

## Meadow Park Year 8 Plan 2025/26

	<b>Term 1: Life Beyond School</b>	
	Proud to be me - 01 - Employability & Enterprise Skills Proud to be me - 02 - Proud to be me Proud to be me - 03 - Careers and Aspirations Proud to be me - 04 - Self Esteem and the Media Proud to be me - 05 - The Importance of Happiness Proud to be me - 06 - What Makes Me Angry Essential Life Skills - 07 - Social Media and Online Stress	
	<b>Term 2: Relationships and Education</b>	
	Identity, Relationships & Sex Education - 01 - Relationships and Sex Education Identity, Relationships & Sex Education - 02 - Being Yourself & Self-Love Identity, Relationships & Sex Education - 03 - Healthy Respectful Relationships Identity, Relationships & Sex Education - 04 - What is Love	
	<b>Term 3: Staying Safe, Online &amp; Offline</b>	
	Dangerous Society Online & Offline - 01 - County Lines - What is it Dangerous Society Online & Offline - 02 - County Lines - Who is at Risk Dangerous Society Online & Offline - 05 - Online Grooming	
	<b>Term 4: Life Beyond School</b>	
	Careers Month – 01- Uni Frog Careers Month – 02- Uni Frog Careers Month – 03 - Uni Frog	
	<b>Term 5: Health &amp; Wellbeing</b>	
	Physical Health & Mental Wellbeing - 01 - Health and Wellbeing Physical Health & Mental Wellbeing - 02 - What is Mental Health? Physical Health & Mental Wellbeing - 03 - Positive Body Image	
	<b>Term 6: Health &amp; Wellbeing</b>	
	Physical Health & Mental Wellbeing - 04 - Child Abuse Physical Health & Mental Wellbeing - 05 - Types of Bullying Physical Health & Mental Wellbeing - 06 - Healthy Eating and Cholesterol Physical Health & Mental Wellbeing - 07 - Stress Management	