



# Year 8 Personal Development

## Autumn Term 2

- Healthy behaviours in relationships
- Gender and stereotypes

## Spring Term 2

- Alcohol
- Drugs

## Summer Term 2

- Understanding the components of good health

## Spring 1

## Spring Term 1

- Social media
- Body image in the digital world
- Puberty and society

## Summer 1

## Summer Term 1

- Promoting emotional wellbeing

## Autumn Term 1

- Personal strengths for employment
- Basic life support

## What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World

