



LUTTERWORTH HIGH SCHOOL

Where Learning Comes First



Our PSHE and RSHE curriculum

Dear Parent/Carer

We believe that promoting the health and wellbeing of our students is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help students make safe and informed decisions during their school years and beyond.

Relationships, sex education (RSE) is the statutory element of our PSHE curriculum and all secondary schools in England are required to teach RSE. We will be teaching lessons about RSE as part of our PSHE curriculum which will include topics such as body image, physical changes in puberty, perceptions and expectations of relationships, sexting and social media, positive intimate relationships, pornography, being a young parent, pregnancy and choices, consent and sexual assault.

PSHE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides students with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21st century students are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

PSHE is a carefully planned curriculum and is there to ensure our students can navigate the world around them safely. An un-informed child is often a child left vulnerable and we want to empower our students here at Lutterworth High School.

Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

As we start to deliver the RSE curriculum in the coming weeks you may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school.

I have included frequently asked questions and a link to the RSE policy for your perusal.

Yours sincerely,
Mrs Jarmulewski

Headteacher: Julian Kirby LL.B M.Ed

Deputy Headteacher: Amy Hunter. Assistant Headteachers: Aaron Mehta, Richard Salter, Natalie Tebbatt.

T. 01455 552710 E. admin@lutterworthhigh.co.uk W. www.lutterworthhigh.co.uk.

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Registered Office: Woodway Road . Lutterworth . Leicestershire . LE17 4QH





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Frequently asked questions

What are the aims of RSE at LHS?

Depending on the age of the children and the lessons in their particular year group, we want RSE to:

- *develop the confidence to talk, listen and think about feelings and relationships*
- *develop friendship/relationship skills*
- *develop positive attitudes, values and self-esteem*
- *provide knowledge and understanding about puberty and the changes that will take place*
- *provide knowledge and understanding about reproduction and sexuality*
- *address concerns and correct misunderstanding that children may have gained from the media and peers*
- *develop skills to help children protect themselves against unwanted sexual experience*
- *empower pupils to understand their bodies are amazing and they have a right to talk about keeping safe and consent in a manner of situations not just those linked to sexual intimacy*
- *know where and how to seek help*
- *to empower children with the confidence to talk about their bodies and their feelings.*

What are the different topics in the RSE curriculum at LHS?

- *Families and people who care for me*
- *Respectful relationships, including friendships*
- *Online and media*
- *Being safe*
- *Intimate and sexual relationships, including sexual health*
- *Internet safety and harms*
- *Mental well-being*
- *Physical health and fitness*
- *Healthy eating*
- *Drugs, alcohol, tobacco*
- *Health and prevention*
- *Basic first aid*
- *Changing adolescent body*
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For further information on each strand of the topics visit 'Relationships and sex education (RSE) and health education' at www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

Secretary of State Foreword 2020:

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.'

(See www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)

You can find our RSE policy [here](#).

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