#### **Drugs & Alcohol**

Understand alcohol and drug misuse Learn about potential pressures relating to drug use

### Health & Wellbeing

Students learn about medicinal and recreational druas 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



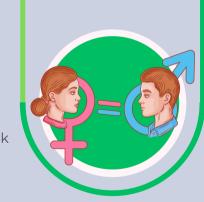
## Autumn 02

#### **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



# Act Fast NL Year 8 KS3 PSHE

### Spring 01

### Discrimination

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

### **Relationships**

Students learn:

*How to m*anage 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 contreception (e.g. condoms, the pill, etc.)





### **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 mesia 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