

Dear Parents and Carers,

February 2026

As part of our Personal, Social, Health and Economic (PSHE) education programme, Year 9 students will soon begin a series of lessons focused on relationships and sex education (RSE). These sessions are designed to help young people develop the knowledge, confidence and skills they need to make safe, respectful and informed choices as they grow. Delivering this content forms part of our statutory duty to ensure students receive accurate, age-appropriate education on relationships, safety and wellbeing.

The upcoming lessons will cover the following areas:

- Harmful sexual behaviours and how to recognise unsafe or inappropriate conduct
- Teenage relationship abuse, including healthy and unhealthy relationship dynamics
- The impact of pornography and why it does not reflect real-life relationships
- Sexually transmitted infections (STIs) and how they are prevented
- Pregnancy, including factual information about choices and support
- Forced marriage, including understanding the law and how to seek help
- Female genital mutilation (FGM), including why it is illegal and harmful

All content will be delivered in an age-appropriate, sensitive and inclusive manner by trained staff. Our aim is to equip students with accurate information, promote respectful attitudes, and help them stay safe both online and offline.

We would also like to remind you that parents and carers have the right to request that their child be withdrawn from some or all of the sex education elements of RSE. This does not apply to the statutory content within the science curriculum. If you are considering withdrawal, or if you would like to discuss the programme in more detail, please contact the school so we can talk through the content and answer any questions you may have.

Thank you for your continued support in helping us provide a safe and well-rounded education for all our students.

Yours sincerely,

A handwritten signature in black ink that reads 'M Dempsey'.

Mrs Michelle Dempsey
Head of Year 7
Head of PSHE