



# Fundamentals –Year 8 Values

Knowledge and understanding	Skills
<p><b>HEALTH AND WELLBEING</b>  <u>Emotional wellbeing</u>            Mental health and emotional wellbeing            Body image and coping strategies  <u>Drugs and alcohol</u>            Alcohol and drug misuse and pressures relating to drug use</p>	<p>Expressing opinions            Expressing other viewpoints            Evaluating viewpoints            Reflection            Discussion            Listening            Teamwork and enterprise            Respect            Tolerance            Respect            Self-regulation            Critical ability            Empathy            Keeping safe            Comparing            Assertiveness            Resilience</p>
<p><b>LIVING IN THE WIDER WORLD</b>  <u>Community and careers</u>            Equality of opportunity in careers and life choices            Different types and patterns of work  <u>Digital literacy</u>            Online safety            Digital literacy            Media reliability            Gambling hooks</p>	
<p><b>RELATIONSHIPS</b>  <u>Discrimination</u>            Racism            Religious discrimination            Disability discrimination            Sexism            Homophobia            Biphobia            Transphobia  <u>Identity and relationships</u>            Gender identity            Sexual orientation            Consent            'Sexting'            An introduction to contraception</p>	
<p><b>BELIEVING</b>  <u>Is death the end?</u>            Christian beliefs about life after death            Immortality of the soul v. resurrection of the body            Features of Christian and secular funeral services            Which is more important – this life or the life to come?            Buddhism – samsara            Karma / Kamma            Humanist views</p>	
<p><b>LIVING</b>  <u>Does religion help people to be good?</u>            Does belonging to a religious community help someone to be 'good'?            Sewa – Sikhism            Comparing religious moral rules and non-religious            What is good about the Buddhist communal life?            The importance of submission in Islam            Reasons why people may say 'yes/no' to the key question.</p>	