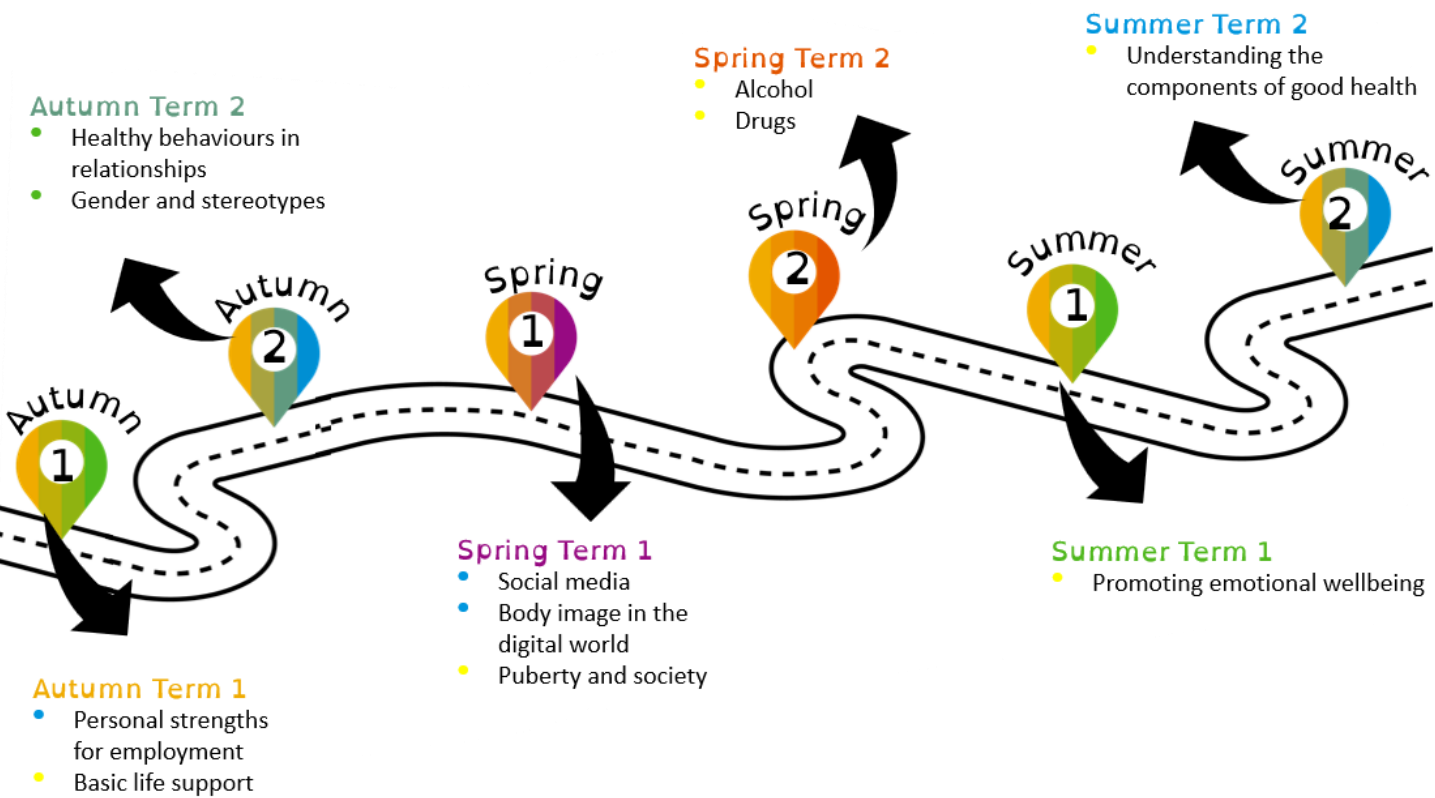




Year 8 Personal Development



The learning journey above shows the order in which topics are delivered in Year 8 Personal Development sessions. They are delivered by the Year 8 Form Tutors alongside assemblies, awareness weeks, career events, drop down sessions and extra curricular activities and guest speakers. The following pages give an enhanced breakdown of what is covered in each topic. We have also included content sources and signposting for each unit.

All pupils at UVHS complete an end of topic multiple choice quiz, and have the opportunity to give additional feedback on what they would like to see in their Personal Development program.



Personal Development

UVHS - Victoria Values

Relationships

Health & Wellbeing

Living In The Wider World

What will Year 8 be learning about in Personal Development in Autumn Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Autumn Term 1	Personal Strengths For Employment (Living In The Wider World Strand)	- Recognise three key elements of your personality - Explain how different job roles require a range of skills, interests and personality traits - Identify ways of building an accurate self-image that can guide successful career choices - Learn about different types of employment and work patterns - Learn what a positive workplace looks like
	Basic Life Support (Health & Wellbeing Strand)	- Conduct a primary survey - Place a casualty who is unresponsive and breathing normally into the recovery position - Identify when it is necessary for CPR (cardiopulmonary resuscitation) to be given (when a casualty is unresponsive and NOT breathing normally) - Understand what an AED is and where they are kept in school and in the wider community - Understand what happens during a 999 call

Signposting & Content Sources For These Units:



England



What will Year 8 be learning about in Personal Development in Autumn Term 2?

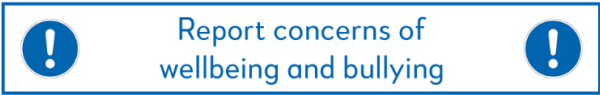
Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Autumn Term 2	Healthy Behaviours In Relationships (Relationships Strand)	- Outline what qualities people look for in a potential / current partner - Recap on what consent means - Recognise positive and negative behaviours within relationships - Recognise qualities which we should look for in healthy relationships, including friendships - Understand a range of strategies to deal with harmful behaviours - Understand what different kinds of abuse can look like, and how they don't always have to be physical - Understand where people can go for help and support if they are in a relationship that exhibits harmful behaviours
	Gender & Stereotypes (Relationships Strand)	- Define key terms relating to gender, including the difference between sex and gender - Recognise the harmful impacts of gender stereotypes on people of all genders - Understand the unacceptability of discriminatory language and behaviour - Know about ways in which you can promote equality and inclusivity and challenge stereotypes and bullying - Describe how to access further information and support services

Signposting & Content Sources For These Units:







ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

What will Year 8 be learning about in Personal Development in Spring Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Spring Term 1	Social Media (Living In The Wider World Strand)	- Define the terms wellbeing and social media - Identify age restrictions for different online platforms - Outline a range of strategies to improve wellbeing (including how to use social media responsibly) - Explain the importance of balance in online and offline activities - Understand how FOMO can contribute to online stress - Identify support strategies and external agencies for online help
	Body Image In A Digital World (Living In The Wider World Strand)	- Recognise the impact of social media on body image - Know who to ask for advice and where to look for guidance on body image and online stress, including on the Rise Above website - Use techniques for minimising stress that may arise from a negative perception of our body image influenced by social media
	Puberty & Society (Health & Wellbeing Strand)	- Define what puberty means and consolidate previous knowledge on anatomy, puberty changes, menstrual wellbeing, period products and awareness of bodies. - Can name at least 4 different products which people can use to manage their periods. - Think critically about how puberty and menstruation is portrayed in society. - Understand where to go to ask for help and support with questions about our bodies - Reinforce the UVHS stance on Period Positivity

Signposting & Content Sources For These Units:



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



shore



What will Year 8 be learning about in Personal Development in Spring Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Spring Term 2	Alcohol (Health & Wellbeing Strand)	- Describe the reasons why people drink alcohol and the impact it can have - Identify and assess the risks of underage drinking - Suggest strategies to manage peer pressure around alcohol misuse - Identify sources of guidance and support, including Rise Above, Talk To Frank and NHS
	Drugs (Health & Wellbeing Strand)	- Identify different types of drugs, both legal and illegal - Identify physical and mental, short-term and long-term health effects of taking drugs - Understand the legislation around drugs and penalties of taking/ carrying/ making/ supplying drugs - Recognise both positive and negative aspects of drugs in society - Recognise different strategies to manage and resist peer pressure - Be aware of available advice and support relating to substance misuse, pressure and addiction, including NHS, Childline and Talk To Frank

Signposting & Content Sources For These Units:



What will Year 8 be learning about in Personal Development in Summer Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Summer Term 1	Promoting Emotional Wellbeing (Health & Wellbeing Strand)	- Identify the link between physical and mental wellbeing - Describe strategies for improving physical and mental wellbeing - Explain ways to help those who need support with their physical or mental wellbeing - Recognise the impact of social media on body image - Know who to ask for advice and where to look for guidance on body image and online stress - Use techniques for minimising stress that may arise from a negative perception of body image influenced by social media - To explore what we think “Failure” is, and how we can build resilience

Signposting & Content Sources For This Unit:

childline

ONLINE, ON THE PHONE, ANYTIME

shout
85258

brook



THE MIX

koath



Crisis Messenger



Email



1 To 1 Chat



Counselling



5 ways to wellbeing



YOUNG MINDS

What will Year 8 be learning about in Personal Development in Summer Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Summer Term 2	Understanding The Components Of Good Health (Health & Wellbeing Strand)	- Understand the components of good health - Identify different influences that can affect our health choices - Recognise accurate information about health and how to be critical about different sources of information related to health and fitness - Learn about the different ways to keep ourselves healthy including oral health, physical exercise and balanced diet - Understand the importance of accessing health services and support if we are worried about our health

Signposting & Content Sources For This Unit:

