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19th February 2024

Dear Parents/Carers

Relationship and Sex Education Key stage 4

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.

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.

During the spring term the year 10 pupils will learn about - **Intimate Relationships: Pleasure in Relationships and Sexuality / Age and Power in Relationships**

- how to demonstrate affection and respect for others,
- the differences between asexuality, abstinence and celibacy
- Explore strategies to help navigate a path through changing and evolving relationships
- Identify an understanding of common terms used within relationships ie love and lust
- assess the level of intimacy that they think is appropriate at different stages in relationships;
- the benefits, risks and consequences of different levels of intimacy (including emotional consequences, unwanted pregnancy and STIs)
- Develop strategies do to manage these situations (e.g.; assertiveness, communication, seeking information and guidance)
- Understand that there may be pressure on a young person to have sex before they are ready
- Understand that intimacy in a relationship should be at an agreed, comfortable level for both partners and that it's possible to be intimate without penetrative sex.

The first lesson will be an assessment of the pupils so that we can further tailor the learning to meet their needs and we can find out what they would like to know more about in RSE. The last lesson will also be an assessment to establish what the students have learned and to allow the staff to evaluate with the students how to improve RSE lessons in the future.

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 speak to your child's class teacher.

Best wishes,

A handwritten signature in black ink, appearing to read 'Nola Bennett'. The signature is written in a cursive style with a large initial 'N' and 'B'.

Nola Bennett