



YEAR 9 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 the Relationships and Sex Education (RSE) element into lessons.

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. For guidance on how to withdraw your child from the RSE lessons, please refer to the policy link at the bottom of this letter.

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 Even if a child is withdrawn, students will inevitably discuss such issues with each other outside the classroom resulting in hearing about the content second hand.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 this academic year is:

Sexuality and Gender

- Building and understanding and acceptance of various ways that sexuality develops
- Explore the issues surrounding sexuality (Healthy and unhealthy behaviours and sexual attitudes)
- What influences our views about sex, sexuality and gender
- To understand the difference related to gender identity and transgender

You and Your Rights

- Women's rights
- Violence and sexual harassment (Covering various genders)
- Your rights in relation to cultural practices (Forced marriages, FGM, breast ironing)
- Homophobic behaviour in relation to LGBTQ+

You and Your Safety

- Sex: Definition of sexual activity expanded upon to include Vaginal Sex, Anal Sex and Oral Sex
- Consent (UK law)
- Pressure to have sex
- Pornography and the law
- Consequences of sex (STI, unplanned pregnancy and regret)
- Types of contraception (how they are administered, how they work and what they protect you from)
- Condom demonstration
- Using contraception whilst under influence of alcohol
- Being safe at parties (alcohol and sex)

Pregnancy and Parenthood

- Relationships (communication, consideration, compromise, co-operation)
- Are you ready to have sex in your relationship? (Using 4 C's, adult conversations and boundaries)
- Pregnancy (symptoms, testing, miscarriage, fertility and options available)
- Being a teenage parent

More information about the school approach to Relationship and Sex Education can be found in our policy at <https://highcliffe.school/1/Relationship>. 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.

The RSE curriculum is due for review this Summer 2024, should there be any changes to the delivery of this or the RSE policy we will notify you

Bullying

- Types of bullying (physical, verbal indirect, cyber, neglect and sexual)
- Reasons for bullying and solutions to bullying

The Internet

- Advantages and disadvantages
- Pornography – dangers and potential challenges in relation to teenage modelling
- Pornography – UK law regarding age to access
- Cyber bullying – How to deal with it
- How to be safe online

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