

	YEAR 8	LEVEL 7
	Subject Focus: Intrapersonal and Interpersonal awareness	
1	I can introduce myself to my peers and teacher and share some of my interests, likes and dislikes.	
2	I can appreciate the importance of ground rules for effective group functioning.	
3	I can share my ideas and opinions to establish ground rules for the group.	
4	I can recognize the importance of skills developed through PSCD lessons within different settings.	
5	I can talk about the way I behave in groups.	
6	I can describe the importance of working in a team and explain how people can have different roles within a group.	
7	I can recognize that differences and similarities between people, arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, sexual orientation, disability and others.	
8	I recognise that my words and behaviour can affect other people's feelings.	
9	I can describe what prejudice and stereotypes mean.	
10	I can recognise the importance of challenging prejudice and stereotypes.	
	Subject Focus: Career Exploration and Planning	
1	I can assertively and persuasively talk about myself.	
2	I can recognize those qualities, skills and interests that make me a unique individual.	
3	I can recognize that the way I see and value myself affects my self-confidence, self-esteem and behaviour.	
4	I can recognize the importance of study time and time dedicated to leisure.	
5	I can recognize the importance of managing my time appropriately.	
6	I can talk or demonstrate the amount of time I spend on different tasks during the day.	
7	I can show that I am capable of selecting and describing learning strategies that take account my own learning preference.	
8	I can show that I am able to prepare a balanced programme of study.	
9	I can reflect and talk about the different skills required to take decisions.	
10	I can recognize the importance of reflecting about my skills, wants and capabilities before selecting a new subject.	

Subject Focus: Health, Safety and Well being	
1	I can articulate and talk about my values.
2	I can recognize that people around me have different values which might not be compatible with my own.
3	I can describe why values influence my feelings and decisions.
4	I can recognize that people can be bullied due to their cultural, ethnic, racial, religious, gender and sexual diversity.
5	I can articulate how people feel when they are bullied.
6	I can list different things I can do to help someone who is being bullied.
7	I can describe what type of communication is acceptable and unacceptable on social networking sites.
8	I can talk about the consequences of cyber bullying and online harassment.
9	I can list the trusted adults where I can seek help when I feel that I am being bullied or harassed.
10	I can list the agencies or helplines where I can seek assistance when I feel that I am being bullied or harassed.
11	I can distinguish between legal and illegal drugs.
12	I can contribute to the discussion about marijuana and inhalants.
13	I can recognize that the abuse and misuse of drugs affects one's physical, emotional, social and financial wellbeing.
14	I can recognize that the abuse or misuse of drugs affects the family and the community at large.
15	I can explain the value of making decisions that help me to be well and stay well.
16	I can list the agencies where people can seek help if they are addicted to legal or/and illegal drugs.
17	I can recognize that there is pressure on youths to make use of legal or illegal drugs.
18	I can demonstrate how to be assertive and take positive decisions to safe guard my own safety.
19	I can talk about the different types of family relationships.
20	I can recognize that different family members have different roles and responsibilities.

21	I can discuss why media has a great influence on the way young people look and behave.
22	I can explain some ways that media could affect ways in which boys/men and girls/women might be viewed and treated.
23	I can recognize that bulimia and anorexia affect one's physical, emotional and social wellbeing.
24	I can list the agencies where people can seek help if they suffer from any kind of eating disorder.
25	I can list the healthy choices I make in food and appearance.
26	I can talk about the positive aspects of sexuality.
27	I can explain the changes that occur during puberty.
28	I can discuss the different stages of conception and pregnancy.
29	I can discuss how puberty offers different challenges to different people.
30	I recognize that my feelings and reactions can change depending upon what is happening within and around me.
31	I can list the short term and long term consequences of teen pregnancy.
32	I can recognize the responsibilities associated with being pregnant and having a new born.
33	I can list the agencies where people can seek help if they are pregnancy when still in school.
34	I can demonstrate how my decisions and those of others can positively or negatively affect the environment.
35	I can give positive feedback to the students in my group.

BROAD LEARNING OUTCOMES

Year 8

1. I can talk about the importance of expressing different emotions and how to deal them effectively.
2. I can talk about study skills, habits and my preferred ways of learning, where to get accurate and reliable information to make informed choices.
3. I can define and identify values that are important to me and to others around me and know that my values effect my behaviour and attitude towards life (e.g. accepting difference in people of different cultures and life patterns, online behaviour, responsibility in sexual relationships and contributing to a sustainable environment).
4. I can recognise how bullying due to prejudice and discrimination effects persons of different cultures, gender, sexualities, disability and age.
5. I can distinguish between legal and illegal substances and have some understanding of their effects and their associated risks (e.g. volatile substances, marijuana, e-cigarettes and others).
6. I can identify how the media can influence the perceptions of how a person should look like and behave (e.g. body image, poor self-esteem, anorexia, and bulimia).
7. I can identify the changes taking place during puberty and how these effect the emotional and psychological well-being of the person.
8. I can analyse the process of conception and pregnancy.