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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 8

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 8.

Health and Wellbeing

- Child abuse (physical and emotional and neglect)
- Healthy eating and cholesterol
- Positive body image
- Stress: What is it?
- Types of bullying & responding to bullying.

Life Beyond School

- Boosting self-esteem
- Careers interests and jobs
- Exploring careers
- Labour market information
- Proud to be me
- What are enterprise skills?

Relationships and Sex Education

- Introduction to contraception*
- Periods and the menstrual cycle
- Healthy respectful relationships
- Sexual orientation
- What is gender identity
- What is RSE?
- What is love?

Staying Safe Online and Offline

- CEOP Lesson
- Cyber bullying and online safety



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- Grooming (boys & girls), forced marriage, breast ironing and flattening

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 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 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



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