

Year 8	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Created and Chosen (wb 14/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-1/created-and-chosen/	We are not accidents or afterthoughts, but created intentionally and loved by God. Our dignity is rooted in this truth and cannot be earned or taken away.	Human dignity
Theme 2	Me, My Body, My Dignity	Appreciating Differences (wb 28/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-2/appreciating-differences/	Understanding our identity includes recognising male and female differences and learning to root our sense of self in being created in God's image.	Gender, stereotypes and identity in God's image
Theme 3	Wellbeing and Health	Feelings (wb 12/10) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-3/feelings/	Managing sexual feelings and attraction requires self-control, patience and respect for ourselves and others.	Sexual attraction and feelings
		Keeping Well - Part 2 (wb 2/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-4/keeping-well-part-2/	Understanding our mental health and emotional wellbeing helps us respond wisely to everyday challenges and build resilience.	Mental health and emotional literacy
Theme 4	Life Cycles	Before I Was Born (16/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-5/before-i-was-born/	Reflecting on life in the womb reveals both its beauty and fragility, deepening our respect for human life from its earliest beginnings.	Human reproduction
Theme 5	Personal Relationships	Tough Relationships (wb 30/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-6/tough-relationships/	In real-life relationships, learning to practise tolerance, kindness and forgiveness helps us grow in maturity and respect.	Prejudice, relationships and tolerance
Theme 6	Online Awareness	Think Before You Share (wb 14/12) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-7/think-before-you-share/	Sharing images and information carries responsibility. Treating ourselves and others with dignity online means thinking before we post, comment or forward content.	Online safety awareness
Theme 7	Living in the Wider World	Wider World (wb 4/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-8/wider-world/	Recognising unjust discrimination in our world challenges us to examine our own attitudes and behaviour, and to choose fairness and respect.	Prejudice, discrimination and bullying

Theme 8	Safe and Well	Basic First Aid - Part 2 (wb 18/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-8/t-9/basic-first-aid-part-2/	Being prepared to respond when someone feels unwell helps us act with confidence and compassion in everyday situations.	Basic first aid
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