

The Cowplain School – Personal Development Scheme of Work (Relationships, Sex and Health Education and Careers) Year 8

By the end of this year's work, I will understand the relationship I have with myself, my sense of identity, influences on me (including media and social media) and how these can impact on the decisions I make relating to my health, relationships, career options and future.

Area of study – as a result I will:	Lesson	Big Question:	Knowledge, understanding and ability to:	RSE and HE statutory guidance
1. Understand how to identify influences and differences and use these positively in my relationships	1	What is self-identity, and where does it come from?	1.1 Explain how personal beliefs can influence someone's self-identity	Families a,b, c, d & e Respectful relationships a, b, c & d Online and media a
			1.2 Give examples of some of the influences on people's self-identity	
	2	Does marriage matter?	1.3 Give examples of different people's beliefs about the importance of marriage	
			1.4 Give an example of how respecting someone's right to hold opinions different from mine could benefit a relationship	
2. Understand how respect and equality, or the lack of these, affects relationships	3	What do we mean by social injustice?	2.1 Give examples of social injustice	Respectful relationships a, b, c, d, f & h Being safe a Mental wellbeing b & f Physical health c
	4	How can each of us make the world a better place?	2.2 Describe how prejudice and discrimination can be challenged	
			2.3 Explain how making a positive contribution to a community can support someone's mental wellbeing	
3. Understand that choices I make now can affect my future	5	Can money buy us happiness?	3.1 Give examples of when money can be a positive or a negative factor in a person's life	Online and media a, b, c, d & h Mental wellbeing d, e & f Internet safety a
	6	What are employability skills and how can I develop mine?	3.2 Identify some employability skills I am developing	
	7	What careers choices do I need to be making now?	Careers: Post 16 options reminder. Subject choices in Year 8/9. Fast Tomato update	
	8	Can my social media actions now damage my future?	3.3 Explain how my online activity could both positively and negatively affect my future	
	9	What employment opportunities exist in our area?	Careers: Local and regional employment opportunities	

4. Understand how to manage risks to my health and wellbeing	10-12	How might peer group pressure influence my lifestyle choices?	4.1 Identify some of the influences that could impact negatively on a person's mental and physical health	Families g Respectful relationships a, f Mental wellbeing c, d, e & f Physical health a & b Drugs, alcohol and tobacco a, b, c, d, e & f Health and prevention a, b & d
			4.2 Explain how different substances can affect health	
	13	How can I stay safe and healthy?	4.3 Describe how to resist peer pressure when it could lead to unwanted risk	
			4.4 Demonstrate ways to help me stay healthy	
5. Understand how to recognise and manage the internal and external influences on my relationships	14	Does social media change the way I am?	5.1 Show how the media (including social media) could influence how I feel about myself	Respectful relationships a, b & d Online and media a, b, c, d & g Being safe a & b Mental wellbeing e Intimate relationships a & b Internet safety a & b
			5.2 Show how the media (including social media) could influence my relationships with others, positively or negatively	
	15	Do I control my relationships or do my relationships control me?	5.3 Identify relationship skills that are helpful for me to know and practise	
			5.4 Identify signs of coercive control in a relationship	
			5.5 Describe how people can get support if they are in controlling relationships	
	6. Understand factors that can make an intimate relationship happy and healthy	16	Why is sex so important to humans?	
6.2 List things people can do to help an intimate relationship with another person be positive				
17		What makes intimate relationships healthy?	6.3 Identify behaviours that can make an intimate relationship unhealthy or harmful	
			6.4 Identify where I can access support and help if I am concerned about a relationship issue	
7. Review what I have learnt this year in Personal Development	18	How clear is my career path going forwards?	Careers: Revisit Fast Tomato and update	
	19	What have I learnt in Personal Development this year?		