18 December 2023

Dear Parent/Carer

As a part of your child's education at Caludon Castle School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic education programme in our Personal Development lessons. Personal Development is a curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

We are writing to let you know that, over the spring term starting Tuesday 9 January 2024, students will have Personal Development lessons which will focus on relationships and sex education (RSE). As a school community, we are committed to working in partnership with parents; the RSE lessons were discussed with the recent parent forum to ensure the content was matched to the students' needs and understanding. Most of the content is required under the Statutory Guidance for Relationships Education, Relationships and Sex Education and Health Education of 2019. The school's RSE policy can be found here.

RSE lessons will include the following topics:

- Families and people who care for me
- Respectful relationships – including friendships
- Online/media
- Being safe
- Intimate & sexual relationships including sexual health – in Y7 this topic is puberty and adolescence

Students will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

	Week 1	Week 2	Week 3	Week 4	Week 5
Year 9	Families - diverse family structures	Respectful Relationships - unhealthy relationships - consent	Online/Media - the portrayal of sex in the media (including pornography)	Being Safe - personal boundaries - sexual consent and sexual pressure - grooming	Intimate & Sexual Relationships including Sexual Health - human reproduction - contraception and safer sex, STIs
	Half Term				
	Week 1	**Week 2**	**Week 3**	**Week 4**	**Week 5**
	Intimate & Sexual Relationships including Sexual Health - law and sexual health - intro into pregnancy	Being Safe - sexual harassment and violence - drug and alcohol awareness including vaping	Online/Media - responsible use of social media - potential risks	Respectful Relationships - individuality - influence of social media	Families - understanding societal perceptions and stereotypes

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Headteacher
Ms S Kenrick

All Personal Development teaching takes place with your child's tutor and within a safe learning environment that is underpinned by our school ethos and values. Please be assured that whilst these are sensitive topics, they will be delivered in an age-appropriate manner.

We would also encourage discussions at home around these areas and there are some useful resources for parents on:
https://letstalkaboutit.nhs.uk/other-services/support-for-parents/

If you have any concerns or questions regarding the delivery of this content, please do not hesitate to contact us.

Yours faithfully

Ms Hutchinson
Senior Assistant Headteacher

Miss Brooks
Subject Leader for Personal Development