

9<sup>th</sup> May 2022

Dear Parents/Carers,

**Year 7 – Relationship & Sex Education Day – Friday, 13<sup>th</sup> May 2022**

As part of our PSHCE curriculum, Year 7 pupils will be participating in sessions around relationships and puberty. These will take place on Friday 13<sup>th</sup> May and be delivered by our RSE team.

The education is based on national guidance and the lessons will cover the following topics:

- **Identity and Values/Friendships**
- **Boundaries & Assertiveness/Staying Safe**
- **Puberty**

Like all aspects of modern society, the RSE learning needs of today's young people are constantly evolving. The Ur Choice programme gives young people the knowledge and skills to successfully navigate interpersonal relationships and their developing sexuality and in doing so contributes to positive relationship and sexual health outcomes. Ur Choice contains activities designed to promote resilience and critical thinking in these areas.

These topics have been chosen due to the knowledge that many young people their age will be thinking or participating in related topics. We strive to provide quality relationships and sex education as research has shown that young people who have had good RSE are less likely to have underage sex and when they do first have sex are more likely to use contraception.

Educating our pupils on these topics will help them develop and manage their personal well-being and happiness.

If you have any queries about the content of the lessons, or the resources used please do not hesitate to contact Miss Rabab, your child's Personal Development Lead.

Kind regards,



Louise Morgan  
Assistant Headteacher Personal Development