The Garibaldi School – Medium Term Curriculum Overview   Department: Personal Development Year Group: 8   Half Term: 5

What is the point of the learning in this half term? Why are students learning it? How does it fit into the 7 Year journey? INTENT: This is a unit of work based upon the study of Body Image and Appearance Ideals, as well as looking at the role and the negative effects of social media. Students will explore the different forms of media and how body image is presented, whilst also considering the effects of body image and appearance ideals on mental health. They will acquire knowledge of body-shaming, including different phrases they may have heard or said themselves, but considering the serious consequences these can have on one's mental health. They will use this knowledge to reflect on how they can identify body-shaming, where to go to report it and also that the media doesn't always portray a healthy and happy way of living.

Interleaving and Retrieval Opportunities	Key Core Learning (Knowledge and Skills) What should be transferred into long term memory?	Enriched Knowledge
What should students already know?	What do you want students to know?	How will you ensure that you make learning relevant to the world we live in?
In HT4, Y7 students will have had sessions delivered to them around Diversity. This will have given them the foundations in knowledge to understand the differences between people, whether race, religion or sexuality, and be able to use this knowledge to support differences between body sizes and image. Within the Garibaldi KS3 learning journey, students will also be building on their knowledge of how to be respectful to others. In y8 HT3, they will study Relationships as part of their RSE provision. This will allow students to understand how to treat others, whether friends, family or peers, directly linking to this module on body image and appearance ideals. These skills also directly link to the KS4 journey of SRE, where y9 and y10 students will be educated on the importance of consent in sex. This is to prepare students for adult relationships, as well as a fundamental understanding of the laws around respecting others, specifically in sexual relationships.	Students will be aware of what body image and appearance ideals are, and also how to break stereotypes associated with appearance ideals, based on information they see in the media. As well as understanding how to identify body image and appearance ideals, students will be able to understand what negative body talk is, making sure they know and understand how to stand up against body talk, or where to go if they need further support. Students will begin to understand the serious effects of body talk on mental health, and that the consequences of nasty words can have serious effects on a person. LESSONS and CONTENT: L24 **Body Image** 1.Appearance Ideals & Banish Body Talk H3 2.Appearance & the Media H12 3.Confront Body Shaming & H5, Influences on Eating R7, 4.Change Appearance Attitudes H1, 5.Safeguarding, inc. Self-Harming H18, 6. When things go wrong online (where to go) H11, H8 L27 Students will learn: • How appearance ideals and body talk can be damaging to young people • How the media portray different appearance ideals and relationship standards • How we can confront body shaming • How the way the media portrays bodies can cause influences on someone's eating.	**LINKS TO SUPPORT AN AMBITIOUS CURRICULUM** **Cyber crime:** https://nerccu.police.uk/education/lesson-plans/ **Dove, Body Confidence:** https://www.dove.com/uk/dove-self-esteem-project.html

	- How we can alter the way we look at ourselves and not focus on the visual aspects - How eating disorders and self-harming can impact someone and how to support someone going through this. - What is cyber security, how can we fall a victim to it, and how to raise the alarm when it does happen. - Risks of social media.	
Future Learning The students next scheme of work is Fundamental British Values.	Application of knowledge Students will understand appearance ideals and the impact of body image on individuals. They will understand the portrayal of the media with this and this can negatively impact mental health but also how to provide support to those experiencing self-harm or eating disorders	