

KS4 SPHERE Curriculum Overview

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

	Year 10	Year 11
1	<p>Mental Health & Me</p> <p>Emotional Wellbeing, Depression, Self Esteem & improving self-esteem, Assertiveness, Dealing with Stress, Resilience, Growth Mind Sets, Target Setting, Coping with Bereavement, Supporting people with Mental Health issues</p>	<p>Lifestyles & Me</p> <p>Importance of Sleep & Diet, Social Media, Digital Footprints, Fake News, Dangers of the Internet, Dark Web, Selfies & Internet Safety, Body Image & the Media, Fake Tans, Tattoos, Cosmetic Procedures, Eating Disorders, Self-Harm, Blood Donation</p>
2	<p>Sexual Health & Me</p> <p>Types of Relationship, Sex & Law, Sexual Relationships, Masturbation, Sexual Arousal, Orgasms, Pornography, Revenge Porn, Consent, Assault and Rape, Unsafe Sex – Alcohol & Chem Sex, Contraception, STIs, Religious Beliefs towards Sexual Activity</p>	<p>Next Steps & Me</p> <p>Curriculum Vitaes, Personal Profiles, CV Writing, References, Interview Techniques</p>
3	<p>Family & Me</p> <p>Marriage, Types of family, Forced marriages, Arranged marriages, Domestic Abuse, Divorce, Development of the Fetus, Fertility, Infertility Treatments, Miscarriages, Teen Pregnancies, Adoption, Fostering, Abortion, Religious Views towards Abortion, Parenting Skills,</p>	<p>Politics & Me</p> <p>Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Elections, Making Laws, Taxes & Public Services, Local Council, Young people & Politics</p>
4	<p>Prejudice & Me</p> <p>Prejudice & Discrimination, Rights & Responsibilities, Equality Act, Sexuality, Islamophobia, Role of Press & Reliability of Information</p>	<p>Money Matters & 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>
5	<p>Peer Pressure & Me</p> <p>Peer Pressure, Manipulation, Persuasion & Coercion, Knife Crime, County Lines, Grooming & Radicalisation, Gambling, Violent Crime, Gangs, Substance Use/Misuse inc. Alcohol, Vaping & Drugs</p>	<p>Revision & GCSE Exams</p>
6	<p>Work Experience & Me</p> <p>Types of Employment, Opportunities, Career Choices & Employability, Personal Strengths, Goal Setting, Challenging Stereotypes, Online Presence, Safety in Workplace, H&S, Confidentiality & Harassment in the Workplace</p>	