

Relationship Health and Personal Development [RHPD] Road Map 2022- 2023

Year 8

| TERM 1 | |
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| 1 | Connections A new school year, Just who do you think you are? |
| 2 | Connections Friendship maintenance secrets and lies |
| 3 | Connections Self-assertion and negotiation |
| 4 | Connections Peer on Peer Abuse |
| 5 | Connections Sexual exploitation |
| 6 | Connections Cyberbullying |
| 7 | Connections Sexting |
| 8 | Naughty, naughty Criminal exploitation |
| 9 | Naughty, naughty Exploring attitudes and values |
| 10 | Naughty, naughty What can drugs do |
| 11 | Naughty, naughty Cannabis |
| 12 | Naughty, naughty Substances and the law! |
| 13 | Naughty, naughty Substance investigation help and support |
| 14 | Careers Future Jobs |

| TERM 2 | |
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| 15 | Careers My Dream Job |
| 16 | Careers Year 8 Options |
| 17 | Careers My Interests, My Subjects |
| 18 | Knowing me The brain and neuroplasticity |
| 19 | Knowing me Brain - Control centre skills |
| 20 | Knowing me Emotional needs and anger |
| 21 | Knowing me Cup of needs |
| 22 | Knowing me Feel good chemicals |
| 23 | Knowing me Balance of life Stressors |
| 24 | Knowing me Helping yourself, others, respond in the moment |
| 25 | Knowing me Body and self-esteem |
| 26 | Knowing me Self harm |

| TERM 3 | |
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| 27 | Knowing me Bereavement and grief |
| 28 | Knowing me Divorce |
| 29 | Relationships and sex education Romance and attraction |
| 30 | Relationships and sex education Attraction sexuality and gender identity |
| 31 | Relationships and sex education Un-healthy relationships |
| 32 | Relationships and sex education Acceptable vocabulary |
| 33 | Relationships and sex education What do I need to know? |
| 34 | Relationships and sex education Myths, stereotypes opinions and discussion |
| 35 | Relationships and sex education The Law, Sex and The Internet |
| | ACE WEEK |
| 36 | Relationships and sex education What does that do? Contraception |
| 37 | Relationships and sex education My thoughts and feelings about what it does? |
| 38 | Relationships and sex education Power of no - Unwanted pressure and consent |

To Year 9