

Cole Road,  
Bruton,  
Somerset BA10 0DF  
United Kingdom

Telephone 01749 813393  
Email [info@sexeys.somerset.sch.uk](mailto:info@sexeys.somerset.sch.uk)  
[sexeys.somerset.sch.uk](http://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 7**

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 7.

### **Celebrating Diversity and Equality**

- Breaking down gender and age stereotypes
- Challenging islamophobia
- Prejudice and discrimination
- The Equality Act

### **Health and Wellbeing**

- Introduction to puberty
- Assertiveness, consent and hormones
- Erections and wet Dreams
- Periods
- Menstruation and FGM
- Self esteem and empowerment

### **Life beyond School**

- Transition point in your life

### **Relationships and Sex Education**

- Being positive and self esteem
- Consent and boundaries
- Managing friendships and relationships
- Peer pressure and influence
- Respect and relationships
- What does it mean to be a man in 2022
- What makes a good friend



*A Church of England, state boarding and day school for 11-18*

Cole Road,  
Bruton,  
Somerset BA10 0DF  
United Kingdom

Telephone 01749 813393  
Email [info@sexseys.somerset.sch.uk](mailto:info@sexseys.somerset.sch.uk)  
[sexseys.somerset.sch.uk](http://sexseys.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*

### Staying Safe Online and Offline

- Staying safe 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 your son or daughter from Sex Education lessons, please contact your son or daughter's 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 PSHRE supported by the Head of Year Team, should you wish to discuss PSHRE with Mr Clackson please do not hesitate to contact him.

Kind regards

Mrs H Cullen  
Headteacher



*A Church of England, state boarding and day school for 11-18*