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 Principal

Registered in England  
 Company number 07515832

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Dear Parents/Carers

## Personal, Health, Relationships and Sex Education Lessons

As a part of your child's education at Houlton School, we promote personal wellbeing and development through a comprehensive Personal, Health, Relationships and Sex education programme (PHRSE). PHRSE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to update you on the content of the PHRSE curriculum for this academic year and to invite you to be part of our parent and carers PHRSE forum. This will provide an opportunity to find out more about what your child will learn in PHRSE, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home. Please email [cooperr@houlton.tlet.org.uk](mailto:cooperr@houlton.tlet.org.uk) if you would like to find out more about our parent forum.

Relationships and Sex Education will be delivered to all years in the Spring Term (January to Easter) and more information can be found regarding this below. A further letter will be sent to parents and carers containing all RSE booklets in the next half term.

|               | <b>Term 1 (September to Christmas)</b>                                                                                                                                        | <b>Term 2 (January to Easter)</b>                                                                                                                                                           | <b>Term 3 (Easter to July)</b>                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Year 7</b> | <b>Health and Wellbeing</b><br><br>Including: Transition to secondary school, study skills, CPR, healthy living, puberty and physical change, Female Genital Mutilation (FGM) | <b>Relationships</b><br><br>Including: Friendships, bullying, community, bias and stereotypes, puberty and emotional change, menstruation, features of healthy and unhealthy relationships. | <b>The Wider World</b><br><br>Including: Successful study skills through LORIC, career choices, financial planning, internet safety. |

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| <b>Year 8</b>  | <b>Health and Wellbeing</b><br><br>Including: Managing risk (alcohol, drugs), importance of mental health, emotional wellbeing, healthy coping strategies.                                                                                  | <b>Relationships</b><br><br>Including: Inclusion and diversity, discrimination, positive relationships, consent, contraception, risks of sharing images.                                                                                                                                                                                                                                                                                | <b>The Wider World</b><br><br>Including: Staying safe online, media literacy, aspirations and aims, democracy and the British political system.                                                                 |
| <b>Year 9</b>  | <b>Health and Wellbeing</b><br><br>Including: Importance of good quality sleep, diet and exercise, overcoming barriers to health living, influences on image, managing risk (alcohol and cannabis), County Lines.                           | <b>Relationships</b><br><br>Including: Changing relationships over a lifetime, family, managing conflict, respectful relationship behaviours, freedom and capacity to consent, sexual health.                                                                                                                                                                                                                                           | <b>The Wider World</b><br><br>Including: Staying safe online, digital footprints, acting upon constructive feedback, preparation for Key Stage 4.                                                               |
| <b>Year 10</b> | <b>Health and Wellbeing</b><br><br>Including: Challenges of adolescence, reframing negative thoughts, getting help for mental health difficulties, managing change, loss and grief, risks and influence of gangs, getting help and support. | <b>Relationships</b><br><br>Including: Intimacy in consensual relationships, impact of pornography, coercive behaviour, managing relationship conflict and breakups, diversity, extremism.                                                                                                                                                                                                                                              | <b>The Wider World</b><br><br>Including: Saving and budgeting, online financial risks, preparation for work experience.                                                                                         |
| <b>Year 11</b> | <b>Health and Wellbeing</b><br><br>Including: Dealing with exam stress, testicular and breast cancer and the importance of self-examination and vaccination.                                                                                | <b>Relationships</b><br><br>Including: about different types of families and changing family structures, how to evaluate readiness for parenthood and positive parenting qualities, fertility, including how it varies and changes, pregnancy, birth and miscarriage, about unplanned pregnancy options, 'honour based' violence and forced marriage and how to safely access support, features of healthy and unhealthy relationships. | <b>The Wider World</b><br><br>Including: effective revision techniques and strategies, post-16 and career pathways, application processes, including writing CVs, personal statements and interview techniques. |

Pupil booklets containing all PHRSE activities can be downloaded here. PowerPoints are adapted for each lesson, however you can request a copy of any lesson PowerPoint by emailing Mrs Cooper on [cooperr@houlton.tlet.org.uk](mailto:cooperr@houlton.tlet.org.uk).

## Relationship and Sex Education (RSE) at Houlton School

The aim of Relationship and Sex Education (“RSE”) is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should teach pupils what is acceptable and unacceptable behaviour in relationships, the importance of consent and safe relationships and the social and emotional changes that will occur at various stages of a pupil’s development. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

All schools are required to comply with legal duties when teaching Relationships Education, Relationships and Sex Education (RSE) and Health Education. We have worked in partnership with parents/carers to ensure our curriculum is appropriately pitched to support pupils as they grow and develop to ensure they have the right information and skills to keep safe and understand their responsibilities both in society and to themselves as they navigate through their secondary education. Sex Education at Houlton School is taught as part of the Personal Development Programme and will take place over the course of this term across all year groups.

### Pupils with SEND

Relationships Education, Sex Education and Health Education must be accessible for all pupils. At Houlton School, staff are adept at using Quality First teaching strategies to ensure that all pupils in our mixed attainment classes make progress. Our provision in this area is mindful of the preparation for adulthood (as set out in the SEND code of practice) when teaching these subjects to pupils with SEND. We are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND and that Relationships Education and Sex Education can also be particularly important subjects for some pupils; for example, those with Social, Emotional and Mental Health (SEMH) needs or learning disabilities. Support will be put in place to ensure pupils with additional needs can access the lessons in an appropriate way. If you have any concerns regarding your child’s individual needs in relation to this area of the curriculum, please do not hesitate to get in touch.

### Parent and Carers

At Houlton School we want to support parents/carers in this area of education and development and to ensure the messages being delivered at home support pupils to understand how to keep themselves safe. Our aim is to build on our relationships with families to ensure that parent voice is heard, and we work effectively to support parents/carers to manage conversations around these lessons at home by supporting parents where needed with resources and or information. Prior to Sex Education lessons taking place, parents/carers will receive resources that will be used as part of the Sex Education specific lessons to support ongoing discussions at home. Parents/carers have the right to request that their child be withdrawn from all or parts of specific **sex education** lessons (but not relationships education, which is statutory); however, if you have any concerns around the curriculum, we encourage you to get in touch first so we can discuss your concerns with you.

## What will be covered?

The secondary phase of education sees pupils arriving at the end of primary school and leaving at 16 or 18 as they transition into adulthood. Our Relationships and Sex Education Curriculum is designed to ensure pupils are well informed at an age-appropriate level, whilst understanding that in the contemporary world of the internet and social media, children now encounter potential danger and decisions at a much earlier stage than previous generations. Our priority is that all pupils know and understand how to keep themselves safe and are prepared for the changes and choices that will face them as they grow and develop through adolescence. If you would like further information on our curriculum, our RSE Policy can be found [here](#).

If you have any questions or concerns, please do not hesitate to get in touch.

Yours faithfully

**Becky Cooper**  
Head of PHRSE