



September 2020

Dear Parent/Carer,

RE: Relationship and Sex Education Curriculum 2020-21

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, will soon form part of the National Curriculum. This change begins as of September 2020 and becomes statutory in the Spring.

APHS prides itself on delivering effective, age-appropriate relationships and sex education to meet the needs of all our pupils. We seek to do this in an inclusive and supportive learning environment, using non-biased resources, and facilitated by experienced and skilled professional teachers.

The RSE curriculum will largely be delivered through fortnightly 'Self & Society' lessons. It has been designed to ensure the needs of all pupils can be met through the delivery of an age and stage-appropriate curriculum. The curriculum addresses traditional and emerging issues and relevant societal challenges. Consultation with pupils will be conducted on a regular basis. This will inform the RSE curriculum review, ensuring it remains responsive to emerging needs. RSE will support the school's commitment to safeguard its pupils through a curriculum that prepares them to live safely in the modern world and to make positive, healthy and safe choices.

Our intended RSE curriculum for each year group is detailed overleaf, but may vary in response to emerging public health issues and to reflect the rapidly changing world in which our pupils are living and learning. If this is the case, parents/carers will be provided with appropriate notice before the amended programme is delivered. The curriculum will be complemented by five 'Self & Society' Collapsed Timetable Days across the year and where possible, themed assemblies, form time activities and cross-curricular links e.g. Science, PE, Food Technology.

I would like to take this opportunity to reassure you that none of the teaching materials or strategies are designed to shock or make pupils feel uncomfortable. Teachers will not share their personal experiences or views, as all lessons will be taught in a strictly non-judgmental, and non-biased manner. This will allow your child to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's relationships and sex education with them at home. This is an opportunity for you to share your family values and build strong channels of communication about sex and relationship related matters with your child.

Parents/carers do have a right to withdraw your child from Sex Education aspects of RSE in secondary schools, which unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. Any parents wishing to withdraw their child should make an appointment to discuss this with Mr. Ogle, Principal. There is no right to withdraw from Relationships Education or Health Education at secondary level and we believe the content of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught. However, we are confident you will share our enthusiasm for the successful implementation of the new curriculum, which we feel will benefit all of our students.

If you would like to know more about our programme of relationships and sex education, please familiarise yourself with our relationships and sex education policy that will be available on our website, and read the 'Top tips for talking to your teen about sex' overleaf.

Please feel free to contact me on hbarker38re@nsix.org.uk if you would like to discuss our programme further.

Yours sincerely

Mrs H Barker
Lead Practitioner



Top tips for talking to your teen about sex

Talking to your teenager about sex is important; building good channels of communication in the early teenage years can help your teen to communicate with you as issues of increasing importance arise, and may help to reduce risk-taking behaviours as they approach adulthood.

If you feel uncomfortable talking about sex, it is OK to acknowledge this with your teen and explain that this is because it is something that you did not discuss much with your own parents; but the more you do, the more comfortable it will become.

Simple strategies to make talking about sex easier:

- ✓ Start off by talking about something that you both find more comfortable, such as feelings and emotions.
- ✓ Ask them what they think their friends know/think about sex, as this provides a way to talk about your teen's views indirectly.
- ✓ Avoid 'The Chat'. Talk about sex little and often, over everyday events like washing up or watching TV. This can help to normalise talking about sex, and ease uncomfortable feelings.
- ✓ Don't leave it too late. Start before you feel your teen is approaching readiness for sexually intimate relationships, so that you already have strong channels of communication.
- ✓ Be prepared to listen. Your teen will want to have their voice heard without feeling judged, and feeling listened to will encourage them to come to you to talk about sex in the future.
- ✓ If they ask you a question that you are not sure how to answer, that is OK. Suggest that you find out the answer together and then you will both know!
- ✓ It can be tempting to tell your teen what you want them to think about issues to do with sex. This could alienate them. Instead, try asking them their views first and share yours if they ask to know what you think.
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Try to remember that it is good that they are comfortable to discuss sex with you, and that they need to trust that you will not respond negatively.
- ✓ If your teen is sexually active, however upsetting you may find this, it is important to make sure they have access to, and know how to correctly use contraception. This includes being confident to speak to their partner about using contraception, and what to do if their partner refuses to practice safe sex.

Make sure they know that they can always talk to you **anytime, about **anything**.**









