**PSHE Syllabus Overview: Middle Schoolroom**

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| **Week Beginning** | **Middle Schoolroom** |
| Autumn 1 | Self-care and sleep |
|  | Emotional wellbeing (Perma) |
|  | Body image and body positivity |
|  | Mental health |
| Autumn 2 | Relationship Values |
|  | Influences on relationship expectations |
|  | Sexual orientation and gender identity |
|  | Homophobia, biphobia, transphobia |
| Spring 1 | Equality of opportunity in careers |
|  | Different types and patterns of work |
|  | Ethical industries |
| Spring 2 | Alcohol misuse |
|  | Drug misuse |
|  | Pressures relating to drug use |
|  | Smoking and Vaping |
| Summer 1 | Consent |
|  | Introduction to contraception |
|  | Sexism |
|  | Racism |
| Summer 2 | Online safety |
|  | Digital literacy |
|  | Media reliability |
|  | Gambling hooks and addictive behaviour |