



# Curriculum for Life

*'Preparing us for life beyond Trinity'*

		
Healthy Relationships	Health and Wellbeing	Living in the Wider World

Year 8 - Term 5 -







How do I maintain a healthy, safe relationship?

Name: \_\_\_\_\_

C4L Teacher(s): \_\_\_\_\_

Classroom: \_\_\_\_\_



<b>Health and Wellbeing</b> <i>How do I look after my mental wellbeing?</i>	<b>Healthy Relationships</b> <i>How do I identify and challenge discriminative behaviours?</i>	<b>Living in the Wider World</b> <i>What opportunities are out there?</i>
<p>This unit is about ensuring you understand what mental health is and the key signs to look for when recognising poor mental health. The unit will look at common mental health problems young people may face, healthy &amp; unhealthy strategies of coping with poor mental health &amp; where to seek support for these health issues.</p> 	<p>This unit will examine the types of discrimination that exist in society. We will look at racism, sexism, homophobia, transphobia and religious discrimination. This unit is about identifying unacceptable behaviour and the language we should and should not be using in society today. We will also look at how we can tackle discrimination, including the laws around discrimination.</p> 	<p>This unit is about developing an understanding of what working life is about. It will give you an insight into the career opportunities out there &amp; support you in setting aspirational goals for your future. This will support you in making choices later, such as your GCSE option choices.</p> 
<b>Health and Well Being</b> <i>How can my lifestyle choices impact my health?</i>	<b>Healthy Relationships</b> <i>What is identity &amp; how can I keep safe in relationships?</i>	<b>Living the Wider World</b> <i>How do I keep myself safe online?</i>
<p>This unit is about making good choices when it comes to your health. It will focus on the negative choices such as drugs, smoking &amp; alcohol and how these choices can be detrimental to your future and your health. It will also look at the laws surrounding these intoxicants.</p> 	<p>This unit will explore the concept of identity, including sexual and gender identity. It will examine some of the risks that come with an intimate relationship and the consequences and laws surrounding these risks.</p> 	<p>This unit is about ensuring you understand how to stay safe online. It will examine a range of issues such as private and public sharing, age restrictions, grooming and the world of online advertisements.</p> 

## Knowledge Organiser

Key Information	Key Terms	
<ul style="list-style-type: none"> <li>A healthy relationship should consist of Communication, Compromise and Commitment. Within this each person in the relationship should be honest, trusting, and respectful.</li> <li>It is illegal to have explicit images of someone under the age of 18 on your phone. This includes if the images are of yourself. This can result in a prison sentence of up to 10 years.</li> <li>Around 3.6 million people in the UK identify as homosexual (gay or lesbian).</li> <li>The Office for National Statistics estimates that there are between 200,000 – 500,000 trans people in the UK.</li> </ul>	Gay	Sexually attracted to people of one's own sex
	Bisexual	Not exclusively sexually attracted to people of one particular gender; attracted to both men and women
	Heterosexual	Sexually attracted to people of the opposite sex
	Asexual	Without sexual feelings
	Pansexual	Not limited in sexual choice with regard to biological sex, gender or gender identity
	Consent	Permission for something to happen or agreement to do something

## Access to support

- LGBTQ+ Support - <https://www.youngstonewall.org.uk>
- Rape Crisis - [rapecrisis.org.uk](http://rapecrisis.org.uk)
- Domestic Violence - <https://www.nationaldahelpline.org.uk/> (0808 2000247)

# Title: What is my identity?

Connect:

1.

2.

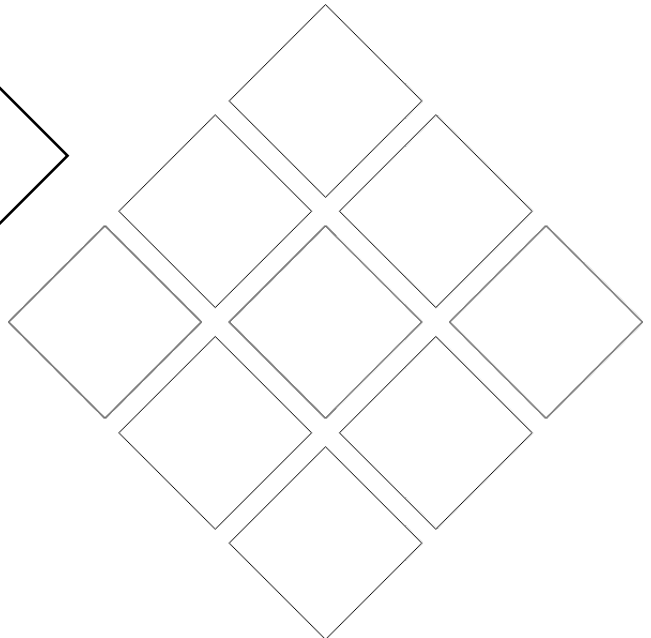


How would you describe the adults in the pictures above?

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9 characteristics that make me who I am:


Turn into a diamond 9



# Title: What is sexual orientation?

Connect: We came across these key terms in Term 2. How many can you correctly match up?		
Sexual Orientation		Refers to a man who has a romantic and/or sexual orientation towards men. Can be used in general for people who are attracted to the same gender.
Gay		Refers to a woman who has a sexual attraction towards women.
Lesbian		Being attracted to the opposite sex e.g Boys being attracted to girls
Bisexual		Not involving sexual activity, feelings, or associations; non-sexual.
Asexual		Describing a person's attraction to other people. For example - lesbian, gay, bi, ace and straight
Pansexual		Not limited in sexual choice with regard to biological sex, gender, or gender identity.
Straight		A romantic and/or sexual orientation towards more than one gender.

Sexual orientation is a way to describe your gender.	Sexual orientation is part of your identity.	You can tell someone's sexual orientation by just looking at them.
You can only be attracted to one gender.	<b>Find and fix:</b> <ol style="list-style-type: none"> <li>1. Decide if each statement is true or false</li> <li>2. Make amendments to the 'false' statements to make them true</li> </ol>	You might not be attracted to anyone at all.
Your sexual orientation is a choice you make.	You can't change who you are attracted to.	We don't know what causes someone's sexual orientation.

Write a reply to the worries on the slide, offering advice on coming out:

# Title: What is gender identity?

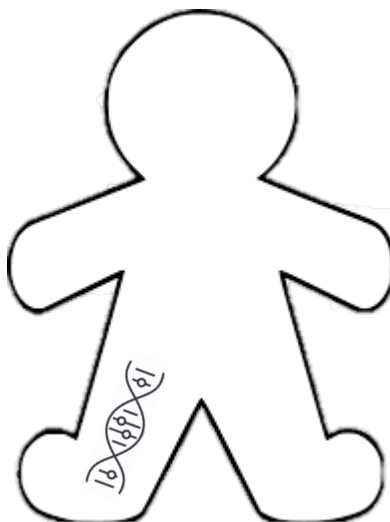
Connect:

1.

2.

Annotate / add drawings the outline of the body below to explain the difference between:

1. Sex characteristics
2. Gender identity
3. Gender expression



Match up the key words to their definition:

Trans

A person whose gender is outside of the categories 'woman' and 'man'.

Non-binary

A person whose gender is different to the one they were assigned at birth.


Cis

A person whose gender is different to the one they were assigned at birth

Video questions:

# Title: What are the laws surrounding consent?

Connect: Can you think of examples of when consent should be given?

 Consent: permission for something to happen or agreement to do something

Make a mind map:

When can people not give consent?

*Use a purple pen to add ideas from your class discussion*

Answer the questions in the bubbles below, using information from today's lesson to help you:

If I didn't say NO explicitly, did I therefore automatically give my consent?

I'm not sure whether I have someone's consent or not, what should I do?

How old do I need to be in order to give my consent?

If I gave my consent once, does it mean I consent later?



# Title: What is child on child abuse?

## Connect:



What is happening?

Why might this be happening?

What might the impact be?

### Type of abuse

### Definition

Physical abuse

Causing fear by intimidation, threatening physical harm to self, partner, children, or friends.

Sexual abuse

Undermining an individual's sense of self-worth and/or self-esteem including constant criticism or name-calling.

Emotional abuse

Making or attempt to make an individual financially dependent by maintaining total control over financial resources.

Economic abuse

Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc.

Psychological abuse

Coercing or attempting to coerce any sexual contact or behaviour without consent.

## Tick the boxes which are examples of sexual child-on-child abuse:

"Upskirting" (looking up a girl's skirt, or taking a photo).

Circulating nude photos of a peer.

Inappropriate touching.

Performing sexual acts without consent or permission.

Verbal abuse.

Showing someone respect.

Physically hitting someone.

Demanding or forcing someone to send you nude pictures.

Shaming someone.

Controlling behaviour.

Being supportive.

Making someone feel guilty.

## Make a list of all the places you could go to for support:

- 
- 
- 
-

# Title: What are the basic forms of contraception?

Connect: What types of contraception can you name?



Benefits of condoms

Drawbacks of condoms

Benefits of the combined pill

Drawbacks of the combined pill



# Title: What are the risks of sexting?

Knowledge Recall – these questions are from all the lessons we've covered this term

1. What does bisexual mean?

- a) Not having sexual attraction to any gender      b) a woman who has a sexual attraction towards women  
 c) a romantic orientation towards more than one gender

2. The age of consent to any form of sexual activity is what for both men and women?

- a) 13      b) 16      c) 18

3. Which form of contraception stops pregnancy and STIs?

- a) Condoms      b) Combined pill      c) No form of contraception can stop both

Why do you think Abi sent the images?	What are the consequences for Abi?	What are the consequences for John and the other boy?

Code the consequences below into social implications and legal implications:

Key → social = ● legal = ▲

Risk receiving criminal charges for child pornography	Embarrassment and humiliation	Loss of friendships
Feelings of guilt and shame	Risk having to register as a sex offender	Bullying
Experience feelings of hopelessness	Risk having to foster care or being removed from home	Risk exposing parents to legal consequences

