

Continuum of Understanding and Confidence

0 1 2 3 4 5 6 7 8 9 10

Not Confident

Extremely Confident

| Topic | Knowledge and Understanding of... | Start | End |
|--------------------------------------|--|-------|-----|
| Reflection and GoalSetting | The importance of reviewing and reflecting | | |
| | Setting goals for the year ahead that are SMART | | |
| Personal Safety andSexual Harassment | The actions you should take in person and online to keep safe | | |
| | What harassment is | | |
| | How you may become a victim of it and what to do | | |
| Prejudice and Discrimination | The importance of tolerance and understanding | | |
| | The importance of equality | | |
| Disability | Different types of disability | | |
| | How to support others | | |
| Healthy Lifestyle | What constitutes a healthy lifestyle | | |
| | How to achieve mental, physical and social balance | | |
| First Aid | The importance of first aid | | |
| | How to administer first aid | | |
| Drugs and Medicine | The differences and similarities between a drug and a medicine | | |
| | The law and drugs | | |
| Drugs and the law | How illegal drugs affect our society | | |
| | What we can do to reduce their impact | | |
| Smoking | What people choose to smoke | | |
| | The health implications of smoking | | |
| Media Literacy | The impact media has on our views of the world and ourselves | | |
| | How to fact check information and posts viewed online | | |
| Conspiracy Theories | What a conspiracy theory is | | |
| | How it affects our views and opinions | | |
| Online Stress and FOMO | The impact of using social media on our mental health | | |
| | How to reduce the stress caused by being online | | |
| Relationships | What behaviours are part of a healthy relationship | | |
| | The impact of gender stereotypes on relationships | | |

Year 8 Curriculum Overview – SKL 2023-24

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| Love and Relationships(Sexting) | What is sexualised behaviour | | |
| | What to do if you or someone you know is subjected to sexualised bullying | | |
| Sexual Harassment and Objectification | What harassment is | | |
| | How it is depicted in society | | |
| | What to do if you witness or are subjected to it | | |
| Safe Sex | What happens at conception | | |
| | How contraception is used to prevent pregnancy | | |
| Finances | What money is used to pay for | | |
| | How to create a budget and stick to it | | |
| | Why tax is paid and it's impact on society | | |
| Gambling | The different types of gambling | | |
| | The impact it has on families | | |
| Environment and ClimateChange | Sustainability | | |
| | How small changes in our behaviours can have a big impact | | |