KS3	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Year 7	**Equality, Diversity & British Values: Managing Change** What is PSHE? Identity (Proud to be me) Getting to know people Communities British Values Being a Citizen	**Careers Education: Developing skills and aspirations** Employment sectors Careers across the curriculum AI in Education & Employment Hard Skills v Soft Skills Equality in the workplace	**Healthy Bodies & Emotional Wellbeing: Growing Up** Introduction to Puberty Understanding Periods FGM Personal Hygiene Spreading germs Self esteem & Emotions	**Relationships and Sex Education: Friendship & Respect** Consent and Boundaries Respect and Relationships Healthy & Unhealthy friendships Tolerance & Respect Bullying Cyberbullying	**Money, Media and Modern Society: Introduction to Finance** Needs & wants Budgets Inflation & Cost of Living Independent shopping task Tax Careers in Maths	**Modern Dangers: Staying Safe, Online & Offline** Rights & Responsibilities online Digital footprint & managing screen time Harmful online behaviour Water/beach safety Sun Safety Road Safety
Year 8	**Equality, Diversity & British Values Rights & Responsibilities** How is the country run Discrimination & Prejudice UK Rule of Law How are Laws Made and enforced Fight for your rights	**Careers Education: Pathways to Success** Employment sectors & LMI Uk Economy Employment types Education & Employment Skills Future Pathways	**Healthy Bodies & Emotional Wellbeing - Looking after yourself** Healthy Eating Sleep Dental Health Vaccines inc HPV Relationships & wellbeing NHS & Gillick Competence	**Relationships & Sex Education - Ourselves and others** Changing adolescent body Healthy v Unhealthy relationship values Starting & ending relationships Consent & coercive control Personal identity Families	**Money, Media and online life - Digital World** Digital footprint Social Media Life online v real world inc Trolling Grooming Click & Pay Mobiles	**Modern Dangers: Risky Substances & First Aid** Drugs & Risks Alcohol Tobacco Vaping Emergency First Aid CPR
Year 9	**Equality, Diversity & British Values: Belonging** Fundamental British Values in Society Equalities Act & Protected Characteristics Local, Regional & National Governance Extremism & Radicalisation Challenging online hate & Misogyny	**Money, Media and Online life - Managing online harm** Data collection and use Scams AI - Good & Bad inc Deepfakes/chatbots Sharing nudes Online gambling	**Careers Education - Employability Skills & Options** Your life,Your skills Communication in the workplace Labour Market Information Routes into Employment Employment rights & Responsibilities	**Health & Wellbeing: Lifestyle choices** Healthy lifestyle factors Influences on diet/exercise Feeling overwhelmed Mindset Developing Brain Role of GP	**Relationships & Sex Education - Sex, the Law & Consent** Sexual consent & the law Contraception explored Condom Demonstration STI's inc HIV Pornography Respecting Women (Misogyny)	**Modern Dangers:Drug Education & Influential behaviours** Common types of illegal drugs Drugs & the law Cannabis County lines Knife crime Violent behaviour in de-escalation strategies

KS4	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Year 10	**Healthy Bodies & Emotional Wellbeing - Healthy mind, Healthy body** How mental health changes over overtime Identifying Mental Health conditions Grief & Loss Positive Emotional Wellbeing The Sleep Factor	**Money, Media and Online life - Financial lIteracy** Risk of borrowing & inflation Tax & NI Household expenses Rent or Mortgage Work & Money Gambling & Mental health	**Equality, Diversity & British Values - Exploring British Values** Human Rights & Freedom of Speech Disinformation & Hate Crime Linking FBV to online life (Extremism/Misogyny) Civil v Criminal Law Democracy	**Relationships & Sex Education - Maturing relationships** Unacceptable communication Victim blaming Consent Revisiting Contraception STI Fertility & Menopause Unintended pregnancy	**Careers Education - Post 16 & World of Work** Post 16 options T Levels v Apprenticeships Employment rights Employability skills Preparation for WEx Recruitment process	**Modern Dangers: Navigating Risk, Boundaries, and Personal Safety** Teenage brain & Peer influence Pornography Alcohol - Drink Spiking Misuse of prescription drugs Online dating Types of Sexual Harassment
Year 11	**Healthy Bodies & Emotional Wellbeing - Adult Health & First Aid** Organ & Blood Donation Long Term Health Conditions Testicular & prostate Cancer (self examination) Breast & Cervical cancer (Screening tests) Body Modifications Emergency First Aid Blood & Shock	**Careers Education - Post 16 Applications** Next Steps Personal Statement Post 16 Application process	**Modern Dangers - Power Imbalance** Domestic & Relationship abuse Honor Based Violence FGM Online relationships inc Catfishing AI & Deepfakes Stalking & Obsessive behaviour	**Relationships & Sex Education - Families** Different types of committed relationships When contraception fails Abortion Adoption IVF Parenthood	**Money, Media and Online life - Life beyond School** Budgeting Take home pay Housing options Foreign Travel	During both Mock & GCSE exams, SPHERE staff will work with students to ensure emotional wellbeing activities are available.

SPHERE is an integral part of our responsive and preventative curriculum and is prioritised for the context and needs of our students. Therefore there will be times during the year when we may need to deviate from the planned curriculum topics in order to provide relevant knowledge for all students to both broaden and deepen their understanding of local and national issues