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27th September 2023

Dear Parents/Carers

Relationship and Sex Education Key stage 4&5

As you are aware, Relationships and Sex Education (RSE) became a statutory part of the National Curriculum in September 2020. As part of our school's wider Personal, Social, Health and Economics Education (PSHE) programme, your young person will receive RSE lessons. For Key Stage 4, the next block will begin after half term. For Key Stage 5, RSE lessons will begin 3/9/23 and continue throughout the academic year.

The purpose of the curriculum is to provide knowledge and understanding of safe and healthy relationships, based on respect. We have designed a positive curriculum to help students understand all aspects of their health, including their relationships and sexual health, and how this relates to their lives now and in the future. Throughout the year, students will be able to ask questions, which will be answered factually and in a developmentally appropriate manner. Each student's privacy will be respected throughout.

Students will explore topics through animations, activities and discussion. Please see the outline of topics for each year group.

Term	Year 10	Year 11	Year 12	Year 13/14
Autumn	Emotional health Dealing with change/self perception	Emotional health Mental health and emotional wellbeing	Emotional health Stress	Emotional health Mental health and emotional wellbeing
			Relationships and Sex Body changes and puberty	Relationships and Sex Healthy relationships and commitment
	Relationships and Sex Communication in relationships	Relationships and Sex Pressure to conform/consent	CAREERS Local market information	CAREERS Local market information
			Relationships and Sex Consent	Relationships and Sex Unhealthy or abusive relationships
Spring	Digital media literacy Media literacy and digital resilience	Digital media literacy Online and media	Digital media literacy Next Steps/Fake news and propaganda	Digital media literacy Next steps/Manipulation and exploitation
			Relationships and Sex Sexual health choices	Relationships and Sex Journey to parenting
	Relationships and Sex Intimate Relationships: Pleasure in Relationships and Sexuality / Age and Power in Relationships	Relationships and Sex Families	Physical health Lifestyle choice and health	Physical health Drugs
			Relationships and Sex Pornography	Relationships and Sex Sexual harassment
Summer	Physical health Health and prevention	Physical health Drugs, alcohol and tobacco	Physical health Body image	Physical health Responsibility for own health
			Relationships and Sex Sexuality	Relationships and Sex Respecting you, me, us (CEOP)
	Independence and risk Managing risk and personal safety	Independence and risk Risk in wider situations	Independence and risk Health choices and safety	Independence and risk Health choices and safety
			CAREERS Documents	CAREERS Documents

You may find that your young person asks questions about a topic at home, and therefore you may want to take the opportunity to discuss topics with your young person.

You can find the Woodlands Meed RSE policy via this link:
<https://www.woodlandsmeed.co.uk/page/?title=Policies&pid=126>

If you have any queries about the content of the programme, or resources used, please do contact me.

Best wishes,

A handwritten signature in black ink, appearing to be 'Leah Nimz', written in a cursive style.

Leah Nimz

Key Stage 4 and 5 PSHE Lead