

KS3 SPHERE Curriculum Overview

Specific aspects of RSE are highlighted **Blue** in the table below:

	Year 7	Year 8	Year 9
1	New Beginnings & Me Friendships, Unhealthy friendships , Understanding emotions & teenage brain, Communication skills, Bullying & Banter, Cyberbullying, Why people bully.	Emotional Wellbeing & Me Emotional Wellbeing, Depression, Understanding your brain, Self Esteem & improving self-esteem, Dealing with Stress, Resilience, Growth Mind Sets, Target Setting, Coping with Bereavement	Identity & Me Target Setting, My Identity & Multiple Identities, Prejudice & Discrimination, Gender Identity & Gender Dysphoria, Transphobia, Sexuality & Homophobia, Equality Act 2010
2	Growing Up & Me Puberty – Physical and emotional changes, Periods and Wet Dreams, Personal hygiene , Independence, Coming of Age Ceremonies, Target Setting	Sex & Me Types of Relationship, Romantic Relationships, Sex & the Law, Sexting, Peer Pressure, Grooming, Arousal & Conception, Pregnancy, Giving Birth, Pornography	Risk & Me Risk & Risky situations, Peer Pressure, Why people join gangs, Gang behaviour and leaving gangs, Knife Crime, County Lines, Grooming & Radicalisation , Gambling
3	Relationships & Me Types of Relationship, Abusive relationships, types of families, Forced and arranged marriages, Gay marriages, Cohabitation & Divorce.	Substances & Me Types of Drugs, Vaccinations, Dangers of Alcohol, Smoking & Vaping, Illegal Drugs , Peer Pressure & Drugs	Intimate Relationships & Me Types of Relationship, Romantic Relationships, Sex & the Law, Consent & Peer Pressure, Celibacy, Intimacy without Sex, Contraception, Teen pregnancies, STIs, Self-checking.
4	Healthy Living & Me Importance of sleep, exercise & healthy eating, Dangers of energy drinks, Importance of good oral health, Eating disorders, Self-harm.	Democracy & Me Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Types of Election, How Laws are made, Role of Police, Types of Court, Life in Prison, Tribunals	Options & Me Importance of Options, Planning my future, Post 16 Choices, Family & Cultural expectations, What colleges and employers look for, Reviewing Targets
5	Rights & Me What are Rights and UDHR? Rights within home and education, role of press, child soldiers, Breast Ironing and FGM , Do animals have rights? Role of Amnesty International Review SMART Targets	Internet & Me History of Internet, IT in Industry, Features of Internet, Social Media, Fake News, Online Presence, Sexting, The Dark Web, Grooming & Radicalisation , AI – What's it all about? Staying Safe on line	Communities & Me Types of Community inc. Online Communities. Threats to Communities – Prejudice, Discrimination, Bullying, Islamophobia, Radicalisation, Improving Kingstone Community

6	<p style="text-align: center;">Money & Me</p> <p>The Lottery, Importance of Budgeting, Personal Budget Plans, Savings, Loans and Interest, Types of Bank Account, Online Banking, Online Scams, Advertising & Spending, Tax and Financial Exploitation</p>	<p style="text-align: center;">Enterprise & Me</p> <p>Reviewing Targets, What is Enterprise, Problem Solving & Creative thinking, Role of Charities, Group Enterprise Activity</p>	<p style="text-align: center;">Work & Me</p> <p>Why work? Types of work, Routes into work, Work & Law, Employment Rights, Types of Harassment in Workplace, My career pathway</p>
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