



# LIFE LONG LEARNING – YEAR 8

<b>Topic Title:</b> Cultural Diversity	<b>Why am I learning this topic?</b> Cultural diversity and migration are two topical issues in the UK media. This topic will look at what cultural diversity is the positives it can bring to society.
<b>Key concepts:</b>	Identity, Stereotyping and Prejudice, Diversity, Discrimination, Equality, Tension in society
<b>Key Knowledge:</b>	What culture is and the cultural diversity that exists in the UK. From this it is important to appreciate the positives cultural diversity brings in society. This topic also looks at what migration is and the current migration issues taking place in the UK.
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy
<b>Links to other Life Long Learning topics:</b>	Self-esteem, Healthy relationships, community

<b>Topic Title:</b> Self Esteem	<b>Why am I learning this topic?</b> In today's society social media plays a huge role in our daily lives. The images we see on our screens often lead us to question our own appearance and consequently self-esteem. This unit will look at the impacts of social media on our self-esteem and how we can make subtle changes to boost our self-esteem.
<b>Key concepts:</b>	Self Esteem, Role of social media on self esteem, Body Image
<b>Key Knowledge:</b>	What self-esteem is, factors that have changed it over time, how we can build self-esteem and the role social media plays on a person's self-esteem.
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy
<b>Links to other Life Long Learning topics:</b>	Healthy diet, Healthy relationships

<b>Topic Title:</b> Healthy Diet	<b>Why am I learning this topic?</b> There are great temptations in today's society surrounding the food we eat and activities we partake in. Sometimes too much of things we enjoy can lead to an unhealthy lifestyle. This unit will look at what you can do to lead a healthy lifestyle.
<b>Key concepts:</b>	A healthy diet, impacts of too much sugar, creating a healthy plate of food, impacts of an unhealthy lifestyle, Tooth decay
<b>Key Knowledge:</b>	The issues created if you do not have a healthy diet, the issues of having too much sugar in your diet and how you can create a healthy food plate
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy
<b>Links to other Life Long Learning topics:</b>	Healthy relationships, self-esteem

<b>Topic Title:</b> Staying Safe Online	<b>Why am I learning this topic?</b> The use of social media, be on a phone or on a computer is a big part of our daily lives. It is important to understand how to stay safe from dangers online and this unit will look at how to do this.
<b>Key concepts:</b>	Dangers of social media and the digital World, Online images, Privacy settings, Sexting
<b>Key Knowledge:</b>	Understanding the risks associated with online behaviour and the consequences of sharing information online. The impacts of risky online situations on a person's self-esteem. An explanation of how you can stay safe online and how to make your settings private. The unit ends by looking at the definition of sexting and the impacts of this activity.
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy
<b>Links to other Life Long Learning topics:</b>	Self-esteem, Healthy relationships



<b>Topic Title:</b> Healthy relationships	<b>Why am I learning this topic?</b> The relationships we have with other people help to shape who we are. This unit looks at what healthy relationships with other people in our lives looks like so you are able to make a judgement on what is and isn't a healthy relationship – both now and in the future.
<b>Key concepts:</b>	The makings of a healthy relationship, unhealthy relationships, relationships with friends, peers and family members, emotions we face in life, dealing with emotions, LGBTQ, respect, equality
<b>Key Knowledge:</b>	The characteristics of healthy and unhealthy relationships. To explain what a healthy relationship with a family member (parents, siblings), peers and members of the opposite looks like. To understand that feeling emotion is normal and sometimes we may face emotions that we haven't before E.g. anger, loneliness, grief
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy, judgement
<b>Links to other Life Long Learning topics:</b>	Self-esteem, emotional well-being

<b>Topic Title:</b> Community	<b>Why am I learning this topic?</b> At a time when the environment is in constant threat from human action and when society can have great tension between its people it is important to understand how we can all work together in one community and to share the living environment we have. This unit looks at how we can all work in one community together and what it means to be a global citizen.
<b>Key concepts:</b>	What is a community? Problems within a community, how to create a better community, responsibilities within a community, being an active citizen, respect, equality, discrimination
<b>Key Knowledge:</b>	The problems associated with society and how we can overcome these to resolve the problems in the community. To know what we can do to be active citizens and to pay a role in the community in which we live in – at local, national and global level. To explain what we can do to look after elderly members in the community and how to deal with discrimination against age, gender, race and religion.
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy, judgement
<b>Links to other Life Long Learning topics:</b>	Staying safe online, healthy relationships, Financial education

<b>Topic Title:</b> Financial Education	<b>Why am I learning this topic?</b> This unit will teach you vital skills you need beyond school related to banking, currency, interest rates and tax – all important aspects of an adult life.
<b>Key concepts:</b>	UK Banking systems currency, savings accounts/interest, UK taxes, Entrepreneurship, Team Building, Presentation skills
<b>Key Knowledge:</b>	To gain an understanding of different currencies in the world and the value they have. To understand the basics of the tax system in the UK and how this will affect you as you go out to work in the future.
<b>Key Skills:</b>	Explanation, discussion, evaluative, numerical and using data
<b>Links to other Life Long Learning topics:</b>	Community

<b>Topic Title:</b> Drugs and Alcohol	<b>Why am I learning this topic?</b> As you grow up you will be faced with many peer pressures surrounding drugs and alcohol. Some of these pressures you will want to experience, others you may not want to. This unit gives you a rounded knowledge of the impacts of consuming drugs and alcohol so that you can make your own informed decision. It will also help you to learn how to overcome the peer pressure you will face.
<b>Key concepts:</b>	Reasons for consumption, dangers of consuming too much, differences between illegal and legal drugs, impacts of drugs and alcohol, related laws
<b>Key Knowledge:</b>	To know why people consume drugs and alcohol, to explain the impacts of consuming too much alcohol and to know the differences of illegal and legal drugs with the consequences of taking both.
<b>Key Skills:</b>	Explanation, discussion, evaluative, empathy, judgement
<b>Links to other Life Long Learning topics:</b>	Emotional well-being, healthy relationships, self-esteem