3 October 2023

Dear Parents and Carers,

**Our PSHE & RSE Programme at Manor Green School**

As a part of your child’s education, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. I am writing to let you know that, over the course of this academic year, your child’s class will be taking part in lessons which will focus on the relationships and health education aspects of this programme, students cannot be withdrawn from these lessons. This does not include any aspects of Sex Education.

RSE lessons this year will include students learning about: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. This is all at an age-appropriate level. Following a discussion with the school, you can, should you wish to, withdraw your child from any or all aspects of Sex Education, other than those which are part of the Science curriculum.

During the lessons, students will be able to ask questions, which will be answered factually and appropriately. Each student's privacy will be respected, and no one will be asked to reveal personal information.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school’s website, for more detail about our PSHE and RSE combined curriculum. All PSHE and RSE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. These topics are taught across the whole of Middle School so content will depend on the cohort and will be adapted for them at their developmental level.

Parents are the most important educators of young people in personal issues, and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, therefore, you might want to take the opportunity to talk to your child about issues before the work is covered in school.

Please either highlight online and return via email or print, highlight and return to the Class Teacher.

If you have any queries about the content of the programme or resources used, please do not hesitate in contacting your child’s Class Teacher.

Kind regards,

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Amelia Anderson  
Head of Nurture

PSHE Lead

Sex Education content this academic year that you have the right to withdraw your child from:

(Please highlight any aspects you do not want your child to take part in, we will then follow this up with a discussion)

* Autumn Term 2
  + **Feeling frightening/ worried**
    - Personal space,
    - Unwanted physical contact
    - Female Genitalia Mutilation (FGM)
  + **Trust in others**
    - Feeling pressured
    - Sharing personal/ intimate information
  + **Keeping safe online**
    - Receiving or sending inappropriate online content
  + **Public and private relationships**
  + **RSE- Sex education**
    - Romantic relationships
    - Permission and consent (including what non consent looks/ sounds like)
    - Different types of intimate relationships including same sex relationships
    - Intimacy and readiness for a relationship that many include sex
    - Different levels of intimacy
    - Minimum age for marriage and civil partnership
* Spring Term 1
  + **RSE- Sex education**
    - Consent and the difference of enthusiastic consent
    - Sexual attraction
    - Expectations of physical relationships which may include sex
    - Managing others expectations
* Spring Term 2
  + **Dealing with touch**
    - Public and private (including what is not appropriate to do in public ie: masturbation- if relevant)
  + **RSE- Sex education**
    - Healthy and unhealthy relationships and behaviours
    - How relationships can make us feel
    - Expectations of relationships
    - Media portrayal of relationships
    - Identifying abusive relationships/ behaviours (including what is legal)
* Summer Term 1
  + **RSE- Sex education**
    - Body image
    - Media and its affects on our mental health
    - Risks with cosmetic/ aesthetic procedures
* Summer Term 2
  + **RSE- Sex education**
    - Romantic feelings and sexual attraction
    - Exploring vocabulary associated with sex, gender identity and sexual orientation
    - Sharing of reliable resources for advice and guidance