

Year 8 Unit 1 Overview Lifestyle: Drugs and Alcohol

The Big Picture: In this unit of work you will be looking at what it means to be both physically and mentally healthy, how to adopt a healthy lifestyle as well as what may cause a person not to be healthy.

<p>Lesson Overview:</p> <ol style="list-style-type: none">1. Types of Drugs To define what a drug is. To identify different types of drugs. To think about ways of classifying drugs and evaluate their usefulness.2. The Effects of Drugs and Withdrawal To be able to describe how each of the types of drugs effect the body. To be able to describe what it is like to go through withdrawal.3. Drugs and the Law To outline what the law in the UK says about illegal drugs. To know the difference between decriminalising drug use and legalising it. To discuss the idea of decriminalisation or legalisation of drug use.4. Alcohol To think about the consequences of binge drinking as a teenager. To consider the consequences of excessive alcohol consumption.	<p>Key Words:</p> <ul style="list-style-type: none">• Alcohol• Depressant• Drug• Hallucinogen• High• Illegal• Stimulant• Laws• Legal• Rehabilitation• Withdrawal
<p>Careers Links:</p> <ul style="list-style-type: none">• Law Enforcement• Social Work• Drug and Alcohol Rehabilitation• Restaurant n and Bar Management• Medical Careers <p>SMSC:</p> <ul style="list-style-type: none">• I will begin to understand the consequences of my actions in terms of drugs and alcohol.• I will show understanding of cultural influences on attitudes to drugs and alcohol.	<p>Character skill:</p>

Year 8 Unit 2 Overview Lifestyle: Relationships

The Big Picture: In this unit of work you will be looking at different types of relationships on intimate ones. You will be looking at the components of a healthy intimate relationship as well as what conversations need to be had before getting intimate with someone. You will also be looking at different ways a relationship can become abusive and what to do about it.

You will be able to:

- To identify different types of relationships.
- To describe a positive and healthy relationship.
- To outline considerations that need to be taken into account before getting intimate with someone.
- To outline different types of abusive relationships.
- To identify where to turn to for help with abusive relationships.

Lesson Overview: 1. Puberty: a recap To establish what you have already learned about puberty. 2. Types of Relationship To outline different types of relationships that we have in our lives and how they can be merged together. 3. Intimate relationships To outline the elements of a positive intimate relationship. To consider when it is the right time to become intimate. 4. Abusive relationships To identify the types and signs of an abusive relationship. To think about strategies for getting out of an unhealthy relationship.	Key Words: <ul style="list-style-type: none">• Puberty• Friendship• Intimate• Relationship• Familial• Professional• Abuse• Psychological• Emotional• Sexual
Careers Links: <ul style="list-style-type: none">• Health Care• Relationship Therapy• Social Work SMSC: <ul style="list-style-type: none">• I will understand the range of social, cultural and religious influences that shape experiences and choices.	Character skill:

Year 8 Unit 3 Overview Lifestyle: Human Rights and Discrimination

The Big Picture: In this unit of work you will be looking at the development of the Human Rights Act and its importance in today's society. You will also look at different types of discrimination and how to combat it.

You will be able to:

- To describe the history of Human Rights.
- To identify some of the human rights included on the UNDHR.
- To define racism, sexism and sectarianism.
- To present ideas for ways of dealing with discrimination.

<p>Lesson Overview:</p> <p>1. Human Rights</p> <p>To outline what human rights are and where they come from.</p> <p>To evaluate the relative importance of the articles of the UNDHR.</p> <p>2. Investigating Human Rights Abuses</p> <p>To consider when rights have been infringed and when they haven't.</p> <p>To evaluate case studies on Human Rights infringements.</p> <p>3. Discrimination</p> <p>To understand what discrimination is.</p> <p>To investigate racism, sexism and sectarianism.</p> <p>To consider ways of combating discrimination.</p>	<p>Key Words:</p> <ul style="list-style-type: none">• Human Rights• Discrimination• Racism• Sexism• Sectarianism• United Nations• Freedoms• Rights
<p>Careers Links:</p> <ul style="list-style-type: none">• Law Enforcement• International Lawyers• Social Work• Military• Civil Service, <p>SMSC:</p> <ul style="list-style-type: none">• I will engage with the fundamental British values of democracy, tolerance, mutual respect and rule of law.	<p>Character skill:</p>

Year 8 Unit 4 Overview Lifestyle: Online Safety

The Big Picture: In this unit of work you will be looking at how to stay safe online and looking at how you behave online can have consequences in the real world. You will also look at sexting and grooming.

You will be able to:

- To outline what is meant by the “Grandma Rule/Billboard Rule” and “THINK”
- To define terms such as sexting, trolling and cyberbullying.
- To outline strategies for staying safe online.
- To discuss the impact of their digital footprint.
- To identify where to go for support and online issues such as cyberbullying and sexting.

<p>Lesson Overview:</p> <p>1. E-Safety To discuss the importance of being safe online.</p> <p>2. Digital Footprints To think about what your online reputation is and how it can impact the real world. To consider what the consequences are for inappropriate online behaviour.</p> <p>3. Sexting and Grooming To outline what sexting and grooming is. To discuss the consequences of engaging in sexting – socially and legally. To think of advice that could be given to others who feel pressured into engaging in sexting.</p> <p>4. Cyber-Bullying To look at what cyber bullying is and be able to identify it when it happens. To look at the way language and text can be misinterpreted as bullying. To look at ways of tackling bullying in schools.</p>	<p>Key Words:</p> <ul style="list-style-type: none">• Cyber Bullying• E-Safety• Grooming• Hacking• Password• Pornography• Sexting• Social Media• Trolling
<p>Careers Links:</p> <ul style="list-style-type: none">• Ethical Hackers• Cyber Crime• Computer technicians and IT support. <p>SMSC:</p> <ul style="list-style-type: none">• I will begin to understand the consequences of my actions in terms of my online behaviour.	<p>Character skill:</p>