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30 September 2025

Dear Parents/Carers

Relationship and Sex Education Key Stage 4

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.

This half term the Key Stage 5 pupils will be learning about consent.

Pupils will participate in a small group activity to explore their knowledge and understanding of the following topics:

- What puberty is.
- physical or emotional changes that happen during puberty.
- What does "consent" means and the legal age of consent.
- Methods of contraception.
- Differences between sex, gender, and sexual orientation.
- What a healthy relationship look likes.
- What sexually transmitted infections (STIs) are.

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: [RSE policy](#)

You may like to watch our PSHE and RSE subject films on the Woodlands Meed website, where you can see how these topics are taught and supported in practice. [Woodlands Meed RSE subject film](#)

If you have any queries about the content of the programme, or resources used, please speak to your child's class teacher.

Best wishes,

Nola Bennett