

Vision: To inspire students to become **confident, ethical and compelling** individuals with the aspiration and qualities to shape a **better future for all.**

Values: Respect, Responsibility, Curiosity and Resilience



April 2021

Dear parents and carers,

As you are aware from September 2020 Health Education and Relationship and Sex Education became compulsory, and as a parent/carer you are your child's first educator and play a vital role in their personal and social development.

Therefore, PSHE (Personal, Social and Health Education) should always be a partnership between schools and parents/carers. As part of my role as Lead PSHE at The Forest High School I would like to consult you in the design of our RSE (Relationships and Sex Education) policy and the PSHE curriculum.

PSHE is a subject through which children and young people acquire knowledge and skills to stay safe, be healthy (physically and mentally) and prepared for life, and work, in the modern world.

Relationships and Sex Education will include the core areas of Families, Respectful relationships including friendships, online and media, being safe, intimate and sexual relationships including sexual health. Please see below what will be covered by the end of Year 11:

Families and people who care for me

- Importance of family
- Characteristics of healthy family life
- Respect for family diversity
- Importance of stable relationships
- Marriage/civil partnership
- How to recognise unsafe situations and how to seek advice/help

Respectful relationships, including friendships

- Characteristics of positive and healthy friendships and relationships
- Negative impact of stereotypes
- Importance of respect and tolerance of difference
- Impact of bullying and how to respond
- Criminal behaviour in relationships, including sexual harassment and violence
- Legal rights and responsibilities regarding equality

Online and media

- Rights, responsibilities and opportunities online
- Online risks, including sharing personal data and how to seek help
- Impact of viewing harmful content, including sexually explicit material
- Law with regards to sharing indecent images
- How personal data is shared and used online

Intimate and sexual relationships, including sexual health

- How to recognise healthy intimate relationships based on trust and mutual respect
- Understand how health is affected by choices in relationships
- Facts of reproductive health including fertility
- Strategies for managing sexual pressure, choice to delay sex or enjoy intimacy without sex
- Full range of contraceptive choices and options and where to get help and treatment
- Facts of pregnancy and miscarriage
- Pregnancy choices and where to get help
- How STIs are transmitted and importance of testing
- Prevalence of STIs, impact and treatment
- Alcohol and drugs and their impact on sexual behaviour

Being Safe

- Understanding sexual consent, exploitation, abuse, grooming
- How to recognise and communicate consent

Changing Adolescent Body

- key facts about puberty, the changing adolescent body and menstrual wellbeing.
- the main changes which take place in males and females, and the implications for emotional and physical health.

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Whereas, mental wellbeing, internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first, and the changing adolescent body will be included under the Health Education area.

Please find enclosed a draft copy of the RSE policy for you to look at and return any comments or amendments you may have to me on the email address at the end of the letter. I have also sent you a link to a questionnaire- I'd really appreciate your responses by May 17th 2021. [click here for the questionnaire](#)

Thank you in advance for your support



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