

## Year 8: Changes and Challenges Framework of topics

### A GENERAL FRAMEWORK

Set out below, with an index to follow, is the framework of topics addressed in Year 8. You may find this useful in creating your lesson plans.

#### Specific Objectives

UNIT	SUBJECT	CHAPTERS
I. Building My Freedom	The responsibility which comes from growing freedom is explained; also the need for discipline and self-control.	1, 2, 3, 4, 5
II. My Personality	Personal dignity, and esteem for self and others, are emphasised as students undergo physical and emotional changes; also countering new issues in peer pressure.	6, 7, 8, 9, 10, 11
III. My Family and My Future	Some family relationships are described, including family as our first and trusted friends, the role of each member in resolving conflicts, the proper use of authority, and respect due to the elderly.	12, 13, 14
IV. Relationships	Friendships outside the family are of growing importance during adolescence. Developing the capacity for loyal friendship prepares the student for even more lasting commitments in later life, especially for marriage. Relations with members of the opposite sex are explored, together with dating, its purpose and why embarking on it prematurely causes problems. Relationships within the family continue to be studied, together with the importance of thinking ahead to a future career.	15, 16, 17, 18, 19, 20, 21, 22
V. Changes in My Life— Puberty	The changes that the student goes through in adolescence have repercussions in all areas of life: physical, psychological, social and spiritual. These various changes are explained, together with the need to exercise patience with self and with others, to control mood swings, to listen and communicate clearly, and to understand and respect a growing right to privacy.	23, 24, 25, 26, 27, 28, 29, 30
VI. My Health	Health (mental, spiritual and physical) are increasingly the student's own responsibility. The dangers of pornography and masturbation are described, as are those of smoking and drug-taking. The importance to general well-being of exercise, hygiene, diet and sleep is emphasised	31, 32, 33, 34, 35

## B STUDENT WORKBOOK INDEX

Chapter	Title	Topic	Areas to be Emphasized
<b>Unit I: A Great Personality</b>			
1.	"I Don't Want to Grow Up!" Freedom and Responsibility	Freedom and responsibility as a part of growing up	Learning and self-management Relating responsibility to happiness and fulfillment Growth in freedom and responsibility
2.	Watch Out! Alice Gains Some Independence	Autonomy with Responsibility	Autonomy involves responsibility Independence is earned through Trustworthiness Managing independence and responsibility with adult guidance
3.	He Is Mighty Who Conquers Himself	Strength and self-discipline	An integral view of strength as mental as well as physical Self-control and self-discipline Responsibility in relationships
4.	Speech! Speech! Charlie Deals with Fear	The wish for freedom and accomplishment versus lack of self-confidence	Achievement over inferiority Coping strategies Increased self-confidence
5.	Flying High and Swooping Down	Personal benefit and the benefit of the whole	Perspective-taking Self-growth in relation to others Community awareness
<b>Unit II: Me and My Personality</b>			
6.	Mirrors and Masks: Issues of Identity	Identity crisis	Psycho-sexual development Sentiments, emotions and impulses Self-acceptance/self-management
7.	Friends and Family	The crisis of loyalties between friends and family	Family Relationships Peer Relationships Balancing these relationships.
8.	Popularity and Personality	Popularity and self-esteem	Psycho-sexual and personality development Self-knowledge Self-acceptance Self-management
9.	The Clique	Being true to self and ideals even when under adverse peer pressure	Knowledge and acceptance of self. Manners, personal management and decisiveness.
10.	What Makes the World Go Round? Magnanimity and Altruism	Magnanimity and altruism	Development of virtues: altruistic actions bring satisfaction, growth in responsibility and freedom. Maturing in group dynamics.
11.	On My Honour	Truthfulness and acting honourably	Identification with virtue Relating virtue with happiness Risk of fragmentation

## Unit III: My Family and My Future

12.	Family Life and Strife	To respect and value the family	Maturation in group dynamics: the family
13.	Who's In Charge?	Respect for legitimate authority	Group maturity
14.	The 'Generation Gap'	Respect for experience and elders	Group maturity

## Unit IV: Relationships

15.	Romeo and Juliet?	Friendship	Group maturity: friendship Group maturity: the couple
16.	Charts and Chilli Peppers	Dating	Group maturity: the couple
17.	To Live Happily Ever After	Marriage	Group maturity: the couple
18.	The Power of One	Virtues needed in a happy family	Group maturity: in the family
19.	Dad's Promise	Relationships within the family	Development of virtues Family dynamics
20.	The Family	The family in society and history	Group maturity: family and society
21.	Faithful Friend	Fidelity as the basis of all friendships	Developing the character strength (virtue) of fidelity
22.	Dreams and Schemes: Looking at the Future	Visualizing the future with idealism and realism	Seeing in perspective Goal-setting

## Unit V: Changes in my Life (Puberty)

23.	Going through Changes	Respecting the changes that puberty brings	Initial stages of puberty
24.	Privacy, Please!	Respecting privacy	The self among others
25.	Invasion of Privacy	Respecting the opposite sex	Setting personal boundaries
26.	'Cousins' Talk	Hormonal changes of puberty and their influence	Coping with transition
27.	Stones on the Path	The changing moods of puberty well-being	Taking responsibility for one's own well-being and that of others
28.	Now!!	Impatience and frustration	Developing the virtue of patience Seeing in perspective
29.	Learning Your Limits—Soothing Irritability	Irritability	Healthy habits Self-regulation
30.	Communication	Communication and its advantages	Decisiveness and self-control

## Unit VI: My Health

32.	'Blondie'	Pornography	Responsibility for self and others: self-control and social awareness
33.	Solitary 'Pleasures'	Masturbation	Self-control Preparation for intimacy rather than isolation
34.	Rebel with a Cause	The importance of sports in maintaining health of body and mind	Responsibility Self-respect
35.	<i>Mens Sana in Corpore Sano</i>	A healthy mind in a healthy body	Self-care Positive outlook