

Dear Parent/Guardian,

This week in school we are recognising Sexual Health Week by conducting a series of age appropriate assemblies and tutor activities for students in Y7-11. We will also be collapsing the timetable for Y9, for two lessons, so that students can attend a carousel of four sex and relationship workshops. Please see below for an outline of the themes that we will be covering with each year group.

Year group	Key content
Year 7	<ul style="list-style-type: none"> • Activities that examine the way that students' bodies are changing and what physical and emotional changes are likely to take place as they go through puberty. • Students will consider how the relationships they have may change with growing awareness of their sexuality and sexual attraction. • Explore issues surrounding sexuality and tolerance. Focus on the unacceptability of sexist, homophobic, bi-phobic and transphobic language and behaviour, the need to challenge it and how to do so.
Year 8	<ul style="list-style-type: none"> • Activities that examine issues relating to readiness for sex to include the law, rights, responsibilities, consent and coercion. • Examine current trends in young people's sexual behaviour. Illustrate that all evidence shows that young people are not having sex at an early age. • Consider the responsibilities that come with embarking on sexual relationships and the consequences that embarking on sexual relationships may have if not carefully considered.
Year 9	<ul style="list-style-type: none"> • STDs - Students will learn that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs. About the prevalence of some STIs, the impact that they can have on those who contract them and key facts about treatment. • Contraception - Students will learn the facts about the full range of contraceptive choices, their success and, the communication and negotiation skills necessary for contraceptive use in healthy relationships. • Assessing readiness for sex - Students will consider different levels of intimacy and their consequences. They will recognise and manage sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. That students have a choice to delay sex or to enjoy intimacy without sex. • Social media and ICT - Students will learn about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material. They will learn not to provide material to others that they would not want to be shared and that sharing and viewing indecent images of children (including those created by children) is a criminal offence.
Year 10	<ul style="list-style-type: none"> • Activities that re-examine consent in relationships. Look at the right to withdraw consent at different stages of sexual intimacy. Assess examples of consent. • Examine the portrayal of sex in the media and the distorted portrayals that emerge (body image, consent and respect). • Look at different media platforms and the harmful effect they may have on self-concept. • The law in relation to sharing sexual content and photos. The importance of protecting one's privacy and brand and the possible consequences of peer pressure.
Year 11	<ul style="list-style-type: none"> • Activities that re-examine consent in relationships. Look at the right to withdraw consent at different stages of sexual intimacy. Assess examples of consent. • Examine when a relationship is abusive and strategies to manage this. • The law relating to abuse in relationships, including different types of control. • Getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support and how to access them.

As always we want to advise you of the topics that we will be covering in advance, so you are not only aware of the coverage taking place in school but also, so you can be prepared for further questions and/or discussion that either you or your child may wish to initiate at home. Below are some links that you may wish to look at for context and support.

Consent

https://www.themix.org.uk/sex-and-relationships/single-life-and-dating/sexual-consent-15356.html?gclid=EAlaIQobChMIq5H7gJKC7AIVVuJ3Ch2ZKA7BEAAYAiAAEglqV_D_BwE

Sexual harassment and sexual assault

<https://www.childnet.com/parents-and-carers/hot-topics/online-sexual-harassment>

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>

Sexting

<https://www.childnet.com/parents-and-carers/hot-topics/sexting>

<https://www.familylives.org.uk/advice/teenagers/online/sexting/>

Teenage sexual health facts and general information

<https://www.fpa.org.uk/factsheets/teenagers-sexual-health-behaviour>

Teenage pregnancy

<https://www.familylives.org.uk/advice/teenagers/sex/teenage-pregnancy?referrer=/advice/teenagers/sex>

<https://www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant/>

Contraception

https://www.maristopes.org.uk/other-services/contraception/?gclid=EAlaIQobChMIk6DZg-WD7AIVA-ntCh0MbQUHEAAYASAAEgIH6vD_BwE

STIs

[Sexually Transmitted Infections \(STIs\): Worried You have an STI? \(brook.org.uk\)](https://www.brook.org.uk/sex-health/sexually-transmitted-infections/stis/worried-you-have-an-sti/)

[Guide to sexual health services - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sexually-transmitted-infections/)

Body image

[Body image | YoungMinds](https://www.youngminds.org.uk/our-work/young-minds/body-image/)

[Information for 11-18 year olds on confidence and self-esteem - Mind](https://www.mind.org.uk/information-support/young-people/11-18-year-olds-on-confidence-and-self-esteem/)

Online pornography

<https://www.childnet.com/parents-and-carers/hot-topics/online-pornography>

Yours sincerely,

Mrs H Barratt (Assistant Headteacher Post 16 and PSHE Coordinator)