



Relationships & Sex Education (RSE)

Dear Parents,

Like all schools, we have a responsibility to provide age-appropriate Relationships and Sex Education. We cover this as part of our weekly Thrive (PSHE/RSE) curriculum which has previously been sent round to you at the start of the academic year.

As part of this provision, we invite in our own school nurse, Mrs Fiona Parry, to work with us to deliver some of the specific Relationships and Sex Education content to children throughout Middle and Upper School. Upper School pupils will receive these lessons in Week 9 and 10 after half-term during Thrive.

Mrs Parry has covered these topics with our children for some years now. She has a great deal of experience talking to boys and girls in an age-appropriate manner and in line with the pupils' stage of development, about what can be a challenging topic for some. We hope these sessions for the children after half-term will be both informative and reassuring.

The topics that Mrs Parry will be addressing are covered throughout the year in Thrive lessons anyway (as you will have seen in the curriculum overview that went to all parents at the start of the year), but will include:-

- Healthy relationships
- Different types of relationships (including LGBTQ)
- Physical and emotional changes that will happen in puberty for boys and girls
- Body image and your relationship with yourself
- Appropriate use of social media
- Sexting and pornography
- Consent, exploitation and abuse
- Who to talk to and where to get help

The focus of this element of our Thrive programme (RSE) is to promote pupil wellbeing by helping children and young people to develop communication skills, respectful attitudes and responsibility so that they enjoy positive relationships based on equality. I attach our School RSE policy for your interest.

DFE guidance states that parents have the right for their child to be withdrawn from some or all sex education. If you have queries or comments you wish to share, or you would like to withdraw your child from these specific RSE lessons delivered by Mrs Parry after half-term, please contact me via e-mail.

It is normal for some questions and discussions to occur at home after these sessions, and the Health Centre are happy to have a conversation if you would like any guidance. Equally, you may like to pre-empt these sessions taking place by starting discussions of your own during half-term as a family.

With warmest wishes, as ever,

Kit Perona-Wright

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