



Brackenfield SEND School  
 Long Eaton  
 Derbyshire  
 NG10 4DA  
 0115 973 3710  
 enquiries@brackenfield.derbyshire.sch.uk



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:

<b>Relationships and Health education</b>			
<b>Year 11</b>			
<p><b>Families</b>            how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.</p>	<p><b>Mental wellbeing</b> the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</p>	<p><b>Respectful relationships, including friendships</b>            the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010 [age, gender reassignment, being married or in a civil partnership, being pregnant or on maternity leave, disability, race including colour, nationality, ethnic or national origin, religion or belief, sex, sexual orientation]) and that everyone is unique and equal.</p>	<p><b>Intimate and sexual relationships, including sexual health</b>            about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • how the use of alcohol and drugs can lead to risky sexual* behaviour. • how to get further advice, including how and where to access confidential sexual* and reproductive health advice and treatment.</p>
<p><b>Drugs, alcohol and tobacco</b>            the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. Including nicotine products such as patches and vapes.</p>			

*Belong, Believe, Be Brave*





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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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