

Year 8 Lifeskills: Semester Two 2017

Week	Topic	Learning Focus	* Understanding
1 - 2	ILP Review	Students will review their ILP developed earlier in the year, with regard to achievements, anything that is blocking their goals, and develop new goals where appropriate.	
3	What is a drug	Students will understand the different sorts of drugs, and that all drugs can cause harm if misused	
4	Alcohol and the effects on the body	Students will understand what alcohol is and how it affects the body, and become familiar with laws regarding alcohol	
5	Party behaviours and alcohol	Students will consider the relationship between levels of alcohol use and risk of harm to self and others	
6	Use of illicit drugs	Students will explore patterns of use of different drugs and understand that illicit drug use isn't the norm among teenagers or adults.	
7	Tobacco	Students will understand the health risks associated with smoking and consider the pressures influencing teenagers to smoke or not to smoke	
8	Cannabis	Students will understand how cannabis affects the body and that is an unpredictable and illicit drug.	
9	Risk Reduction	Students will understand that the risks associated with drug use will vary between people, situations and drugs.	

Note: This document is subject to change as teachers adapt to meet the needs of their individual students and circumstances.

10	Influences on drug use	Students will explore media portrayal of teenage drug use, and social influence on drug use	
11	Avoiding risky behaviour / ILP Review	Students will participate in scenarios involving young people and decision making about drugs. Students will also review their progress on their ILP goals.	
12 - 13	Understanding our bodies	Students will understand the physical and emotional changes during puberty and adolescence	
14 - 15	Developing relationships	Students will discuss the various relationships people have, and explore the qualities of a healthy relationship. They will discuss strategies to build healthy relationships, and how to deal with unhealthy relationships.	
16 - 17	Contraception	Students will be able to name methods of safe sex and describe a variety of contraceptive methods.	
18	Unplanned pregnancy	Students will discuss the risks and options associated with an unplanned pregnancy	
19	Sexually transmitted infections	Students will increase their awareness of a range of sexually transmitted infections and how to avoid them	
20	Post Test / Review of ILP	Students will check their understanding of the term's content, and will review their achievement of their ILP goals.	

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