



Learning Journey: Year 8 Life - Long - Learning



Childline
0800 – 11
11



Careers Education – Autumn Term 1

- LMI
- The importance of having goals and aspirations?
- Introduction to Kudos
- Soft skills - Personality test. Who am I and how does this fit into my aspirations?
- Talk by NHS split talks - STEM subjects
- Talk by BBC or employer LMI link

Safety Education – Autumn Term 2

- Your rights and responsibilities online
- The benefits of balancing time spent on/offline with their own mental wellbeing
- Consider the effect their online actions have on others (sexting)
- How to stay safe online
- The impact of social media and online gaming
- The negative impact being online can have on mental health (trolling)



Relationships Education – Spring 1

- The characteristics of a good friendship on/offline
- The impact of negative friendships
- To identify if friendships are unhappy or unsafe, how to improve them and how to seek help or advice from others if needed
- Managing the rejection of friendship in a healthy way

Relationships and sexual health – Spring 2

- Forming intimate relationships.
- Diversity in sexual attraction
- Strategies for managing sexual pressures (sexting)
- Choices: to delay sex and enjoy the intimacy without sex
- Introducing Contraception - the Pill and the Condom



Health Education – Summer 1

- Body image
- Eating disorders - Anorexia
- Long-term effects of eating disorders - Binge eating
- The importance of work/life balance
- Time management

Mental health – Summer 2

- What do we mean by mental health?
- Recognising the early signs of mental wellbeing (Anxiety and Depression)
- How to talk using appropriate vocabulary
- The importance of being connected to others
- To identify how actions have a positive/negative effect on mental health
- To understand their role in helping others and recognizing those help signs

