

Lesson name	Core lesson aims
Connections - Positive Relationships	● Decide on our Personal Development class ground rules and re-build our trust as a group. ● To identify the things that make a good friend? And consider if friendships are healthy ones.
Connections - friendship maintenance	● Explore different ways of being a friend and being part of a friendship group. ● Remind ourselves of useful strategies to manage changes in friendship groups and other relationships.
Connections - self assertion	● To understand the difference between aggressive, assertive and passive ● To figure out how to be more assertive in life
Connections - peer on peer abuse	● To define the term Child on Child abuse and understand what constitutes abuse ● To explore circumstances when peer pressure becomes peer abuse ● To evaluate what support networks are available to help support those in need ●
Connections - cyberbullying	● To define cyberbullying and recognise examples of it ● To identify the difference between bullying and banter ●
Connections - sexual exploitation	● To understand what sexual exploitation means ● To understand the law about sexual exploitation
Connections - sexting	● To explain what sexting is ● To understand how sexting can relate to grooming ● To understand the laws to do with sexting
Drugs - criminal exploitation	● to explain what criminal exploitation is ● To recognise signs someone might be being criminally exploited

Drugs - exploring attitudes to drugs	● To define drugs ● To explain the impact drugs have ● To explore different attitudes to drugs
Drugs - risks of drugs	● To understand the risks of using or misusing any drug ● To understand how the situation you are in can make risks more dangerous ● To reflect on why some take risks and be able to provide and know where to seek help
Drugs - cannabis and Ketamine	● To learn the risks of using cannabis ● To understand the law about cannabis in the UK. ● To learn tips to help resist peer pressure ● To know where to get help and support
Drugs - Substances and the law	● Explore the laws around substances and consequences. ● Demonstrate your knowledge about the aspects of law on possession. ● Recognise choices, decision making and assessing risks to keep safe, healthy and follow the law
Knowing me - the brain	● to begin to understand how our brain works ● To begin to understand how our brain affects our thinking, our actions, and our emotions.
Knowing me - brain control	● To understand what control centre skills are ● To understand how control centre skills develop
Knowing me - emotional needs	● To explore what our needs are ● To explore how we can help meet our needs
Knowing me - cup of needs	● To explain how things impact on our physical and emotional wellbeing ● evaluate the links between mental health, physical health and emotional health by exploring their needs ● identify ways to promote emotional wellbeing and build resilience
Careers - future jobs	● Explore possible future jobs

	● To learn what a competency is ● To see how school subjects help prepare people for work.
Careers - year 8 options	● Explore strategies for choosing GCSE options ● To know the deadlines for the options process
Careers - my interests, my subjects	● To explore what subjects might interest students and what jobs they might like.
Careers - My dream job	● To explore what their dream job might be
Knowing me - feel good chemicals	● To understand how our brain helps encourage us to do things ● To develop strategies to help our brain do this release these chemicals
Knowing me - balance of life - stressors	● To understand the purpose of stress and how we react to it ● To explore how useful methods of managing stress are
Knowing me - helping myself and others	● To deepen your understanding of how to respond to stress ● To learn positive ways that we can try to help others deal with stress
Knowing me - body and self esteem	● To understand how body image is influenced by what we see ● To see how to try and support people who might have issues with their body image
Knowing me - unhealthy coping methods	● To recognise when a coping method is unhealthy ● To try and develop new methods to help us when things are hard
Knowing me - bereavement and grief	● To explore how loss, separation, divorce, and grief impact on people ● To explore ways that these feelings can be handled
RSE - acceptable vocabulary	● To explore the technical terms that are used around relationships and sex ● To understand why some of these terms are not appropriate to use
RSE - romance and attraction	● To understand some basics of romantic relationships

RSE - relationship values	• I can reflect on my own values around intimate relationships • I can identify when a relationship can be improved with effective communication or when the relationship is no-longer healthy and should be ended • I can suggest safe and constructive ways of ending relationships
Knowing me - divorce	• To explore reasons why people will get married • To understand different types of relationships • To explore what negatively impacts relationships • To explore the effects of relationships ending
RSE - What do I need to know?	• To recap previous learning about friendships and relationships • To recap knowledge about sexual reproduction • To consider what topics you want covered in future lessons.
RSE - myths, stereotypes and opinions	• To explore beliefs, values and feelings on issues related to sex and relationships • To challenge prejudice • To provide opportunities for reflection to dispel myths
RSE - Law, Sex and the internet	• To understand the laws surrounding the internet and relationships
RSE - contraception	• To understand what different types of contraception do
RSE - consent	• To be reminded it what the meaning of consent is • To understand how consent applies to romantic relationships
Citizenship - Different types of government	• To understand the words used for different types of governments • To see the strengths and weaknesses of each type
Citizenship - How British government works	• to understand how Britain's government works • To explore the strengths and weaknesses of Britain's government system • To consider what changes we could make
Citizenship - How the courts work	• To understand the different types of law courts in the UK and how they work • To consider how the courts keep justice as fair as possible