

09 November 2021

Dear Parent / Guardian,

As you may be aware, Relationships and Sex Education (RSE) is now statutory for all UK schools and continues to be an integral part of our SMSC programme here at KRS. We wish for students to be engaged with RSE throughout their time at King Richard School to ensure they have a sound understanding and an awareness of issues which may impact their wellbeing.

RSE helps young people develop the skills, attitudes and knowledge that will enable them to develop strong, healthy personal relationships now and in the future. This includes, in context, age-appropriate information about growing up, puberty and sex.

Traditionally, when talking about relationships and sex education, the sole focus has been on the subject of sexual activity and the role of relationships, personal development and informed decision-making has been underplayed. To re-inforce this shift, we will be following the current convention of calling it RSE as a reminder that we are putting positive relationships at the heart of what we do.

Take our survey here: <https://forms.gle/bzF3Tn4sRvZrpbza6>

So, what to expect? A quick guide to RSE what and when:

KS3

Age 11 to 12 (year 7):

Reinforcement of previous information is critical to ensure all pupils have a good foundation, as relationship and sex education provision from feeder schools may be inconsistent due to mobility.

In addition, further information on different types of family and relationships, inclusive and diverse, physical, emotional and social growth; personal safety potential grooming and exploitation scenarios can be delivered in a realistic but age appropriate way.

Age 12 to 13 (year 8):

Self-esteem within relationships, confidence, communication skills and consent including the effects of alcohol and behaviour in relationships.

The laws around behaviour and language along with social expectations should be introduced as a central topic, identifying risky behaviour and consequences, including consent, pregnancy myths, alcohol, technology, rights and responsibilities.

Sexual orientation, information on growing up gay, challenging homophobia as well as concepts of gender stereotypes. Information for boys on safe ways to access information about relationships and sex is crucial

Myth busting between media and real world representations of sex and gender stereotypes is beneficial for both boys and girls. Yet again, at this age group technology and internet safety need to be reinforced and discussed, CSE (child sexual exploitation) can be further highlighted.

Age 13 to 14 (year 9):

Topics at this age group include building on self-esteem within relationships, confidence, communication skills and consent including the effects of alcohol and behaviour in relationships.

Contraception should be introduced, signposting relevant agencies for appropriate help. Information on sexually transmitted infection, their causes and effects, including long term risks, safer sex, including condom information and practical demonstrations are all recommended. Further insight into parenthood and the effects of an unplanned pregnancy on potential fathers and mothers will aid our young people.

KS4-5 Age 14 to 15 (year 10):

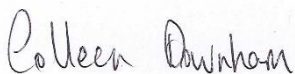
We explore personal and legal boundaries e.g. what's the difference between flirting and sexual harassment? Identifying abusive relationships as well as identifying healthy, positive, loving partnerships. Relationships in a digital age are explored, highlighting the importance of personal physical and emotional safety.

Age 15 to 18 (year 11- 13): As with primary, the final years at secondary school are spent recapping on previous topics as well as allowing students to lead the discussion by asking anonymous questions, watching documentaries on particular issues of relevance and taking a pro-active approach in creating a bespoke programme in response to individual class needs.

We work very closely with the School Health Nurse to ensure medical specialism and delivery throughout all stages. As with all Relationships and Sex Education taught outside the science curriculum, you reserve the right to withdraw your child from these lessons. Should you wish to do so, please notify the head teacher, Richard Sproson. Should you have any concerns about the materials we will be using please do not hesitate to contact me at school and I will be happy to discuss and share our resources with you and answer any questions you may have.

We have always taught this content with great success at KRS, these changes serve to further safeguard our young people and ensure that they receive an education of the highest quality equipping them to make the most of every opportunity in life.

Yours faithfully,



Mrs Colleen Downham
Head of SMSC