

Year 8 Lifeskills: Semester Two 2018

Week	Topic	Learning Focus	Health 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.	Investigate how the use of a range of learning strategies can be monitored, evaluated and re-directed as necessary (VCCCTM052)
3 - 4	Understanding our bodies	Students will understand the physical and emotional changes during puberty and adolescence	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
5 - 6	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.	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
7 - 8	Contraception	Students will be able to name methods of safe sex and describe a variety of contraceptive methods.	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
9	Unplanned pregnancy	Students will discuss the risks and options associated with an unplanned pregnancy	Investigate and select strategies to promote health, safety and wellbeing(VCHPEP126)
10	Sexually transmitted infections	Students will increase their awareness of a range of sexually transmitted infections and how to avoid them	Investigate and select strategies to promote health, safety and wellbeing(VCHPEP126)
11	What is a drug	Students will understand the different sorts of drugs, and that all drugs can cause harm if misused	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
12	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	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)

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

13	Party behaviours and alcohol	Students will consider the relationship between levels of alcohol use and risk of harm to self and others	Investigate and select strategies to promote health, safety and wellbeing(VCHPEP126)
14	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.	Examine barriers to seeking support and evaluate strategies to overcome these(VCHPEP125)
15	Tobacco	Students will understand the health risks associated with smoking and consider the pressures influencing teenagers to smoke or not to smoke	Develop skills to evaluate health information and express health concerns(VCHPEP129)
16	Cannabis	Students will understand how cannabis affects the body and that is an unpredictable and illicit drug.	Develop skills to evaluate health information and express health concerns(VCHPEP129)
18	Risk Reduction	Students will understand that the risks associated with drug use will vary between people, situations and drugs.	Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)
19	Influences on drug use	Students will explore media portrayal of teenage drug use, and social influence on drug use	Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)
20	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.	Investigate and select strategies to promote health, safety and wellbeing(VCHPEP126)

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