



September 2023

Dear Parent,

Headteacher - Patrick Earnshaw  
Deputy Headteacher - Mathew Downs

## YEAR 8 – 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 Even if a child is withdrawn, students will inevitably discuss such issues with each other outside the classroom resulting in hearing about the content second hand.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:

### Your Relationships

- Different relationships and types of love including covering content from Year 7
- Being in romantic love
- Healthy relationships (romantic and platonic)
- Signs of unhealthy relationships

### Sex and Responsibilities

- Consent (the law in UK and around the world, understanding consent) including that sex is illegal in the UK until aged 16
- Laws: Rape and Sexual Assault, Indecent Exposure, Indecent Images
- Contraception Methods (Condom, Pill and Morning After Pill)
- Reasons and pressures relating to sexual encounters

### Safer Sex (Building upon the topics covered in Year 7)

- Sexual transmitted Infections - what they are? symptoms and how to protect against them
- STI's - What a sexual health clinic is, does and treatment
- Pregnancy

### **Staying Safe from Abuse**

- Different types of abuse
- What is grooming and strategies to stay safe
- Sexting - What is sexting, the dangers of sexting and identifying ways of protecting yourself online

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

