

Act Fast NL Year 8 KS3 PSHE

Autumn 01

Drugs & Alcohol

Understand alcohol and drug misuse

Learn about potential pressures relating to drug use

Health & Wellbeing

Students learn about medicinal and recreational drugs

About the over-consumption of energy drinks

About the relationship between habit and dependence

How to use over the counter and prescription medications safely

How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes

How to manage influences in relation to substance use

How to recognise and promote social norms and attitudes

Autumn 02

Community and Careers

Equality of opportunity in careers and life choices

Different types of patterns of work

Living in the Wider World

Students learn about;

Equality of opportunity in life and in the work place

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

Spring 01

Discrimination

Discrimination in all its forms, including racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia

Relationships

Students learn;

How to manage influences on beliefs and decisions

Learn about group-thinking 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

Spring 02

Emotional Wellbeing

Healthy routines, influences on health and puberty

Unwanted contact

FGM

Health & Wellbeing

Students learn about;

Attitudes toward 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

Summer 01

Identity & Relationships

Gender identity and sexual orientation

Consent, sexting and an introduction to contraception

Relationships

Students learn;

the qualities of positive healthy relationships

Positive behaviours in healthy relationships

Gender identity and sexual orientation

Forming new partnerships and developing relationships

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

The risks of sexting and how to manage requests or pressure to send an image about basic forms of contraception (e.g. condoms, the pill, etc.)

Summer 02

Digital Literacy

Online safety and digital literacy

Media reliability and gambling hooks

Living in the Wider World

Students will learn;

About online communication and how to use social networking sites safely

How to recognise online grooming in different forms (e.g. in relation to sexual or financial exploitation, extremism and radicalisation) respond and seek support in cases of online grooming

Recognise biased or misleading information online

Critically assess different media sources Distinguish between content which is publicly and privately shared

About age restrictions when accessing different forms of media and how to make responsible decisions

How to protect financial security online and how to assess and manage risks in relation to gambling and chance-based transactions