

Cole Road,
Bruton,
Somerset BA10 0DF
United Kingdom

Telephone 01749 813393
Email info@sexeys.somerset.sch.uk
sexeys.somerset.sch.uk



SEXEY'S

SCHOOL

Headteacher: Mrs Helen Cullen BSc (Hons)

*Working together with a determination
to be exceptional in all that we do*

14 February 2022

Dear Parents

PSHRE at Sexey's – Year 11

As you are aware students have one PSHRE lesson a fortnight, within PSHRE we cover a range of themes including Health and Wellbeing, Life Beyond School, Relationships and Sex Education and Rights, Responsibilities and British Values. This lesson is taught by Form Tutors due to their strong relationship with the students and at times the sensitive nature of some of the topics. Below you will find the topics taught to Year 11.

Health and Wellbeing

- Physical health – (Cervical, breast, testicular cancer)
- Teenage pregnancies – Choices
- Abortion (laws, morals, thoughts and feelings)

Life Beyond School

- Dealing with exam stress and anxiety
- Social media validation vs reality
- CV writing
- Writing a personal statement

Relationships and Sex Education

- Alcohol, parties and bad choices
- Fertility – what impacts it
- Importance of sexual health
- Peer on peer abuse
- Revisiting contraception*

Staying Safe Online and Offline

- Online reputation and digital footprints
- Drugs – substance addiction
- Cosmetic and aesthetic procedures
- Virtual reality, live streaming and gaming online

As you will be aware as a Parent you can withdraw your son or daughter from Sex Education, however they are required to remain part of Relationship Education. Should you wish to withdraw



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your son or daughter from Sex Education lessons identified with a * above please contact your son or daughter Head of Year by email.

Should you wish to look at the topics and themes studied in other year groups you will find this on our website using the following link [here](#).

Mr Clackson is the Senior Leadership Lead for PSHE supported by the Head of Year Team, should you wish to discuss PSHE with Mr Clackson please do not hesitate to contact him.

Kind regards

Mrs H Cullen
Headteacher



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