These are covered in PSHE and science, RE and other subjects. We cover an element of each every year, revisiting and getting more challenging to be age-appropriate.

- How to be safe and assess risk
- How your body changes at key life stages
- Health including physical & mental health, prevention of illness, first aid and substance abuse risks
- Families, fertility and contraception
- Healthy relationships of all types, including friendship, family and intimate. Consent & the law.
 Online safety and understanding the media
- Mental wellbeing including in challenging times and situations