

22nd September 2026

Dear Parent/Carer,

**Relationships, Sex and Health Education (RSHE) Parent Information & Consultation
2026-27**

As part of our commitment to providing a high-quality Personal, Social, Health and Economic (PSHE) education programme, we are reviewing our Relationships, Sex and Health Education (RSHE) provision in response to the updated Department for Education statutory guidance, which became effective from September 2026.

RSHE plays an important role in supporting young people to:

- Build healthy and respectful relationships
- Stay safe online and offline
- Understand consent and personal boundaries
- Develop positive attitudes towards health and wellbeing
- Recognise and respond to harmful behaviours
- Access support when needed

The updated national guidance places greater emphasis on:

- Online safety and digital relationships
- Pornography and online harms
- Misogyny, sexual harassment and violence against women and girls
- Healthy and respectful intimate relationships
- Consent and the law
- Mental wellbeing and support seeking
- Sexual health and risk reduction
- Accurate biological knowledge and safeguarding awareness

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RSHE Curriculum Overview

The school's Relationships, Sex and Health Education (RSHE) programme is delivered through two complementary elements:

1. Tutor-led PSHE lessons, delivered throughout the year and based on the PSHE Association Curriculum Model and the updated statutory RSHE guidance.
2. Specialist drop-down day sessions, delivered by Wayne Stevenson from Stevenson Training and Interventions, providing expert-led learning that reinforces and extends key RSHE themes.

The table below outlines how the tutor-led curriculum and external specialist provision work together.

RSHE Provision by Year Group

Year Group	PSHE Curriculum Delivered by Form Tutors	External Specialist Session
Year 7	Healthy and unhealthy friendships; bullying and peer influence; families and changing relationships; puberty and emotional changes; menstrual wellbeing; testicular and vulval health; recognising abuse; introduction to consent; healthy relationships and media influences.	Relationships and Reproduction: male and female reproductive organs; human reproduction; healthy relationships; sex and the law of consent.
Year 8	Healthy and unhealthy relationships; safer online relationships; consent; sexual harassment; harmful sexual behaviour; image sharing; gender-based violence; identity; discrimination; stereotypes; diversity and inclusion.	Becoming a Parent: stages of pregnancy; responsibilities of parenthood; readiness for parenthood; peer pressure; assertiveness and saying no.
Year 9	Relationship values; revisiting consent; contraception; sexual health; healthy intimate relationships; managing relationship endings; deepfakes; online misogyny; challenging harmful narratives and online harms.	Contraception: different contraceptive methods; how contraception works; advantages and disadvantages; accessing contraception; local sexual health services.
Year 10	Consent; coercion and pressure; pornography and its impact; recognising abuse; relationship rights; AI and online safety; deepfakes; misogyny and harmful online influences; diversity and challenging extremism.	Sexually Transmitted Infections and Misogyny: STIs including HIV; signs, symptoms and treatment; prevention; sexual health services; challenging misogyny; respect in relationships.
Year 11	Healthy and unhealthy relationship behaviours; boundaries; power and control; sexual health; contraception; committed relationships; marriage; fertility; pregnancy choices; parenting responsibilities.	Consent: understanding consent; the law relating to consent; communication and boundaries; recognising coercion and pressure; accessing support.

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Parent Consultation

We are committed to working in partnership with parents and carers to ensure that our RSHE curriculum meets the needs of our pupils and reflects current statutory requirements. The curriculum has been reviewed following the updated statutory guidance and the latest recommendations from the PSHE Association.

We welcome feedback on:

- Our revised RSHE Policy
- The updated curriculum content
- The use of external specialist providers
- How we communicate RSHE content with families

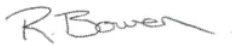
A copy of the RSHE Policy and curriculum overview is available on our website and can be requested from the school office.

Please complete the consultation form by **Monday 5th October 2026**. [Relationships, Sex and Health Education \(RSHE\) Parent Consultation 2026 – Fill in form](#)

We will also be holding a parent information session on **Wednesday 30th September 2026 at 4.30pm**, where curriculum content, resources and external provision will be discussed in more detail and parents will have the opportunity to ask questions.

Thank you for your continued support in helping us provide a safe, inclusive and effective RSHE curriculum that prepares young people for modern life.

Yours sincerely



Mrs R Bowen
Senior Assistant Principal

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