

Curriculum Map – Medium Term Overviews – Year 8

YEAR 8 — MEDIUM-TERM OVERVIEW			
Half term	Topic	Lesson Breakdown	In this unit of work, students learn...
Autumn 1 Health & wellbeing	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Dealing with change	• about attitudes towards mental health • how to challenge myths and stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. self-harm and eating disorders) • about healthy coping strategies
		Online pressures and body image	
		Finding a healthy balance	
		Unhealthy coping strategies (including self-harm and eating disorders) 3 sessions	
		Healthy coping strategies – 3 sessions	
Autumn 2 Relationships	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Identifying racism and religious discrimination	• how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination
		Challenging racism and religious discrimination	
		Identifying homophobia and biphobia	
		Identifying gender-based discrimination including transphobia	
		Herd mentality and peer pressure	
		Managing influences on beliefs and decisions – critically assessing the views of others	
Spring 1 Health & wellbeing	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Speaking and listening skills	• Confident communication in difficult situations • Understand the laws round substances • About potential consequences of substance abuse • Debates around public attitudes to substance misuse
		Drugs and Alcohol laws	
		Alcohol Choices	
		Drugs Types and Law	
		Substance Abuse	
		Positive social norms and attitudes	
Spring 2 Living in the wider world	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Recognise the qualities and skills you have demonstrated both in and out of school that will help to make you employable – use UNIFROG (skillsbuilder linked to achievement points)	• about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices • Pupils develop a digital individualised career/Community award plan/log
		Labour market information – what new in the world of work and how careers develop.	
		Identify your personal networks of support, including how to access and make the most of impartial face-to-face and digital careers information, advice and guidance services	
		Identify how to stand up to stereotyping and discrimination that is damaging to you and those around you	
Summer 1 Relationships	Identity and relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception	Forming new partnerships and developing relationships	• 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 - How to deal with sexual harassment
		Healthy relationships	
		Gender identity and sexual orientation	
		Risks of sexting	
		Consent (including what is sexual Harassment? How to deal with Sexual Harassments – added from Sept 2022)	
		Basic contraception	
Summer 2 Living in the wider world	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Using social media safely	• about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, • 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 • about age restrictions when accessing different forms of media and 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
		Grooming	
		Gaming	
		Misleading information	
		Identifying gambling in unusual settings	
		Financial security online	