



St Peter's Catholic High School

A Specialist Visual Arts College



Dear Parent/Carer,

As part of our C4L (Curriculum for Life) Programme in this term we will be covering a range of Relationships and Sex Education topics which will be delivered either by St Peter's teaching staff or Spectrum Community Health CIC. As always, everything presented to pupils will be in line with Catholic Teaching and has been created using The Catholic Education Service's 'A Model Catholic Secondary RSE Curriculum' as guidance.

Year 7 will be focusing on Puberty including what the physical and emotional changes are, why these changes occur and the importance of increased personal hygiene. They will also cover 'Risk' which includes reference to health and safety including e-safety, relationships and strategies for getting help when they find themselves in risky situations. An exploration of 'Influence' will also take place beginning with positive influences which moves into peer pressure and strategies to manage it.

Year 8 will be focusing on 'Relationships and Consent' which explores what a healthy relationship is, when a relationship is unhealthy and what consent is and when it should be given. They will also cover the concepts of sexual identity, gender identity and sexual orientation as well as discriminatory language and behaviour which is unacceptable.

Year 9 will focus on how to develop and maintain healthy relationships as well as recognise the signs of an unhealthy or abusive relationship. They will learn ways of recognising and reducing risk. There will be a focus on consent to aid understanding that consent is freely given and that being pressurised, persuaded or coerced to agree to something is not consent. They will be provided with factual information about different forms of contraception including natural methods and abstinence. They will learn about the range, nature, symptoms and treatments of some sexually transmitted infections. Throughout the lessons information will be shared regarding where and how to obtain sexual health information, advice and support.

Year 10 will learn about sexually transmitted infections, including HIV/AIDS and how to protect themselves from infection including abstinence. They will also focus on methods of managing conception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods of contraception. Throughout the lessons information will be shared regarding where and how to obtain sexual health information, advice and support.

If you have any concerns or would like any more information about the sessions your child will be participating in please do not hesitate to contact me at school. Also Spectrum Health have a parents' section on their website that you can visit.

www.spectrumhealth.org.uk

Yours sincerely

C. Welch (Mrs)

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