**SPHERE Topic Overview**

**KS3 Curriculum**

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|  | **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 | **Money & Me**  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 | **Enterprise & Me**  Reviewing Targets, What is Enterprise, Problem Solving & Creative thinking, Role of Charities, Group Enterprise Activity | **Work & Me**  Why work? Types of work, Routes into work, Work & Law, Employment Rights, Types of Harassment in Workplace, My career pathway |

**KS4 Curriculum**

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|  | **Year 10** | **Year 11** |
| 1 | **Mental Health & Me**  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 | **Lifestyles & Me**  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 |
| 2 | **Sexual Health & Me**  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 | **Next Steps & Me**  Curriculum Vitaes, Personal Profiles, CV Writing, References, Interview Techniques |
| 3 | **Family & Me**  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, | **Politics & Me**  Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Elections, Making Laws, Taxes & Public Services, Local Council, Young people & Politics |
| 4 | **Prejudice & Me**  Prejudice & Discrimination, Rights & Responsibilities, Equality Act, Sexuality, Islamophobia, Role of Press & Reliability of Information | **Money Matters & Me**  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 |
| 5 | **Peer Pressure & Me**  Peer Pressure, Manipulation, Persuasion & Coercion, Knife Crime, County Lines, Grooming & Radicalisation, Gambling, Violent Crime, Gangs, Substance Use/Misuse inc. Alcohol, Vaping & Drugs | **Revision & GCSE Exams** |
| 6 | **Work Experience & Me**  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 |