School Site: Chanctonbury Road, Burgess Hill, West Sussex, RH15 9EY
College Site: Birchwood Grove Road, Burgess Hill, West Sussex, RH15 0DP
Tel: 01444 244133 **Email:** office@woodlandsmeed.co.uk
Headteacher: Mr Adam Rowland

13 November 2025

Dear Parents/Carers

Relationship and Sex Education Year 11

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, Heath 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.

What will pupils learn this half term?

How relationships change over time and what levels of closeness (intimacy) feel appropriate at different stages.

That intimacy should always feel comfortable and agreed by both people, and it doesn't have to involve sex.

The meaning of consent and why any kind of touch must be agreed.

That masturbation is normal and healthy.

What the words arousal and orgasm mean.

Why contraception is important for preventing pregnancy and protecting against sexually transmitted infections (STIs).

The different types of contraception and their risks.

How STIs spread and how to prevent them.

How to spot symptoms of STIs, check for them, and where to get help.

Where to go for advice about sexual health.

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.

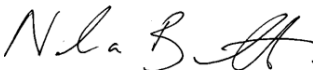
You may find that your young person asks questions about a topic at home, and therefore you may want to take the opportunity to discuss topics with your young person.

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