

September 2020

Dear Parent/Carer

Relationship and Sex Education (RSE)

I am delighted to inform you of the updated key strands we will be delivering in the RSE programme this academic year.

RSE is an important part of a young person's education and our aim is to provide students with factual information about puberty, body image, healthy relationships and sexual health. At Stopsley High School, students will complete two modules of RSE each academic year with a clear emphasis on building healthy relationships to ensure that every child has the opportunity to gain the knowledge and skills to navigate an ever changing world.

The RSE programme follows the scheme of learning from the PSHE association and is based on advice and guidance from public health. The scheme is sequential in nature and is based on prior knowledge and understanding. RSE is a compulsory element of the national curriculum and is fundamental in the health and development and success of our students.

As you are undoubtedly aware there have been statutory changes pertaining to the RSE curriculum in schools. Details of the changes can be found on the links below, along with a copy of our RSHE policy:

[Relationships, sex and health education: guides for parents](#)

[Frequently asked questions](#)

[RSHE policy](#)

From the start of this academic year, there is an expectation that should you wish to withdraw your child from the sex education lessons, then the [withdrawal request form](#) should be completed and submitted by Tuesday 3rd November. Please note students cannot be withdrawn from health and relationships education and will still participate in these lessons. If we do not receive a completed withdrawal form it will be assumed that you wish your child to participate in the sex education lessons.

Your child can be opted back into the lessons at any time with parental consent during years 7 to 10, and by the student themselves 3 terms before they turn 16. If the student opts themselves back into the sex education lessons the school is under no obligation to inform the parent/carer, and the student will be asked to sign a letter to confirm they wish to opt themselves back into the sex education lessons.

If you would like any further information about the planned RSE programme or would like to discuss your child's involvement please contact: cholt@stopsleyhighschool.co.uk

The programme will be delivered in two modules over the course of the academic year. Module one will be delivered in the first half of the spring term 2020 and Module two in the summer term 2020. The overview of the content covered for each year group is listed below:

<u>Year 7</u> Friendships, diversity and prejudice, self-esteem, puberty, FGM, romance and family life.
<u>Year 8</u> Racism, FGM, discrimination, online safety, sexuality, introduction to consent and contraception.
<u>Year 9</u> Managing conflict, tackling prejudice, healthy relationships, consent, risks of STIs, sexting and understanding the impact of various types of media on relationships and self esteem.
<u>Year 10</u> Personal values and communication in relationships, domestic abuse and forced marriage, tackling relationship myths, coping with break ups, understanding families, parenting skills, understanding change, bereavement and loss.
<u>Year 11</u> Tackling relationship myths, attitudes towards sex, sexuality, coping with break ups, understanding families, parenting skills, understanding change, bereavement and loss.

Yours sincerely,



Mrs. P. Whiting
Deputy Headteacher