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Dear Parent/Carer

Personal, Social and Health Education (PSHE) lessons

As part of our Personal, Social and Health Education (PSHE) curriculum, we will be delivering age-appropriate Relationships and Sex Education (RSE) to all students in years 7-10 after Easter.

Whilst this is an extremely important part of young peoples' transition into adulthood, we also appreciate that it can raise sensitive issues with some students. Please find enclosed the schedule that is planned for each year group; material has been chosen in accordance with the levels of maturity of students at different ages.

Modern relationships are more complex than ever before, and young people face a whole range of pressures and decisions that have not been relevant in the past. Thus it is all the more important that we enable our youngsters to handle these situations as maturely and confidently as possible.

If you feel that any of the subject matter planned for your child's year group is inappropriate for them and you would prefer to broach these issues yourself, please let the school know as soon as possible so that we can make alternative arrangements for tutor time over the next six weeks.

If you have any questions about what might be covered or would like any further details, please contact alice.wealleans@bulwellacademy.org.uk .

Yours sincerely

A handwritten signature in black ink, appearing to read 'A Wealleans', written over a light grey dotted grid background.

A Wealleans
PSHE Co-ordinator



The Relationships and Sex Education Curriculum

Year 7	<ul style="list-style-type: none"> • Positive relationships • Physical contact • Sexting • Puberty • Peer pressure and relationships • Body image • Female Genital Mutilation (basic)
Year 8	<ul style="list-style-type: none"> • Different kinds of abuse and how we can prevent them • Expectations in relationships • Consent • Feelings • Different kinds of relationships • Sexually Transmitted Infections and contraception
Year 9	<ul style="list-style-type: none"> • Consent • Anatomy, contraception and Sexually Transmitted Infections • Unhealthy relationships • Abstention • Making difficult choices • Contraception and making choices • Relationship breakdown
Year 10	<ul style="list-style-type: none"> • Positive relationships • Social norms and the impact of pornography • Pregnancy • Different types of abuse • Different forms of contraception • Female Genital Mutilation