

Year 8 RSHE

Health & Wellbeing

Students will learn...

- about medicinal and recreational drugs
- about the over-consumption of energy drinks
- about the relationship between habit and dependence
- how to use over the counter and prescription medications safely
- how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes
- how to manage influences in relation to substance use
- how to recognise and promote positive social norms and attitudes
- about attitudes towards mental health
- how to challenge myths and stigma
- about daily wellbeing
- how to manage emotions and how to develop digital resilience

Relationships

Students will learn...

- the qualities of positive, healthy relationships
- how to demonstrate positive behaviours in healthy relationships
- about gender identity and sexual orientation
- about forming new partnerships and developing relationships
- about the law in relation to consent
- that the legal and moral duty is with the seeker of consent
- how to effectively communicate about consent in relationships
- about the risks of 'sexting' and how to manage requests or pressure to send an image
- about basic forms of contraception, e.g. condom and pill
- about gender identity, transphobia and gender-based discrimination
- how to recognise and challenge homophobia and biphobia

Living in the Wider World

Students will learn...

- about online communication
- how to use social networking sites safely
- how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation
- how to respond and seek support in cases of online grooming
- how to recognise biased or misleading information online
- how to critically assess different media sources
- how to distinguish between content which is publicly and privately shared
- about age restrictions when accessing different forms of media
- how to make responsible decisions
- how to protect financial security online
- how to assess and manage risks in relation to gambling and chance-based transactions