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Dear Parent/Carer,

## Year 10 & 11 PSHE and Relationships Programme

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks our school will be delivering some of the relationships and sex education (RSE) aspect of our PSHE programme to years 10 & 11. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. The programme has considered the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The following areas will be covered:

- What is friendship
- The importance of a healthy relationship
- Services which provide support
- Meaning of consent
- The impact of media on relationships
- Pregnancy
- Understanding different types of contra-ception
- Sexually transmitted infections

Appropriate questions that learners might ask during the session will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that adults who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a later age than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

If further advice or support is required, please do not hesitate to contact me.

Yours Sincerely

Mrs Sarah Griffey  
Head of Secondary