

WELL-BEING Year 8 Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	<p>Milton Keynes – County lines, gang culture in MK</p> <p>Character – Developing aspects of Respect, Responsibility, Kindness</p>	<p>STEM – Investigating STEM related Jobs</p> <p>Character – Developing aspects of Respect, Responsibility, Kindness</p> <p>Sustainability – Environmental impacts of jobs/careers</p> <p>Milton Keynes – Jobs and businesses in Milton Keynes</p>	<p>Milton Keynes – Looking at how diverse Milton Keynes is, compared to the national average</p> <p>Character – Developing aspects of Respect, Responsibility, Kindness</p>	<p>Milton Keynes – Knowing where to seek help (services in MK)</p> <p>Character – Developing aspects of Respect, Responsibility, Kindness</p>	<p>Character – Developing aspects of Respect, Responsibility, Kindness</p>	<p>Character – Developing aspects of Respect, Responsibility, Kindness</p>
Learning End Points	<p>Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use</p> <p><i>What are the main effects of, and the laws relating to, alcohol, tobacco and other legal and illegal drugs?</i></p> <p>By the end of this unit students will know and understand:</p>	<p>Community and careers</p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p> <p><i>What are my options beyond school?</i></p> <p>By the end of this unit students will know and understand:</p>	<p>Discrimination</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p><i>What are the different forms of discrimination?</i></p>	<p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p> <p><i>How do we cope when our mental health is low?</i></p> <p>By the end of this unit students will know and understand:</p>	<p>Identity and relationships</p> <p>Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception</p> <p><i>What is the difference between Gender and sexuality?</i></p> <p>By the end of this unit students will</p>	<p>Digital literacy</p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p> <p><i>How do we stay safe online?</i></p> <p>By the end of this unit students will know and understand:</p>

	<ul style="list-style-type: none"> ➤ About medicinal and recreational drugs. ➤ About the over-consumption of energy drinks. ➤ About the relationship between habit and dependence. ➤ How to use over the counter and prescription medications safely. 	<ul style="list-style-type: none"> ➤ About equality of opportunity in life and work. ➤ About employment, self-employment and voluntary work. ➤ How to challenge stereotypes and discrimination in relation to work and pay. 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> ➤ How to manage influences on beliefs and decisions. ➤ About group-think and persuasion. ➤ How to develop self-worth and confidence. ➤ About gender identity, transphobia and gender-based discrimination. ➤ How to recognise and challenge homophobia and biphobia. ➤ How to recognise and challenge racism and religious discrimination. 	<ul style="list-style-type: none"> ➤ About attitudes towards mental health. ➤ How to challenge myths and stigma. ➤ About daily wellbeing. ➤ How to manage emotions. ➤ How to develop digital resilience. ➤ About unhealthy coping strategies (e.g. self-harm and eating disorders). ➤ About healthy coping strategies. 	<p>know and understand:</p> <ul style="list-style-type: none"> ➤ The qualities of positive, healthy relationships. ➤ How to demonstrate positive behaviours in healthy relationships. ➤ About gender identity and sexual orientation. ➤ About forming new partnerships and developing relationships. ➤ About the law in relation to consent. ➤ That the legal and moral duty is with the seeker of consent. ➤ About the risks of 'sexting' and how to manage requests or pressure to send an image. ➤ About basic forms of contraception, e.g. condom and pill. 	<ul style="list-style-type: none"> ➤ About online communication. ➤ How to use social networking sites safely. ➤ How to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation. ➤ About age restrictions when accessing different forms of media and how to make responsible decisions. ➤ How to protect financial security online. ➤ How to assess and manage risks in relation to gambling and chance-based transactions.
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Key Vocabulary	Recreational Substance Risk Medication Prescription	Equality Employment Self- Employment Discrimination Career	Influence Gender Identity Homophobia & Transphobia Discrimination Racism	Prejudice Stigma Mental Health Coping strategies Emotional Wellbeing	Healthy relationship Consent Influences Contraception	Online Security Gambling Grooming Media Support
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