



Personal Development 2024 Overview – Year 8

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

AUTUMN HALF TERM 1 :	
Introduction to Personal Development	This introductory lessons focuses on understanding Personal Development and its importance. Within this introductory lesson the class with teacher support will establish the ground rules for Personal Development lessons considering that sensitive topics will be addressed. This lesson addresses Safeguarding and Support at SARCHS.
Caffeine	This is the first of three lessons for lower key stage 3, providing age-appropriate knowledge about substance use and the understanding and skills to manage influences young people experience in relation to smoking/vaping, alcohol and other drugs. This lesson introduces concepts of substance use through a focus on the risks and effects of caffeine consumption.
Smoking/Vaping	This is the second of three lessons focusing on specific risks relating to tobacco and nicotine product use. In addition this lesson explores the consequences of vaping and the strategies to manage influences that might impact young people's behaviour relating to smoking/vaping.
Alcohol & Risk	This lesson focuses on specific risks relating to alcohol use and challenges some of the perceived social norms about drinking alcohol.