



September 2023

Dear Parent,

Headteacher - Patrick Earnshaw  
Deputy Headteacher - Mathew Downs

## YEAR 10/11 – RELATIONSHIPS AND SEX EDUCATION LESSONS

At Highcliffe School, we believe that promoting the health and wellbeing of our students is an important part of their overall education. Throughout the academic year and as part of our broader Ethical and Personal Development curriculum (EPD) we will be exploring a range of topics related to Personal, Social, Health Education (PSHE). From February we will introduce Relationships and Sex Education (RSE).

Some parts of RSE are compulsory, such as elements taught within the Science curriculum. Other topics will be taught discretely within the context of the rest of the EPD curriculum. Parents can withdraw their children from these parts of RSE if they wish to do so.

However, we believe that it is important for all young people to have a place to discuss peer pressures, check facts and dispel myths. Even if a child is withdrawn, students will inevitably discuss such issues with each other outside the classroom resulting in hearing about the content second hand. We hope all children will have the opportunity to participate in our carefully planned lessons and assemblies to ensure they receive correct information and advice.

Content covered in Year 10/11:

### Sex and Relationship Responsibilities

- Consent (the law)
- Sexual offences (sexual assault, assault by penetration and rape)
- Protecting LGBTQ+ (discrimination laws)

### Keeping Sexually Healthy

- Physical and Mental health
- Protecting against STI and pregnancy
- Contraception (methods, emergency contraception)

### Sexual Content Online

- Sexual imagery (the law)
- You and indecent images online
- What is pornography?
- Pornography and the law
- Why can pornography be harmful?

### Gender

- Sex, gender and gender identity
- Being intersex
- Common gender terminology (covering a wide variety of gender identities)

### **Sexuality**

- Variety of different sexual identities
- 'Coming out'

### **Parenthood**

- Understanding fertility, infertility and miscarriage
- Different routes to parenthood
- Where to get reproductive health advice and treatment

Year 11 is also used to catch-up any content that needs to be recapped due to any issues in previous years.

More information about the school approach to Relationship and Sex Education can be found in our policy at [Relationship and Sex Education 2022.pdf \(highcliffe.school\)](#). Our curriculum is in line with both the school Sex Education and Child protection policies.

If you have any questions about the delivery or content covered in RSE, please do not hesitate to contact Mrs Downie.

Kind regards,



Mr Hallam  
Director of Learning - Careers/EPD

