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01/06/26

Dear Parents/Carers

Relationship and Sex Education

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 term?

Different Types of Relationships

- What do we mean by an intimate relationship? What is an intimate relationship?
- What happens when people experience physical attraction?
- What makes a healthier romantic relationship?
- Understanding how romantic relationships can develop signs of becoming unhealthy – how can these signs be recognised?

What's in a Relationship

- What makes a good friendship?
- What is a friend?
- What about romantic relationships?
- What can we do to create positive relationships of all types?

Physical Attraction, Crushes, and Love

- What happens when people experience physical attraction?
- Is it a crush or love?
- How do you know if someone has a crush on you?

- Understanding the difference between a crush and love.
- Thinking about sexuality.
- Top three tips for being in a relationship.

Pornography and Understanding Relationships

- What is pornography? (Definition)
- Online safety.
- Laws and legislation relating to pornography.
- What are the concerns or issues with pornography?
- Who is pornography intended for?
- Dealing with unwanted messages (e.g. sexting, explicit images, and videos).
- Dealing with unwanted exposure to pornography.
- Who can young people go to for help, support, or to raise concerns?

Alcohol

- What does alcohol do to the body?
- What does alcohol do to the brain?
- What is alcohol misuse?
- Understanding why the teenage brain is particularly vulnerable.
- Exploring the brain and its different parts and functions.
- Who can provide support?

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.

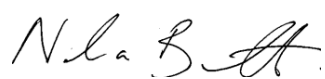
You may find that your young person asks questions about a topic at home, and therefore you may want to take the opportunity to discuss topics with your young person.

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,

A handwritten signature in black ink, appearing to read 'Nola Bennett'. The letters are cursive and fluidly connected.

Nola Bennett