

Dear Parent/Carer,

In line with the continued implementation of the statutory guidance in England on RSE (relationships and sex education) and Health education, I am writing to you to inform you of the next stage of your child's RSHE (Relationships, Social and Health Education) education. The full government guidance documents can be found at <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education> and the school's RSHE policy can be found on our website.

The guidance outlines specific topics which we must cover in our curriculum. These topics are being covered as part of the broad and balanced RSHE curriculum in which all students across years 7-11 receive at least 1 hour a week of contact teaching time. Given the nature of some of these topics, students may develop a range of questions and therefore it is important for you to have an awareness of what we are covering in RSHE in order to facilitate any further conversations that may arise at home.

Throughout the RSHE curriculum students will look at 6 core themes and within these, all statutory elements are covered. These core themes are:

- Life beyond school (LBS)
- Health and wellbeing (HWB)
- Relationships and sex education (RSE)
- Staying safe online and offline (SSO)
- Celebrating diversity and equality (CDE)
- Rights, responsibilities and British values (RBV)

Below I have outlined the specific topics that will be covered in the Year 7 curriculum for 2025-26

Autumn 1 – LBS: Managing change	Autumn 2 - CDE: Celebrating differences	Spring 1 – SSO: Staying safe online and offline	Spring 2 – HWB: Puberty and body development	Summer 1 – RSE: Friendships, respect and relationships	Summer 2 – RBV: Politics, Parliament and Me
1) Introduction to RSHE 2) Getting to know people 3) Importance of community 4) Importance of being kind / Anti-bullying 5) Importance of relaxation and me time 6) Careers, finance and my future 7) Transition points and how to cope with them	1) Multi-cultural Britain 2) What is identity? 3) Nature vs Nurture 4) The Equality Act 2010 5) Breaking down stereotypes 6) Prejudice and discrimination 7) Challenging Islamophobia and anti-Semitism	1) Staying safe online and offline 2) Avoiding gangs 3) What is Alcohol and smoking? 5) The dangers of energy drinks 6) Vaping and e-cigarettes and the risks they run	1) Introduction to puberty 2) Puberty – Biological male focus 3) Puberty – Biological female focus 4) Personal hygiene 5) Assertiveness and hormones 6) Self-esteem and employment	1) What is consent and what are boundaries? 2) Respect and relationships 3) What makes a good friend? 4) Managing friendships and relationships 5) What does it mean to be a man? 6) Pressure and influence	1) Why is politics important? 2) How is our country run? 3) Exploring inside Parliament 4) Elections and campaigning 5) Debating 6) Politics Quiz

There are a range of support services available for students and at the end of each lesson they are directed towards relevant support services for the topic. There are also questions on the school website for you to look at and ask students about their lesson with.

If you have any questions or concerns regarding this, please do not hesitate to get in contact. You can do this via the 'Contact us' section on the website homepage.

Kind Regards,

Miss B Barnard
Head of RSHE, Personal Development and Enrichment.