

November 2025

Dear Parent/Carer

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, forms part of the National Curriculum. This change began as of September 2020.

As part of our school's wider Personal, Social and Health Education programme, your child will soon receive lessons on relationships, sexual health and personal safety.

Schools are required to consult with parents when developing and reviewing their policies for Relationships Education and RSE, which will inform schools' decisions on when and how certain content is covered.

The purpose of the curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

Please see below, the proposed content for the Spring 2024.

This term we will be focusing on changes and Sex education, which will be taught to students in line with their Chronological age. The details of what each class will study are included below:

Year 11 Managing anxiety and stress, exam pressure, concentration strategies, work-life balance. Sexual health, hygiene, self-examination. STIs, sexual pressure, fertility issues, contraception, consent. Pregnancy choices including adoption, abortion, bringing up a baby, financial implications. Identifying a range of risks including rape and strategies for staying safe. Expectations in relationships

Year 10 Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully. Decision-making, sexual identity, gender, spectrum of sexuality. Stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources for support.

Year 9 Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep-in relation to mental health, reflection on changes, benefits of relaxation.

Year 8 Types of close intimate relationships, physical attraction, love. Legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour

Year 7 Puberty changes, Reproduction facts, FGM, breast flattening/ironing. Responsibilities of parenthood, IVF, types of committed relationships. Media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support.

You do have a right to withdraw your child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should plan for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is no right to withdraw from Relationships Education at secondary level and we believe the content of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught. However, we are confident you will share our enthusiasm for the successful implementation of the new PSHE curriculum, which we feel will benefit all of our students. We are looking forward to sharing further information in due course.

Baby simulator

At Acorn Park we will also be offering we will also be offering a realistic baby simulator; this is a great way to effectively demonstrate how demanding and time consuming parenting can be. You do have the right to withdraw your child from this experience.

You are welcome to contact me directly to discuss the programme further.

Yours sincerely,

Bethany Moore