



St Michael's CE Middle School
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Headteacher: Mr D Ayling BSc Ed(Hons)
Deputy Headteacher: Paul Andrews BSc (Hons)

25th March 2024

Dear Parents/Guardians,

Pupils in Years 7 and 8 will be learning about Relationship and Sex Education within their PSHE curriculum next half term. **These lessons are very much geared to each year group, to ensure that every child is being provided with the appropriate knowledge and understanding required.** It is the aim of the Government and Local Authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that those children who have a greater understanding can make positive choices in the future.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across the Initio Academy Trust, using guidance from the National Curriculum, Ofsted and the PSHE Association. **All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.**

Please find below a brief outline of the lesson content.

Year 7: Health and Puberty.

Your child will learn about the physical and emotional changes during puberty, as well as diet, exercise & oral hygiene.

This unit is in addition to the Year 7 RSE - Autumn Unit, Building Relationships, that has already covered healthy and unhealthy relationships and the importance of having self-worth and self-efficacy. They also looked at recognising and challenging media stereotypes of how a relationship should be and began to evaluate the expectations of a romantic relationship. Further to this, they learnt about the law of consent and how to seek and assertively communicate it with others.

Year 8: Identity and Relationships.





Your child will learn about forming new partnerships and how to develop positive, consensual relationships, as well as understand gender identity and sexual orientation. They will know about the risks of 'grooming' and 'sexting' and how to manage requests or pressure to send an image and learn about basic forms of contraception (condom and pill). In addition to this, they will discuss how harmful practices such as FGM and forced marriage are in contradiction with human rights and against British law.

For further information, please visit our website at [St Michael's Middle School Website - RSE](#) where you will be able to find links to the video clips which will be shown and extra information including learning questions being delivered throughout the unit of work.

If you would like to discuss the programme/s further or to view any of the specific teaching materials used then please do not hesitate to contact me via email at rwarren@stmichaelsmiddle.org.

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of statutory RSE. If you wish to withdraw your child, please write a letter addressed to Mrs Warren, (PSHE Lead) before the programme starts. Under the statutory curriculum from the Government, there is no right to withdraw from Relationships Education or Health Education.

For further information, please read the RSE policy found on the school website or by using the following link [RSE policy](#)

Kind regards,

Mrs R Warren
PSHE Lead