



December 2024

Dear Parents/Carers,

SUBJECT: Relationships and Sex Education Lessons (RSE).

My name is Laura Dunphy, and I'm the Social Studies Subject Lead at Risedale School. As part of our commitment to your child's overall development and wellbeing, we incorporate Personal, Social, Health, Citizenship, and Economic Education (PSHCEe) into our curriculum. This programme equips young people with the knowledge, skills, and understanding to lead healthy, fulfilling lives.

A component of PSHCEe is Relationships and Sex Education (RSE). Throughout the academic year, your child's Social Studies lessons will cover RSE topics in a safe and supportive learning environment, aligned with our school's mission and values. Pupils will have the opportunity to ask questions about relationships in today's world.

A brief outline of the RSE curriculum for each year group can be found below, and for more detailed information please visit the [KS3 Curriculum](#) and [KS4 Curriculum](#) pages on our school website and select the Social Studies subject block. Our staff will ensure that RSE lessons meet the needs of all pupils, including those with Special Educational Needs and Disabilities (SEND). The PSHCEe curriculum is regularly monitored and reviewed by our staff and governing body.

RSE lesson topics in Year 7 include:

Positive healthy friendships, respecting differences, boundaries, privacy and consent. Conflict and reconciliation, ending friendships and relationships. They will also be taught about personal hygiene, the physical and emotional changes that happen in puberty, the role of hormones in sexual feelings, menstrual health (understanding periods, and period products), sexual consent and the law, and laws around indecent image sharing.

RSE lesson topics in Year 8 include:

Types of committed stable relationships, marriage, cohabiting, wider family relationships, safe family relationships, and recognising unsafe relationships.

RSE lesson topics in Year 9 include:

Features of healthy intimate relationships, diversity within intimate relationships (opposite and same-sex relationships, committed relationships between people of different beliefs and cultural backgrounds, as well as between people who do/do not have children and who are/are not married. It will also highlight the value of choosing to be single), good communication within intimate relationships and sexual pressure. We will also look at sexually transmitted diseases and sexual health.

RSE lesson topics in Year 10 include:

Harassment, abuse and rape, domestic violence, grooming, exploitation and coercion, forced marriage, honour-based violence and female genital mutilation. It will also cover sexual health,





contraception, fertility and reproductive health, what happens at a sexual health check, and sexual consent.

RSE lesson topics in Year 11 include:

Signs of pregnancy, abortion, miscarriage and stillbirth, alternative ways of having a baby (for opposite and same-sex couples), self-examination, screening and smear tests.

Important Information:

As a school community, we are committed to working in partnership with parents and carers.

Right to withdraw: Parents/carers have the right to withdraw their child from Sex Education delivered within RSE for the current academic year (2024-2025). This right does not apply to the Relationship aspects of RSE. Parents may not withdraw their child from what is taught as part of the Science curriculum.

To withdraw from Sex Education: Please contact the Headteacher, Mrs Greenwood, at Greenwood.L@risedale.org.uk.

Learn More:

- **Statutory Guidance:** [Statutory Guidance regarding RSE from the DfE.](#)
- **School Policies:** [Relationship and Sex Education Policy](#)

If you have questions or concerns about Risedale's RSE policy or the resources used in lessons, please contact me directly and I'll be happy to provide further information or arrange an in-person meeting.

Yours faithfully,

Ms Laura Dunphy

Subject Lead Social Studies/PSHCEe
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