

| Year 8 SOW breakdown | | | |
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| Half Term | Topic | In this unit of work students learn... | Statutory guidance/personal development |
| Autumn 1 Relationships | Relationships skills Managing Relationships Media and relationships Social Media | <ul style="list-style-type: none"> • How to have a positive relationship with themselves • How their relationship with themselves can impact their relationships with others • What personal space is • Strategies to help them when they feel their personal space is being invaded • How the media can impact our views on different relationships • How to remain discerning when viewing relationships in the media • The laws around social media • How social media can impact our relationships • Strategies for maintaining control of our relationships | Respectful Relationships including Friendships <ul style="list-style-type: none"> • Positive relationships • Improving and supporting respectful relationships • Rights and responsibilities of being online • Laws surrounding online content St. Joseph's pupil profile <ul style="list-style-type: none"> • Loving • Compassionate • Generous • Discerning |
| Autumn 2 Health and wellbeing | Drugs and Alcohol Understanding legal and illegal drugs The effects of drug and alcohol misuse and pressures relating to this | <ul style="list-style-type: none"> • The difference between medicinal and recreational drugs • The difference between habit and dependence • The dangers of the over consumption of energy drinks and how that effects the body • How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • How to manage influences in relation to substance abuse • How to recognise and promote positive social norms and attitudes | Drugs, alcohol and tobacco <ul style="list-style-type: none"> • Risks of illegal drugs • Risks associated with alcohol • Addiction and dependency • Awareness of how prescription drugs can present health risks • Facts about the harms from smoking St. Joseph's pupil profile <ul style="list-style-type: none"> • Learned • Wise • Discerning • Prophetic |
| Spring 1 Living in the wider world | Community and careers Different types and patterns of work Equal opportunities in careers GCSE options process | <ul style="list-style-type: none"> • About equality and opportunity in life and work • How to challenge stereotypes and discrimination in relation to work and pay • The difference between employment, self-employment and voluntary work • How to set aspirational goals for future careers and challenge expectations that may limit choices • Labour market information | Careers <ul style="list-style-type: none"> • Equality in the workplace • Challenging stereotypes and discrimination • Set goals St. Joseph's pupil profile <ul style="list-style-type: none"> • Hopeful |

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| | | | <ul style="list-style-type: none"> • Learned • Curious |
| Spring 2 Relationships | Bullying and peer pressure Bullying vs. banter Cyberbullying Stereo typing Peer pressure and bullying | <ul style="list-style-type: none"> • What bullying is • The difference between bullying and banter • What cyberbullying is • The laws surrounding cyberbullying • The difference between racism and stereotyping • Why both stereotyping and being racist are not only cruel, but ridiculous as well as finer explanations about where the idea of 'race' came from. • Why people are sometimes peer pressured into bullying • How to maintain healthy friendships and why respect for others is important | Respectful Relationships including Friendships <ul style="list-style-type: none"> • Different types of bullying • How some types of behaviour in relationships can be criminal • The importance of respecting others St. Joseph's pupil profile <ul style="list-style-type: none"> • Loving • Compassionate • Generous • Prophetic |
| Summer 1 Living in the wider world | Government and democracy Understanding democracy Roles and responsibilities of those in government Different types of governance | <ul style="list-style-type: none"> • What democracy is • How the Government works including devolution of powers • The key roles and responsibilities of individuals in government • How to access careers in politics • Different types of governance including sovereignties • Ways in which citizens can get involved in the political process | Citizenship <ul style="list-style-type: none"> • Understanding democracy • British values • Different types of governance St. Joseph's pupil profile <ul style="list-style-type: none"> • Intentional • Curious • Eloquent |
| Summer 2 Health and wellbeing | Emotional wellbeing Mental health and emotional wellbeing Body image Coping strategies | <ul style="list-style-type: none"> • Different attitudes towards mental health • How to challenge myths and stigma surrounding mental health • How to look after our emotional and mental wellbeing • How to develop digital resilience • The dangers of unhealthy coping strategies e.g. self-harm and eating disorders • The benefits healthy coping strategies | Mental wellbeing <ul style="list-style-type: none"> • Talking about emotions sensitively and using appropriate vocabulary • Recognising early signs of mental wellbeing concerns • Types of mental illness St. Joseph's pupil profile <ul style="list-style-type: none"> • Loving • Compassionate • Eloquent • Attentive |