**Lesson 3 What is cancer?**

Explain how cancer develops in the body, how it’s treated and why it can be hard to treat. Explain the best ways we can amend our lifestyles to help lower our risks of certain cancers.

**Lesson 2 Vaping, nicotine and addiction**

Describe the different health problems caused by smoking tobacco and cannabis and the link between addiction, nicotine and dopamine.

**Links to previous learning**

Work this term will build on work completed in year 7 on healthy lifestyles (our west cardinal Warrior Spirit).

**Next steps**

In year 9 you will think about further situations that can cause harm to health and think about how to manage risks.

**Lesson 4 Mindfulness**

Correctly identify ways we can practice mindfulness and ways mindfulness can help our mental health.

Learning Journey- *Year 8 PSHRE Term 4*

**Lesson 1 Personal safety and first aid**

Describe in detail ways we can help in medical emergencies and different methods of improving personal safety.