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| **Year 8 Unit 1** | **Road Map** | | | | | |
| In this unit you will investigate respect and understanding for yourself. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
| Pre topic assessment score | |  | | | |
| Post topic assessment score | |  | | | |
| **Themes** | **Learning Goals/Outcomes/Content** | | | R | A | G |
| Emotional Literacy – Why is self awareness and sensitivity important? | LG1: Identify ways we can work on our sensitivity and self awareness and apply our learning to a case study.  LG2: Describe in detail how we can improve our self awareness and sensitivity and how this can help us improve relationships.  LG3: Explain in detail how we can sensitively handle strong emotions and which tips are most useful for particular people. | | |  |  |  |
| Why do we need self esteem and how do we build it up? | LG1: Correctly identify ways students can help their self-esteem to improve and describe which piece of advice fits each case study.  LG2: Explain how a person could directly apply your advice to their personal situation using detailed examples.  LG3: Analyse the root cause of each persons self esteem and which piece of advice would be most and least useful to them explaining why you think this. | | |  |  |  |
| How can we keep good mental health and be resilient? | LG1: Correctly identify coping strategies that could aid our resilience in stressful situations.  LG2: Describe what each of the different coping strategies for resilience means.  LG3: Explain how we can apply the different coping strategies throughout life to enable us to be resilient | | |  |  |  |

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