

Year 8

Lesson Number	Lesson Title	Learning Objectives
1	Types of relationships (R)	I can explain the function of a family and understand how it contributes to a person's happiness. I know t the legal status of marriage and other types of long term relationship. I understand the role of parents within a family.
2	Being in control of myself and my relationships (R)	I understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised I understand that social media can both positively and negatively affect how I feel about myself I understand that relationships can cause strong feelings and emotions I understand the features of positive and stable relationships
3 + 4	Managing Control and Coercion in Relationships including online safety (R)	I understand what is meant by control, power balance and coercion in a relationship I understand how to use social media appropriately, safely and legally I can give examples of how personal safety can be compromised online I know that inappropriate images do not reflect reality I know the harms on mental well-being on viewing inappropriate images.
5	Me and my health (H)	I can describe the actions that can be taken to support good physical health in the short and longer term I can list the factors that can impact negatively on dental health I can describe the steps that can be taken to keep teeth and gums healthy
6	Managing Stress (H)	I understand how health can be affected by emotions and know a range of ways to keep myself well and happy I can recognise when I feel stressed and the triggers associated with this
7	Substance Abuse 1 - Drugs (H)	I understand what a drug is and how drugs work I understand the different types of drugs and their effects.
8	What is the wider impacts of drug abuse? (H)	I understand why people might take different types of drugs and how drug abuse impacts lives.
9	Drugsline Talk (H)	External provider talk on the effects of taking drugs

(R) = Relationship Education, (S) = Sex Education, (H) = Health Education