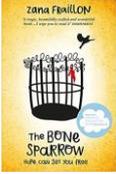
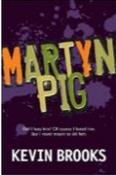


## Year 8 RSHE

### Key Learning

### Pre-Exposure Tasks

### Linked Fiction

Autumn 1	<p><b>Relationships</b>  <b>Why are families an important part of society?</b>            Recognise the range of types of families that exist in society. Consider why some may choose to adopt or foster. Understand why marriage is an important choice for many. Reflect on the roles and responsibilities of parents.</p>	<p>Go to <a href="https://learning.nspcc.org.uk/research-resources/leaflets/parent-leaflets">https://learning.nspcc.org.uk/research-resources/leaflets/parent-leaflets</a> to find 'NSPCC Parents Leaflets' which offer a range of helpful information packs concerning issues that may affect families.</p>	 <b>The Bone Sparrow</b> Zana Frallion
Autumn 2	<p><b>Health and Wellbeing</b>  <b>How can I live a healthy and balanced lifestyle?</b>            Focus on issues of health and wellbeing relevant to your own lives, including: strategies to manage emotions; the importance of sleep as part of a healthy lifestyle; the significance of a healthy diet; strategies to promote self-esteem.</p>	<p><a href="https://campaignresources.phe.gov.uk/schools">https://campaignresources.phe.gov.uk/schools</a>            Review the Public Health England website for a range of resources and information sheets linked to health issues that affect young people.            Consider whether there are changes that you could make to have a healthier sleep routine.</p>	 <b>Martyn Pig</b> Kevin Brooks
Spring	<p><b>Living in the Wider World</b>  <b>How can my online life influence my view of the world?</b>            Having an online life is a significant part of the lives of many young people. Learn to live wisely in this area. Develop an awareness of online risks and explore strategies to promote online safety. Consider the potential effects of social media on body image.</p>	<p><a href="https://www.internetmatters.org/">https://www.internetmatters.org/</a>            Review the Internet Matters website for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.</p>	 <b>In Real Life</b> Cory Doctorow
Summer	<p><b>Living in the Wider World</b>  <b>Am I digitally literate?</b>            Recognise specific risks of unrestricted intake of digital content. Consider how to distinguish between fake news and real news. Understand the dangers of radicalisation and grooming online. Recognise the risks linked to gaming and gambling online.</p>		 <b>Asha and the Spirit Bird</b> Jasbiner Blaim