

16<sup>th</sup> September 2024

Dear Parents and Carers,

### **Our PSHE & RSE Programme at Manor Green School – Upper 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in lessons which will focus on the relationships and health education aspects of this programme, students cannot be withdrawn from these lessons.

Relationship Health and Sex Education (RHSE) 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 (including online) 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. However, three terms before your child turns 16, they have the right to consent for themselves. This would be reviewed case by case, where applicable.

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 RHSE curriculums. All PSHE and RHSE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. These topics are taught across Upper School, so content will depend on the cohort and 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, so you might want to talk to them 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,



Josie Glover  
Assistant Headteacher – Nurture and Behaviour for Learning

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 1
  - **Families**
    - Marriage and why it is an important relationship choice for many couples.
    - Minimum age for marriage and civil partnership
    - Roles and responsibilities of parents
    - How to judge when a relationship may be unsafe and how to seek help.
- Autumn Term 2
  - **Respectful relationships including friendships**
    - Stereotypes and how they can cause damage e.g normalizing nonconsensual behaviour or encourage prejudice.
    - Healthy and unhealthy relationships and behaviours
    - How relationships can make us feel
    - Expectations of relationships including the effects of the media on relationships
    - What constitutes as sexual harassment and sexual violence, including certain types of behaviour in relationships that are criminal.
- Spring Term 1
  - **Changing Adolescent Body**
    - Body image
    - Media and its effects on our mental health
    - Risks with cosmetic/ aesthetic procedures
    - Romantic feelings and sexual attraction
    - Exploring vocabulary associated with sex, gender identity and sexual orientation.
    - Sharing of reliable resources for advice and guidance
- Spring Term 2
  - **Online and Media**
    - Permission and consent (including what non consent looks/ sounds like) this includes online.
    - The effects of pornography and realistic expectations
    - Online risks of sharing information/images
    - Rights, responsibilities, and opportunities online.
- Summer Term 1
  - **Being Safe**
    - Legal age of consent
    - When and how consent can be withdrawn.
    - The concepts of laws relating to: sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic, abuse, forced marriage, honour based violence and FGM, and how they can affect current and future relationships.
- Summer Term 2
  - **Intimate and sexual relationships including sexual health**
    - Romantic relationships
    - Different types of intimate relationships including same sex relationships
    - Intimacy and readiness for a relationship that many include sex
    - Different levels of intimacy
    - Managing sexual pressures
    - Contraception and STI's (including sexual health services)
    - Sexual activity and consequences including STI's and pregnancy.
    - How drugs/ alcohol can influence choices/ consent