

Dear Parent/Carer,

Students will shortly be starting our Key Stage 4 programme of Sex and Relationships Education (SRE). This work is on-going throughout the school year and builds on work carried out at KS3. SRE covers some elements of the Science Curriculum and some Personal Social and Health Education (PSHE). This programme is delivered by our team of school nurses and PSHE teachers. Our aim is to ensure that our young people are sufficiently equipped to deal with SRE issues they may face at present and in the future.

The following material is required content at this stage of school life. We will be engaging with some of the following questions as part of this ongoing work:

- How will I manage to form new relationships?
- How is my body developing and how well can I manage my own health?
- Do I understand the physical and emotional effects of puberty?
- What changes may occur in my lifestyle?
- What shapes my perception of sex and relationships, including ideas of family life and marriage?
- Do I know how and where to access the support I might need?
- Do I know the legal and emotional issues surrounding sexual consent?
- Do I understand the nature of and the issues surrounding Female Genital Mutilation?
- How well equipped am I to understand others and their needs?
- Can I identify behaviours which are unhealthy and damaging regarding media portrayals of sexual activity, toxic relationships and giving and receiving informed consent?
- Do I understand the facts about sex and reproduction?
- What information do I need to anticipate sexual activity and relationships?
- What do I understand about my sexuality, including sexual orientation?
- How do I understand the importance of marriage and stable relationships for family life?
- What responsibility do I have for the sexual health and well-being of myself and others?
- Where can I find professional, impartial information to help answer my questions?

Our SRE programme is based on the guidance from the National Children's Bureau, the PSHE Association Quality Mark to ensure that they are suitable in our context. We have carefully reviewed the resources we use to support our teaching to ensure they are appropriate to the age and needs of the students.

We encourage you to discuss any of the issues arising with your children before, during or after our lessons as young people say that they greatly value being able to talk their parents about these issues. Pupils are always given the option to excuse themselves from the room at any point should they feel the need to do so.

You have the right to withdraw your child from the elements of SRE which are not included in the National Curriculum for Science. Please contact the Assistant Principal, Richard Sprosan if you would like to discuss this. If you would like to discuss any issues relating to SRE or to find out more about the lessons, please contact Mrs. Downham or Ms. Massey in the first instance.

Yours faithfully,

Colleen Downham

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PSHE Lead KRS & SJS