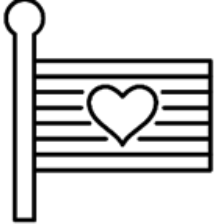


1. Sexuality and Gender

We begin Year 8 by exploring the difference between the key terms of **sex** and **gender**. We discuss the different types of **sexuality** and the common misconceptions and **prejudices** around sexual orientation and **gender identity**. We consider the challenges that the LGBT* community face **personally, in school and in wider society** and the issue of **HBT bullying**.



We investigate the requirements of the **Equality Act 2010** and consider our responsibilities to challenge **prejudice** and **discrimination** and to promote **respect** and **tolerance** to everyone.



Year 8

Term 1

2. Healthy Relationships (continued...)

Pupils will investigate the dangers of **online relationships** and understand the law relating to the **sharing of inappropriate images**. Pupils will know how to respond to request for images and finally consider the **role** that individuals have in relationships by exploring common **gender stereotypes** and how to challenge these and the **responsibilities** of parents/carers in raising children.



Term 2

2. Healthy Relationships

We start our topic of Healthy Relationships by considering the different types of **relationships**, their importance and how these can change throughout our lives. Pupils will be able to identify signs of **healthy** and **unhealthy**

relationships whilst also reflecting on their own personal **values** in romantic relationships. We will explore the different methods of **communication** and strategies to **manage conflict**.



Term 3

3. Healthy Lifestyles



We begin our topic by considering what it means to be healthy including **mental** and **physical** health. We explore the recommendations of **diet and exercise** whilst thinking about the potential **barriers** that may prevent someone from accessing a healthy balance for both diet and exercise and how these can be overcome. Pupils will know where to access safe and proven advice,



whilst being aware of the impact that the **media** can have on our physical and mental health and our perception of what is healthy. We will explore ways that we can promote our physical and mental health and protect ourselves from potential harm caused by media including **social media**, and know when to seek further support or advice for health-related concerns.

