Dear Key Stage 4 Parents and Carers

**Re: PSHE - Personal Social and Health Education / Key Stage 4 drop down sessions**

We would like to share the plans for your daughter in her PSHE lessons in the next few months. PSHE is a vital subject which teaches skills, attitudes and behaviours that support your child as she navigates the many challenges of growing up and living a happy, fulfilled and healthy life as an adult.

In light of missed learning during the COVID lockdowns we are going to address this in a 2 hour school drop down session for Year 11 on Friday 22/10/21 and for Year 10 on Wednesday 3/11/21.

The 2 hours sessions will be focused on the three particular aspects of Healthy Relationships and Sexual education detailed below that were not appropriate to be taught in remote lessons on Teams during the lockdown months.

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| **1** | How does the media portray intimate relationships?Learning about how the media and pornography might affect expectations. Learning about readiness for sexual activity, considering the law, maturity, religion, family, peer group. The choice to delay sexual activity or enjoy intimacy without sex. |
| **2** | What are the myths and misconceptions relating to consent?Learning about the myths and misconceptions. Learning about the continuous right to withdraw consent and the capacity to consent. |
| **3** | What is safe sex?Learning about STIs, effective use of condoms and negotiating safer sex. Learning about the consequences of unprotected sex including pregnancy. |
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Our Healthy Relationships and Sexual Education Policy can be viewed on our website, and this outlines the rights and responsibilities of parents, carers and the school. If you have any concerns we would welcome you contacting us to discuss them further.

With best wishes

Kristine Pratt

Assistant Headteacher and Designated Safeguarding Lead