

- Describe what cyber bullying is and why people do it.
- Analyse why the 4 Step Method to stop cyber bullying is effective.

Communication?

- Identify multiple forms of communication
- Describe effective communication skills

Explain how to use active listening skills



Lesson 2 & 3: What are my qualities and skills and how do I develop them?

- Review your strengths, interests, skills, gualities and values and how to develop them.
- Begin to set realistic yet ambitious targets and goals for developing our skills and qualities further.
- Start to investigate the skills and attributes that employers' value.

HT2



Lesson 4: Personal Safety

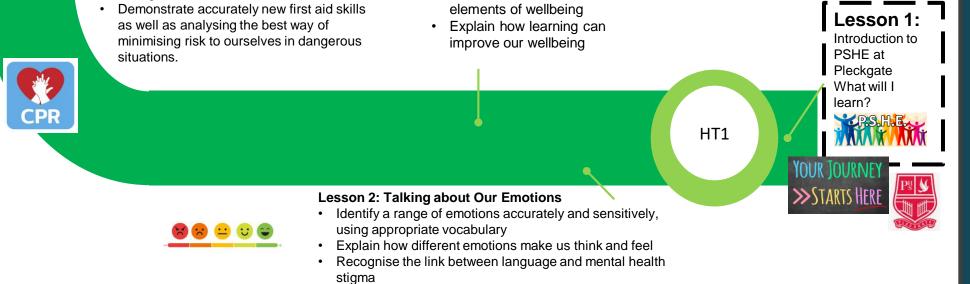
- Correctly identify ways we improve our levels of personal safety
- Describe ways we can help in medical emergencies

Lesson 3: Healthy Lifestyles-**Achieving Balance**

- Explain the benefits of a balanced approach to life
- Describe some different elements of wellbeing

Lesson 4: Aspirations

- Identify ways of achieving our full potential and achieve our aspirations.
- Describe what it means to leave our 'comfort zone'.
- Explain how students can overcome barriers to aspirations by being resilient.



H&W – Health and wellbeing

RSE – Relationship and Sex Education

LITWW – Living in the Wider World