

PD Curriculum Summary as of September 2019

Year 8

TERM 1	
1	Connections A new school year, Just who do you think you are?
2	Connections Romance
3	Connections Unhealthy relationships
4	Connections Sexual exploitation
5	Naughty, naughty Self-assertion and negotiation
6	Naughty, naughty Sexting
7	Naughty, naughty Criminal exploitation -
8	Naughty, naughty Exploring attitudes and values
9	Naughty, naughty What can drugs do
10	Naughty, naughty Cannabis
11	Naughty, naughty Substances and the law!
12	Naughty, naughty Finding help and support / giving & receiving help
13	Work Related Learning Careers Personal Skills
14	Work Related Learning Decisions

TERM 2	
1	Work Related Learning Option form
2	Work Related Learning My Work priorities
3	Resilience Thoughts and feelings, self-talk
4	Resilience Thinking Brain – Mindsets
5	Resilience Accuracy of beliefs - Pessimistic Vs Optimistic
6	Resilience Putting it in perspective – Catastrophic thinking
7	Resilience Challenge unhelpful thinking – Use Evidence
8	Resilience Evidence thinking
9	Resilience Overcoming Emotions - Strategies to use in conflict
10	Resilience Coping strategies and visualised relaxation techniques
11	Resilience Body and self esteem
12	Resilience Self harm

TERM 3	
1	Resilience Eating disorders
2	Relationships and sex education Attraction sexuality and identity
3	Relationships and sex education Acceptable vocabulary
4	Relationships and sex education What do I need to know?
5	Relationships and sex education Myths, stereotypes opinions and discussion
6	Relationships and sex education The Law, Sex and The Internet
7	Relationships and sex education What does that do? Contraception
8	Relationships and sex education My thoughts and feelings about what it does?
9	Relationships and sex education Power of no - Unwanted pressure and consent
10	ACE WEEK
11	Health First aid
12	Health First aid CPR
13	Health Burns bleeds and choking