



# 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>	
<p><b>EXPRESSING</b>  <u>Spirited Arts</u>            What does it mean to say a person is spiritual?            How do religions express themselves through visual art?            What can be learned from music spirituality?            What do Muslim artists contribute to the community?            What is the point of sand mandalas?            How can I express my own beliefs?</p>	