

Dear Parent/Carer

### **Relationship and Sex Education (RSE)**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social, Health and Citizenship Education (PSHEC) we look at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE course is to help our pupils make safe and informed decisions during their school years and beyond.

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated! Therefore, as part of our PSHEC Education programme your child will receive lessons on relationships, sexual health and puberty.

The purpose of RSE is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should help to develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner.

If young people can start their transition into adulthood being informed and with the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults who are able to make positive choices. This starts with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

#### **The key aims of RSE are to:**

- Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and marriage.
- Foster self-awareness and self-esteem.
- Develop a sense of responsibility and respect for themselves and others.
- To learn and develop understanding of body changes, puberty, love, personal hygiene and reproduction.

The programme across the school is taught as follows:

#### **Year 7-**

- Puberty
- keeping themselves safe work
- physical and emotional changes
- personal hygiene
- promote self-esteem
- to understand the importance of friendship as a basis for romantic relationships
- the role of parents and the importance of stable long-term relationships for family life
- Respect for others (managing peer influence, and managing risk)

**Year 8-**

- (recap of year 7 work)
- relationships, friendships, to learn about the consequences of different levels of intimacy
- consent and 'readiness' for sex, including the benefits of delaying sex
- contraception
- Respect for others, (managing peer influence and managing risk)

**Year 9-**

- (recap of year 7 and 8 work)
- Relationships
- sexual health choices and how students can access appropriate services
- The media's influence on sexual relationships,
- Managing peer influence and managing risk

**Year 10 and 11 will complete relevant AQA awards**

The lessons will start in the summer term, please contact me if you would like any more information or to discuss anything further

Yours sincerely

Mrs Parker- PSHEC lead

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If you **DO NOT** wish for your child to attend Relationship and Sex Education sessions in years 7,8 and 9 please can you return this slip by 23<sup>rd</sup> March 2019 to Mrs Parker

Child's name:.....

Tutor group.....

Signature.....

Print Name.....