



Brackenfield SEND School  
 Long Eaton  
 Derbyshire  
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 0115 973 3710  
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Dear Parent/Carer,

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated!

Therefore, as part of the school's wellbeing and relationships curriculum your child will soon receive lessons on relationships, health, puberty and sex education.

The purpose of Relationship, Health and Sex Education (RHSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

We aim for our pupils to grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

This is the content your child will cover this year:

Relationships and Health education				
Year 10				
<p><b>Families</b>            the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.</p>	<p><b>Mental wellbeing</b>            how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.</p>	<p><b>Health and prevention</b>            the benefits of regular self-examination and screening.</p>	<p><b>Basic first aid</b>            • life-saving skills, including how to administer CPR. the purpose of defibrillators and when one might be needed.</p>	<p><b>Respectful relationships, including friendships</b>            that some types of behaviour within relationships are criminal, including violent behaviour and coercive control. What constitutes sexual harassment and sexual violence and why these are always unacceptable.</p>

*Belong, Believe, Be Brave*





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<p><b>Science</b></p> <p>Non communicable and communicable diseases including sexually transmitted infections * in humans (including HIV/AIDs). Hormones in human reproduction, hormonal and non-hormonal methods of contraception. Sex determination in humans (chromosomes xx girl, xy boy)</p>	<p><b>Intimate and sexual relationships, including sexual health</b></p> <ul style="list-style-type: none"> <li>• the facts about the full range of contraceptive* choices, efficacy and options available. the facts around pregnancy including miscarriage. that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)• how the different sexually transmitted infections (STIs)*, including HIV/AIDs, are transmitted, how risk can be reduced through safer sex *(including through condom use) and the importance of and facts about testing.</li> </ul>	<p><b>Online and media</b></p> <p>that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</p>	<p><b>Drugs, alcohol and tobacco</b></p> <p>awareness of the dangers of drugs which are prescribed but still present serious health risks.</p>	<p><b>Science</b></p> <p>body defences against pathogens and the role of the immune system against disease</p> <ul style="list-style-type: none"> <li>• reducing and preventing the spread of infectious diseases in animals and plants</li> </ul>
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Any content marked with a '\*' is sex education content. The government guidance states it is mandatory to teach relationships and health education including the science behind conception (part of the science national curriculum) to all pupils in an appropriate way. Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. However, 3 terms before the child's 16<sup>th</sup> birthday they can opt into sex education. If you wish to withdraw your child from all or part of the schools sex education programme please complete [this form](#).

Learning will be tailored to your child's learning and cognition needs and appropriateness to their stage and age is considered. Please view [the RHSE plan on our website](#) to see how this will be done.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner. Please email the class team if you would like to view the resources, have any questions or have any particular information we should be aware of regarding your child and the teaching of RSHE.

We are also running a marketplace event at school this Friday 15<sup>th</sup> November from 1:30 till 3pm where you can view the RSHE resources and chat to us about any questions or queries you might have.

Yours sincerely,

The RSHE leads  
 Sarah Preece and Rhiannon Holdway  
 (Good Health lead) (Friends, Relationships and Community lead)

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