

# Immaculate Conception High School

## Grade 8 HFLE Programme

### Term 1

<i>WEEKS</i>	<i>TOPICS</i>	<i>OBJECTIVES</i>
1&2	The Skin you are In Value: caring, respect Life Skill: Self Awareness, Coping Skills (Pandemic etc)	Students should be able to: 1. Explore the concept of body image 2. State at least 2 pressures they face about physical appearance 3. Identify at least one spiritual trait they possess 4. Say why you are grateful for one personal quality you possess 5. Define Coping Skills and share the skills we have been employing in our current situation
3&4	Knowing My Career Value:	Students should be able to: 1. State the value within the community of their selected careers of interest 2. Describe the skills that they will utilize in their chosen career 3. Explore jobs options within their careers of interest 4. Display the willingness to explore the values needed when making career decisions
6&7	My Family My Society	Students should be able to: 1. Explain the family as the integral unit of the society 2. Describe the main role of the family as raising responsible citizens 3. Identify and discuss family values that impact the wider society 4. Identify personal behaviors that affect their relationship with family members
8&9	Strengthening the Family Bond Value:	Students should be able to: 1. List at least 3 activities that families engage in together 2. Explain at least two ways in which they can communicate within the family 3. Express willingness to engage in family bonding activities eg. Conversations with siblings & parents and arranging interest activities
10& 11	Managing Our Feelings	1. Recognize and Identify your feelings. 2. Express their feelings without causing harm to self, others or property.

		3. Give at least 3 reasons for the strong feelings that they have had.
Term 2		
1&2	Coping with Challenging Situation	<ol style="list-style-type: none"> <li>1. Identify some situations that may be difficult to cope with</li> <li>2. Demonstrate coping skills when faced with challenging situations</li> <li>3. Explore appropriate responses to challenging situations</li> </ol>
3	GANGING UP	<ol style="list-style-type: none"> <li>1. Define the term gang</li> <li>2. Identify at least 3 consequences of being in a gang</li> <li>3. State the reasons why young people join gangs</li> <li>4. Use critical thinking skills &amp; decision making skills when choosing friends</li> </ol>
4	I am not a Chimney	<ol style="list-style-type: none"> <li>1. Explain the term Addiction</li> <li>2. Explain some of the effects of smoking</li> <li>3. Demonstrate critical thinking skills and decision making skills when they face pressure to use drugs</li> <li>4.</li> </ol>
5&6	Exploring different Careers	<ol style="list-style-type: none"> <li>1. Identify at least 5 career interest</li> <li>2. Link all the possible skills and abilities needed for each career</li> <li>3. Evaluate your strengths</li> <li>4. Consider areas of improvement</li> <li>5. Think ahead and set goals</li> </ol>
7&8	Respecting Differences	<ol style="list-style-type: none"> <li>1. Define the term diversity.</li> <li>2. Identify similarities and differences among people.</li> <li>3. Explore some of the reasons why people may be stigmatized and experience discrimination.</li> <li>4. Evaluate the importance of tolerance and respect in building healthy relationships</li> </ol>