

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 8 curriculum for 2024-25

Autumn 1 - RBV: Law, crime and society	Autumn 2 – CDE: Discrimination explored	Spring 1 – SSO: Dangerous Society	Spring 2 – HWB: Physical and mental health	Summer 1 – RSE: Identity, relationships and sex education	Summer 2 – RBV: Law, crime and society
1) Desert Island living 2) Building a community 3) Making decisions 4) Criminals, laws and society 5) Law making in the UK 6) Prisons, reforms and punishments	1) LGBTQ – What is it? 2) Sexual orientation, gender identity and coming out 3) Homophobia and supporting LGBTQ+ 4) Challenging homophobia and transphobia 5) Disability discrimination 6) Racism and hate crime in the UK	1) County lines 2) Substance misuse 3) Online safety – cyber bullying 4) Evaluating social media 5) Child exploitation and abuse	1) Physical and mental health 2) Positive body image 3) Bullying 4) Healthy eating 5) Drugs and alcohol safety 6) Stress management	1) Healthy relationships 2) Dealing with conflict 3) Gender identity and sexual orientation 4) Periods and the menstrual cycle 5) What is love?	1) Employability skills 2) Proud to be me 3) Self-esteem 4) Career interests 5) Exploring careers and my options

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