**PSHE Syllabus: Lower Senior**

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| **Week Beginning** | **Lsnr** |
| Autumn 1 | New Challenges |
|  | Reframing Negative Thinking |
|  | Recognising mental ill health and seeking help |
|  | Change, loss, grief |
|  | Promoting emotional wellbeing |
| Autumn 2 | Intimacy and pleasure |
|  | Impact of pornography |
|  | Pressure persuasion coercion |
|  | Conflict and breakups |
|  | Addressing abuse |
| Spring 1 | Impact of financial decisions |
|  | Debt |
|  | Gambling |
|  | Impact of advertising |
| Spring 2 | Lifestyles and Wellbeing |
|  | Influences on lifestyle decisions |
|  | First Aid |
|  | Personal Safety |
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| Summer 1 | Extremism |
|  | Radicalisation |
|  | Community and belonging |
|  | Privilege |
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| Summer 2 | Work experience, internships and apprenticeships |
|  | Readiness for work |
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