

Year 8	Healthy and Unhealthy Relationships <i>Focus: Understanding what makes relationships healthy, respectful, and safe, and how to recognise and respond to unhealthy or harmful behaviours.</i>	Identity <i>Focus: Understanding and respecting individual differences in identity</i>	Respecting Boundaries and Staying Safe Online <i>Focus: Understanding consent and staying safe online by recognising pressure, manipulation, and knowing how to get help.</i>	Drug and Alcohol Culture <i>Focus: Understanding the risks, influences, and realities of vaping, smoking, and alcohol so students can make informed, healthy choices</i>	Healthy Lifestyle and Safety <i>Focus: Understanding how to live a balanced, healthy, and safe life by taking care of your body, mind, and surroundings</i>	Digital Resilience and Me <i>Focus: Understanding how social media and comparison culture can affect body image and self-esteem, and developing strategies to build digital resilience.</i>
Lesson 1	Tolerance and Mutual Respect (EC)	Who Am I? (LL)	What Are The Signs Of Healthy Romantic Relationships (LL)	Facts About Legal and Illegal Drugs (LL)	Balanced Diet Healthy Food (EC)	How Can We Talk About Mental Health (LL)
Lesson 2	How Can Families Have Healthy Relationships (LL)	Exploring Identity 1 (EC)	What Is A Healthy Way To Communicate About Romantic Feelings (LL)	What Does The Law Say About Possession (Pol-Ed)	How Does Diet Affect Physical Health (LL)	How Can We Develop A Positive Mindset (LL)
Lesson 3	What Roles Do We Play In Relationships (LL)	Exploring Identity 2 (EC)	How Can We Create A School Free From Sexual Harrassment (LL)	How Safe Are Legal Drugs (Pol-Ed)	The Importance Of Exercise (EC)	Social Media Stress (EC)
Lesson 4	What Are Red Flags In Relationships (Friends and Romantic) (Pol-Ed)	Protected Characteristics (EC)	Media Literacy (EC)	What Are The Facts Around Alcohol (LL)	How To Overcome Barriers To Physical Exercise (LL)	Group Messaging and Chats (EC)
Lesson 5	Conflict Management 1 (EC)	Gender Stereotypes (EC)	What Are Deepfakes	Alcohol and Relationships 1 (EC)	How Can We Love The Body We Have (LL)	Cyberbullying and Trolls (EC)
Lesson 6	Conflict Management 2 (EC)	Gender Equality (EC)	Financially Motivated Sexual Extortion (Pol-Ed)	Alcohol and Relationships 2 (EC)	The Importance Of Healthcare and Vaccinations (LL)	Self Harm (EC)
Content:	Understanding healthy and respectful relationships. Recognising the importance of tolerance and mutual respect. Understanding roles and responsibilities within relationships. Recognising red flags and unhealthy behaviours. Developing strategies for managing conflict. Understanding how to end relationships safely and respectfully	Exploring identity and what makes us unique. Understanding and respecting individual differences. Understanding protected characteristics. Challenging stereotypes and assumptions. Exploring gender stereotypes and their impact. Understanding the importance of gender equality.	Understanding healthy romantic relationships and communication. Understanding consent, boundaries and personal choice. Recognising sexual harassment and how to challenge it. Developing critical thinking about sexualised media and online content. Understanding deepfakes and their potential harms. Recognising online sexual extortion and knowing how to seek help.	Understanding the facts and risks associated with drugs. Understanding the law around drug possession. Exploring the risks and safety of legal drugs. Understanding the effects and risks of alcohol. Exploring the impact of alcohol on relationships. Understanding how drugs and alcohol can affect feelings and behaviour.	Understanding the importance of a balanced and healthy diet. Recognising how diet affects physical health. Understanding the benefits of regular exercise. Exploring barriers to physical activity and how to overcome them. Developing a positive and respectful attitude towards our bodies. Understanding the importance of healthcare and vaccinations.	Developing confidence in talking about mental health. Understanding how to develop a positive mindset. Recognising the impact of social media on wellbeing. Understanding how group chats and online interactions can affect us. Recognising cyberbullying, trolling and how to respond safely. Knowing how to seek help and support when struggling with difficult feelings.
Key Outcome:	Students understand the characteristics of healthy and unhealthy relationships and how to respond safely and respectfully.	Students understand diversity in identity, including sexual orientation and gender, and the importance of respect and inclusion.	Students will be able to recognise consent and respectful boundaries in different relationships, as well as identify online risks.	Students understand the risks and influences linked to vaping, smoking and alcohol, and can make informed, safer choices.	Students understand how to live a balanced lifestyle and make safe choices to protect their health and wellbeing.	Students will recognise how social media and comparison culture can affect body image and wellbeing, and apply coping strategies to build digital resilience.
Student Friendly Focus:	Learning how to build positive relationships and spot when something isn't right.	Understanding who we are, respecting who others are, and treating everyone fairly	Recognising respect, consent, and equality in different relationships	Learning the truth about vaping, smoking, and alcohol so we can make smart choices	Making healthy choices, staying safe, and looking after yourself every day.	Exploring how social media can influence how we see ourselves, learning ways to manage comparisons.