Year 8 RSE Overview Spring Term

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| Lesson | Content |
| 1 | **Introduction to RSE**   * Introduction to topics covered and ‘4Boys’ or ‘4Girls’ booklets, individual research task. |
| 2 | **Body Image**   * Major factors which Influence body image * Strategies for maintaining a positive body image |
| 3 | **Relationships**   * To identify key influences when starting a relationship. * To understand the importance of feeling comfortable and secure in a relationship. |
| 4 | **Sex and the Law**   * To know the laws linked to sexual activity. * To understand the consequences of taking part in sexual activity. |
| 5 | **Contraception**   * to understand what ‘safe sex’ is and know the risks from unprotected sexual activity. * To be able identify a range of contraceptive methods |
| 6 | **Mental Health (1) – Digital Resilience**   * Looking at the positives and negatives of social media * Strategies for using social media positively |
| 7 | **Mental Health (2) – Anxiety and Depression**   * To recognize the key features of anxiety and depression. * To be able to explain how an active healthy lifestyle can be a positive influence on mental wellbeing. |
| 8 | **Sleep**   * To understand the impact of sleep on health and wellbeing * Recognise healthy sleep patterns and identify factors which can reduce sleep quality |
| 9 | **Drugs**   * To understand the risks and laws relating to legal and illegal drugs. |
| 10 | **End of unit Assessment** |