**PSHE Syllabus Overview: Upper Schoolroom**

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| **Week Beginning** | **Usch** |
| Autumn 1 | Attitudes to mental health |
|  | Promoting emotional wellbeing |
|  | Digital Resilience |
|  | Unhealthy Coping Strategies |
|  | Healthy Coping Strategies |
|  | Change, loss, grief |
| Autumn 2 | Respectful relationship behaviours |
|  | Conflict resolution (PRV triangle) |
|  | Managing the end of relationships |
|  | Families and parenting |
| Spring 1 | Goal Setting and Habit Forming |
|  | GCSE Options (linked with options evening and Morrisby testing) |
|  | Careers – online reputation |
| Spring 2 | Nutrition and Exercise |
|  | Substance Use |
|  | Gangs, county lines and knife crime |
|  | Peer influence and assertive communication |
| Summer 1 | Freedom and capacity to consent |
|  | Sexual Health |
|  | Contraception and protection |
|  | Attitudes to pornography |
| Summer 2 | Careers – careers for change |
|  | Building a CV |
|  | Personal Finance |