Kingstone High School SPHERE Curriculum Plan 2026 - 2027

	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. Target Setting	**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	**Safety & Me** Staying Safe, Road Safety, Water Safety, Fire Safety, Healthy Relationships & Boundaries, Peer Pressure, Vaping, Online Safety including AI, fake News, grooming, Sexting, Sexual Pressure, FGM, Virginity Testing, Misogyny, Help & Advice	**Money & Me** Understanding money, Income & Spending, Budgeting & Saving, Consumer Pressures, Types of Bank Account, Debt & Gambling. Target Setting	**Risk & Me** Risk & Risky situations, Peer Pressure, Why people join gangs, Gang behaviour and leaving gangs, Knife Crime, County Lines, Grooming & Radicalisation, Gambling
3	**Growing Up & Me** Puberty – Physical and emotional changes, Periods and Wet Dreams, Personal hygiene, Independence, Coming of Age Ceremonies.	**Internet & Me** History of Internet, IT in Industry, Features of Internet, Social Media, Fake News, Online Presence, Sexting, The Dark Web, Grooming & Radicalisation, AI & Chatbots, Staying Safe on line	**Options & Me** Importance of Options, Planning my future, Post 16 Choices, Family & Cultural expectations, What colleges and employers look for. Setting Targets
4	**Healthy Living & Me** Importance of sleep, exercise & healthy eating, Dangers of energy drinks, Importance of good oral health, Eating disorders, Self harm.	**Sex & Me** Types of Relationship, Romantic Relationships, Sex & the Law, Sexting, Peer Pressure, Grooming, Arousal & Conception, Pregnancy, Giving Birth, Pornography	**Intimate Relationships & Me** Types of Relationship, Romantic Relationships, Sex & the Law, Consent & Peer Pressure, Celibacy, Intimacy without Sex, Contraception, Teen pregnancies, STIs, Self checking.
5	**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	**Money & Me** Understanding money, Income & Spending, Budgeting & Saving, Consumer Pressures, Types of Bank Account, Debt & Gambling. Target Setting
6	**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	**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 Review SMART Targets	**Communities & Me** Types of Community inc. Online Communities. Threats to Communities – Prejudice, Discrimination, Bullying, Islamophobia, Radicalisation, Improving Kingstone Community Review SMART Targets
			NOTE: For 2026/7 Year 9 will also study the Money & Me as this was not covered when in Year 8. From 2027/8 this will be replaced with Democracy & Me

	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	**Next Steps & Me** Curriculum Vitaes, Personal Profiles, CV Writing, References, Interview Techniques
2	**Family & Me** Marriage, Types of family, Forced marriages, Arranged marriages, Domestic Abuse, Divorce, Development of the Foetus, Fertility, Infertility Treatments, Miscarriages, Teen Pregnancies, Adoption, Fostering, Abortion, Religious Views towards Abortion, Parenting Skills,	**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
3	**Sexual Health & Me** Types of Relationship, Sex & Law, Rape, Assault, Revenge Porn, Consent, Unsafe Sex – Alcohol & Chem Sex, Pornography, Contraception, STIs	**Money Matters & Me** Understanding money, Income & Spending, Budgeting & Saving, Consumer Pressures, Types of Bank Account, Debt Lottery & Gambling. Target Setting
4	**Prejudice & Me** Prejudice & Discrimination, Rights & Responsibilities, Equality Act, Sexuality, Islamophobia, Role of Press & Reliability of Information	**Politics & Me** Democracy & Dictatorships, Taxes & Public Services, Local Council, Young people & Politics
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	