

**Model letter to families; secondary**

**Schools must customise this as appropriate for their school’s RSHE offer.**

Dear Parent/Guardian

**Relationships, Sex and Health Education (RSHE)**

The aim of Relationships, Sex and Health Education (RSHE) is for our pupils to grow up healthy, happy and safe, now and in the future. Relationships, Sex and Health Education is designed to equip your child with knowledge and make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

**Relationships and Sex Education**

Relationships and Sex Education will build on the teaching at primary. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. Your child’s school will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

**By the end of secondary school, your child will have been taught content on:**

* Families
* Respectful relationships, including friendships
* Online media
* Being safe
* Intimate and sexual relationships, including sexual health.

**Health Education**

Health education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

**By the end of secondary school, your child will have been taught content on:**

* Mental wellbeing
* Internet safety and harms
* Physical health and fitness
* Healthy eating
* Facts and risks associated with drugs, alcohol and tobacco
* Health and prevention
* Basic first aid
* Changing adolescent body.

**Right to withdraw your child**

You cannot withdraw your child from Health Education or the Relationships Education element of RSHE, because it is important that all children receive this content, covering topics such as friendships, mental health and how to stay safe. If you do not want your child to take part in some or all of the Sex Education lessons, you can ask that they are withdrawn. Your child’s head teacher will consider this request and discuss it with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to, and the school should arrange for your child to receive this teaching in one of those three terms (unless there are exceptional circumstances).

Our school prides itself on delivering effective, age-appropriate RSHE within an inclusive and supportive learning environment; using non-biased resources. We are flexible and deliver content which is completely age appropriate and sensitive to the needs and backgrounds of all pupils. RSHE is facilitated by experienced and skilled professional teachers, who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

We will deliver a ‘spiral’ curriculum that enables pupils to build on their prior learning by re-visiting some themes to further develop knowledge, values and skills in an age- and stage-appropriate manner. As such, some themes are repeated, to enable a deeper exploration of the related issues.

I would like to take this opportunity to reassure you that none of the teaching materials or strategies will be designed to shock or make pupils feel guilty; neither will the teacher share their personal experiences or views, as all lessons will be taught in a strictly non-judgemental, and non-biased manner, to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child’s RSHE with them at home. We have included ‘Top tips for talking to your teen about sex’ to support you. This is an opportunity for you to share your family values in relation to the topics, building strong channels of communication about sex and relationship related matters with your child.

If you would like to know more information about our programme of RSHE including the process for excusing your child from Sex Education, please attend our family information session, familiarise yourself with the RSHE policy and have a look at the RSHE page on our website.

As a school, we wish to encourage a positive engagement process that includes the views of pupils, parents, guardians, staff and governors in relation to RSHE. Comments and questions regarding our RSHE provision will be welcomed at the family information session or can be emailed to the school.

Please feel free to contact the school if you would like to discuss our programme of RSHE on an individual basis and if you would like a paper copy of our policy.

(Name of Head Teacher)