

22 September 2021

Dear Parent or Guardian,

**Re: Relationships and Sex Education (RSE) at The King's CE School**

Our policy at The King's CE School states that:

*RSE is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, including marriage, respect, love and care. It is also about the teaching of sex, sexuality and sexual health with a focus on dealing with emotions and managing personal relationships. RSE also gives young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. It provides opportunities for young people to reflect on their own attitude's values and beliefs and those of their peers and others.*

You can find our full RSE policy on our school website. A key change from previous years is that we will no longer be asking for your consent for your child to take part in RSE lessons. There are some lessons from which it is possible to withdraw your child should you feel this is necessary, after a conversation with Mrs Kudlacik (PSHE lead) and Miss Langley (The Principal) in which we could listen to your views and have the opportunity to answer any questions or concerns you might have.

In line with our policy and with the new government requirements which came into force last year, our PSHE curriculum has been designed to enable pupils to explore aspects of healthy and unhealthy relationships in a safe environment and to gain the knowledge and skills they will need for making safe, healthy, respectful and informed decisions at the appropriate time. Empathy, respect, responsibility and forgiveness are practised throughout our learning together and the topics we address will be approached sensitively and in an age-appropriate manner.

A brief summary of topics we plan to cover in our RSE lessons can be seen in the table below, and wider ranging topics covered in PSHE at The King's School can be accessed via our VLE.

In Year...	Planned RSE topics to be covered include...
7	Safe internet use and online friendships (the avoidance of online grooming) Maintaining genuine friendships and avoiding toxic ones Changing family and gender roles over the decades

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	The role of hormones in teenage feelings of love and infatuation When is 'banter' bullying and the prevention of online bullying Emotional literacy and anger management Puberty – how the body changes ( <i>also covered in science lessons</i> ) The menstrual cycle and PMS ( <i>also covered in science lessons</i> ) FGM – recognising the dangers, the law and support available
8	The legal meaning of 'consent' Contraception* (including its limitations and where to get advice) The dangers and damage caused by pornography* The dangers and consequences (including the law) around sexting* STIs – symptoms and prevention* Dealing with domestic conflict The challenges faced in teenage pregnancy Prejudice, discrimination and the Equality Act 2010 The avoidance of online grooming
9	Identifying and responding to abusive relationships and peer pressure Gender diversity and stereotyping Young offenders and the consequences of knife crime
10	Grief, bereavement, suicide Hate crime: current trends and the reasons behind them The effect of social media on self-esteem Conflict management Forced marriages – support available and the difference to arranged marriages Gender identity awareness Issues surrounding harassment and stalking Revenge porn and the legal consequences* The challenges of parenting The law, the dangers and the consequences of anti-social behaviour, county lines, money laundering and racism
11	Fertility and reproductive health ( <i>also covered in science in Year 10</i> ) Bullying and body shaming Traditional and non-traditional relationships Safe and unsafe sex (including drug use)* Self-examination (led by the nurses) Pregnancy, miscarriage and abortion*

As a parent or guardian you have the right to withdraw your child, up to the age of 16, from any sex education lesson which is **not** covered at that stage elsewhere in the curriculum (e.g. in science lessons). We have marked these with an asterisk \*. Please note that this does not apply to the relationship lessons.

I would be very glad to hear back from you with any comments, questions or concerns you would like to raise about our RSE policy or the content of the RSE curriculum. I am happy to phone and talk further with you about any queries you might have. Please contact me by phoning the school or by emailing: [j.kudlacik@kingswolverhampton.co.uk](mailto:j.kudlacik@kingswolverhampton.co.uk) with the subject **RSE query**.

Yours sincerely,

Mrs J Kudlacik  
Lead Teacher for PSHE

Mrs N Kaur  
Acting Assistant Principal