Year 8 Wellbeing 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	**Character** – Developing aspects of Respect, Responsibility, Kindness. **Sustainability** – Climate change, wellbeing and environmental responsibility.	**Character** – Developing aspects of Respect, Responsibility, Kindness. **Milton Keynes** – Personal safety, risk management and making safe choices within the community.	**Milton Keynes** – Looking at how diverse Milton Keynes is compared to the national average. **Character** – Developing aspects of Respect, Responsibility, Kindness.	**Milton Keynes** – Knowing where to seek help and support. **Character** – Developing aspects of Respect, Responsibility, Kindness.	**Character** – Developing aspects of Respect, Responsibility, Kindness.	**Character** – Developing aspects of Respect, Responsibility, Kindness.
Learning End Points	**Health and Wellbeing** Healthy lifestyles, emotional wellbeing and preventative healthcare. *How can we take responsibility for our health and wellbeing?* By the end of this unit students will know and understand: • The importance of healthy eating and factors that influence food choices. • How to maintain good dental health. • The impact of sleep on physical,	**Personal Safety and Managing Risk** Personal safety, substance awareness and risk management. *How can we recognise, assess and manage risk?* By the end of this unit students will know and understand: • How to identify hazards and assess levels of risk. • How to stay safe around roads, waterways and fireworks.	**Belonging and Community** Community, inclusion, diversity and challenging stereotypes. *How can we contribute to inclusive and supportive communities?* By the end of this unit students will know and understand: • What communities are and why belonging matters. • How stereotypes, bias and discrimination affect	**The Online World** Online safety, financial harms and digital influence. *How does the online world influence our decisions?* By the end of this unit students will know and understand: • About online scams, fraud and financial harms. • How social media, influencers and advertising shape behaviour. • How algorithms influence opinions,	**Healthy and Unhealthy Relationships** Healthy relationships, consent and online safety. *What makes a healthy relationship?* By the end of this unit students will know and understand: • The characteristics of healthy and unhealthy relationships. • How stereotypes and media can influence relationship expectations.	**Managing Money** Banking, saving, spending and borrowing. *How can we manage money responsibly?* By the end of this unit students will know and understand: • Why bank accounts are important and how they work. • How to save, budget and plan for financial goals. • Different methods of spending and borrowing money. • The risks associated

	emotional and mental wellbeing. • How climate change can affect emotional wellbeing. • How to engage respectfully with differing viewpoints. • What HPV is and how vaccination protects health.	• How peer influence can affect decision-making. • The risks associated with caffeine, nicotine, tobacco, alcohol and vaping. • How advertising and social norms influence behaviour. • How to access support and make safe, informed decisions.	individuals and communities. • What protected characteristics are and why they matter. • How people can disagree respectfully whilst maintaining positive relationships. • The benefits of diversity, inclusion and allyship. • How to challenge prejudice and contribute positively to communities.	choices and online experiences. • How to critically evaluate online information and content. • How to seek support and stay safe online.	• About consent and personal boundaries. • About sexual harassment and harmful behaviours. • About the risks associated with sharing sexual images. • How to challenge harmful behaviours and seek support.	with debt and borrowing. • How financial choices affect future wellbeing. • How to make informed and responsible financial decisions.
Key Vocabulary	Healthy Lifestyle Wellbeing Sleep Climate Change HPV Vaccination	Risk Hazard Alcohol Nicotine Vaping	Community Inclusion Discrimination Stereotype Allyship	Algorithm Phishing Fraud Influencer Digital Literacy	Consent Boundaries Harassment Stereotypes Healthy Relationships	Budgeting Savings Interest Debt Bank Account