

# The Polygon School 2024-2025

## PSHE

	Autumn 1 All about me 1	Autumn 2 Rights and Responsibilities	Spring 1 Drugs Education	Spring 2 Relationships	Summer 1 SRE	Summer 2 My Physical and Mental Wellbeing
Year 7	Transition and safety Personal Identity Respect in my school Understanding emotions	Anti-Bullying Week My online life Risks of sending images online	Peer pressure Sugar, Caffine and Energy drinks Vapes and smoking Gateway drugs Addiction Law	Respectful Relationships Relationship status Consent Relationship boundaries	KS2 SRE recap Personal hygiene Puberty Body satisfaction Social media v’s reality Privacy and consent	Dental Hygiene Healthy diet and exercise Sleep v’s Screen time Mental wellbeing and happiness
Year 8	Empathy and compassion Online presence My mental wellbeing	Anti-Bullying Week Responsibilities Resilience Promoting diversity and equality	Alcohol and Solvents Alcohol and mental health Social norms Resisting peer influence	Consent Change (Bereavement, Separation, Divorce) Healthy relationships Gender Identity and Sexuality	Puberty revisited Menstrual wellbeing Consent and law Sexual harassment Online Safety	Germs, viruses, bacteria Antibiotics Immunisations Accessing medical advice St Johns Ambulance visit
Year 9	Confidence Body Image Online gaming and gambling Proud to be me	Anti-Bullying Week Respecting All Reporting a crime	Illegal drugs Prescribed drugs Steroids Media influence Law (County Lines)	Consent Sexual exploitation Grooming Sex in the media Communication skills	Let’s Talk about Sex! Contraceptive choices Consent and law Sexual health and wellbeing	Early signs of mental wellbeing concerns Online behaviours and mental health CPR, defibrillators
KS4	<b>Yellow Door VAWG Project</b> Viloence against Women and Girls Consent, Domestic violence, Sexual abuse and Rape Coercion Harassment, Sexual exploitation Grooming, Sex in the media, Communication skills Mens Mental Health, Online v’s reality Hate Crime, Violence against women Self-harm and suicide		Drugs and risks Judging risk Drugs and crime Support for Addiction Health and Wellbeing	Reproductive health Pregnancy Miscarriage, Abortion Adoption Consent Parenting Child development	Contraceptive choices Sexual Health Communication skills Advice – No Limits trip	Cancer screening and self-checks CV illness Blood, Stem cell, organ donation Dental hygiene Dealing with exam anxiety/stress

