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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 9

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 9.

Health and Wellbeing

- Cancer prevention and healthy lifestyles, HBT - bullying in all its forms
- Media and air brushing (unrealistic body image expectations)
- Body confidence – What is a penis? What is a vulva?

Life Beyond School

- Anger management
- First aid - How to administer CPR (defibrillators)

Relationships and Sex Education

- Contraception - condom lesson*
- Contraception - fact hunt / show & tell*
- Contraception explored*
- FGM and the law
- HIV - discrimination and prejudice
- HIV and AIDS
- Delaying sexual activity
- Pleasure and masturbation*
- Relationships and partners
- Why have sex?
- Sexual harassment & stalking
- Treating STI's & clinics
- What are STI's? (main types)
- Y9 Sexual consent & Law
- What is RSE?

Rights, Responsibilities and British Values

- Anti-Semitism



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

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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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