

Dear Parent/Carer,

In line with the continued implementation of the statutory guidance in England on RSE (relationships and sex education) and Health education, I am writing to you to inform you of the next stage of your child's RSHE (Relationships, Social and Health Education) education. The full government guidance documents can be found at <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education> and the school's RSE policy can be found on our website.

The guidance outlines specific topics which we must cover in our curriculum. These topics are being covered as part of the broad and balanced RSHE curriculum in which all students across years 7-11 receive at least 1 hour a week of contact teaching time. Given the nature of some of these topics, students may develop a range of questions and therefore it is important for you to have an awareness of what we are covering in RSHE in order to facilitate any further conversations that may arise at home.

Throughout the RSHE curriculum students will look at 6 core themes and within these, all statutory elements are covered. These core themes are:

- Life beyond school (LBS)
- Health and wellbeing (HWB)
- Relationships and sex education (RSE)
- Staying safe online and offline (SSO)
- Celebrating diversity and equality (CDE)
- Rights, responsibilities and British values (RBV)

Below I have outlined the specific topics that will be covered in the Year 9 curriculum for 2024-25

Autumn 1 – SSO: Legal and illegal drugs	Autumn 2 – RBV: Combatting extremism and terrorism	Spring 1 – RSE: Sex, the law and consent	Spring 2 – RSE: Contraception and STI's	Summer 1 – RSE: Contraception and STI's	Summer 2 – LBS: Essential life skills
1) Introduction to drugs education 2) Different types of addiction 3) Cannabis products 4) Drug classifications 5) Class A, B and party drugs 6) Alcohol and smoking 7) Vaping 8) The impact of drug use	1) What is extremism? 2) What is terrorism? 3) The radicalisation process 4) Counter terrorism 5) Anti-Semitism and Islamophobia. 6) Hate Crime 7) BLM	1) Self-esteem changes 2) Bullying in all its forms 3) Dealing with grief and loss 4) Cancer awareness and prevention 5) Relationships and partners	1) What is a penis? 2) What is a vulva? FGM and Law 3) Pleasure and masturbation 4) Contraception - What is it? 5) Contraception explored	1) Contraception – 2) What is it? 3) Contraception explored 4) Sexual harassment and stalking 5) STI's – What are they and how to treat them 6) HIV and AIDs	1) From failure to success 2) Happiness vs anger 3) Money management  TRANSITION TO UPPER 1) Fairtrade 2) Fairtrade project 3) Fairtrade project

There are a range of support services available for students and at the end of each lesson they are directed towards relevant support services for the topic.

If you have any questions or concerns regarding this, please do not hesitate to get in contact. You can do this via the 'Contact us' section on the website homepage.

Kind Regards,

Miss B Barnard  
Head of RSHE at Basildon Lower Academy