



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

07 January 2026

Dear Parents/Carers

Relationship and Sex Education Year 10

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.

What will pupils learn this half term?

Affection and Respect

Learn how to express care and kindness towards others in ways that are respectful and appropriate.

Understand Key Terms

Be able to explain what asexuality, abstinence, and celibacy mean, and understand how they differ.

Managing Changing Relationships

Explore practical strategies for coping with friendships and relationships as they grow and change.

Know Common Relationship Terms

Understand words like *love* and *lust* and what they mean in the context of relationships.

Decide on Appropriate Intimacy

Think about what level of closeness feels right at different stages of a relationship.

Understand Benefits and Risks

Learn about the positive and negative sides of different levels of intimacy, including emotional effects, pregnancy, and sexually transmitted infections (STIs).

Develop Helpful Strategies

Practice skills like assertiveness, good communication, and knowing where to find reliable advice and information.

Recognise Pressure

Understand that some young people may feel pressured to have sex before they are ready, and learn ways to handle that.

Agree on Comfort Levels

Know that intimacy should always be mutual and comfortable for both partners

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