



## Personal Development Overview – Year 8

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

AUTUMN HALF TERM 1 :	
<b>Introduction to Personal Development</b>	This introductory lessons focuses on understanding Personal Development and its importance. Within this introductory lesson the class with teacher support will establish the ground rules for Personal Development lessons considering that sensitive topics will be addressed. This lesson briefly introduces British Values and Protected Characteristics. Safeguarding and Support at SARCHS are too addressed.
<b>Caffeine</b>	This is the first of three lessons for lower key stage 3, providing age-appropriate knowledge about substance use and the understanding and skills to manage influences young people experience in relation to smoking/vaping, alcohol and other drugs. This lesson introduces concepts of substance use through a focus on the risks and effects of caffeine consumption.
<b>Smoking/Vaping</b>	This is the second of three lessons focusing on specific risks relating to tobacco and nicotine product use. In addition this lesson explores the consequences of vaping and the strategies to manage influences that might impact young people's behaviour relating to smoking/vaping.
<b>Alcohol &amp; Risk</b>	This lesson focuses on specific risks relating to alcohol use and challenges some of the perceived social norms about drinking alcohol.
AUTUMN HALF TERM 2 :	
<b>Alcohol &amp; Risk (lesson rolled over from Autumn 1)</b>	This lesson focuses on specific risks relating to alcohol use and challenges some of the perceived social norms about drinking alcohol.
<b>Bullying</b>	This lesson coincides with Anti Bullying week, with this year's theme entitled 'Make a noise about bullying.' The particular this year is focused on understanding the difference between 'banter', 'arguments' and 'bullying.'
<b>Healthy Relationships</b>	This lesson focuses on empowering and supporting young people as they develop relationships. This lesson explores the features of healthy relationships, including respecting people's rights, personal boundary setting, and seeking support.
<b>Sexual Harassment</b>	This lesson continues to focusing on empowering and supporting young people as they develop relationships. This lesson explores the concerns raised by harmful sexual behaviours in all its forms, including sexual harassment. It empowers young people with ways to manage, and speak up about these behaviours, including seeking help.

**SPRING TERM 1 :****Appreciating differences**

Building on the teaching that our deepest identity is in God, students will learn about male/female differences including issues such as gender stereotypes, gender identity and gender dysphoria. Students will understand that equality is of great importance, and that we should celebrate our uniqueness. Students will learn about different perspectives regarding gender and transgender identity and they will know that bullying and marginalising others is always wrong because every person is a child of God, worthy of love.

**#I'm with Sam**

The lesson looks at raising awareness of people with learning disabilities and autism as part of a diverse society, asks pupils to reflect on the impact of ways in which people with learning disabilities and autism are perceived, judged, described and treated, and explores ways to question, challenge and change these discriminatory behaviours.

**Show Racism the red card**

This lesson aims to help young people understand that racism is negative and steps need to be taken to challenge it. It encourages the young people to consider how to promote respect within school and in society. This lesson aims to help young people understand that racism is negative and steps need to be taken to challenge it. This lesson considers that racism can have violent and even fatal consequences. It encourages young people to consider what impact racism can have on individuals and their families and in turn get pupils thinking about how to promote respect within school and in society.

**SPRING TERM 2 :****Attitudes to Mental Health**

This is the first of a series of lessons exploring mental health and emotional wellbeing. This lesson addresses misconceptions about, and examines attitudes towards, mental health.

**Promoting Emotional Wellbeing**

This is the second of a series of lessons exploring mental health and emotional wellbeing. This lesson focuses on how young people can maintain daily wellbeing, through a range of resilience-building strategies.

**Digital Resilience**

This is the third of a series of lessons exploring mental health and emotional wellbeing. This lesson focuses on ways to develop 'digital resilience' to support mental health.