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.
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| 2 | **Body Image*** Major factors which Influence body image
* Strategies for maintaining a positive body image
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| 3 | **Relationships*** To identify key influences when starting a relationship.
* To understand the importance of feeling comfortable and secure in a relationship.
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| 4 | **Sex and the Law*** To know the laws linked to sexual activity.
* To understand the consequences of taking part in sexual activity.
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| 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
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| 6 | **Mental Health (1) – Digital Resilience*** Looking at the positives and negatives of social media
* Strategies for using social media positively
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| 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.
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| 8 | **Sleep*** To understand the impact of sleep on health and wellbeing
* Recognise healthy sleep patterns and identify factors which can reduce sleep quality
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| 9 | **Drugs*** To understand the risks and laws relating to legal and illegal drugs.
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| 10 | **End of unit Assessment** |