



Nether Stowe School

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July 2021

Dear Parent/ Carer

As you may be aware, the new curriculum requiring schools to teach Relationships and Sex Education (RSE) has come into effect and this will be applied at Nether Stowe from September 2021. This will be delivered primarily through the wider Personal, Social and Health Education (PSHE) programme.

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It will enable them to know:

- what a healthy relationship looks like.
- what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.
- what acceptable and unacceptable behaviour in relationships is.
- what the positive effects that good relationships have on their mental wellbeing.
- how to manage situations when relationships are not right.

It will also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure).

Effective RSE does not encourage early sexual experimentation. It teaches young people to understand human sexuality and to respect themselves and others.

It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life. This will be delivered in a non-judgemental, factual way and allow scope for young people to ask questions in a safe environment. Many teachers use approaches such as distancing techniques, setting ground rules with the class to help manage sensitive discussion and using question boxes to allow pupils to raise issues anonymously.

These lessons will be carefully planned to be relevant and appropriate to each year group. The programme we will use, and cover, will address the needs of our young people and the world they live in today.

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Anti Bullying
Pledge School



The teaching includes lessons on:

- puberty
- personal hygiene
- fertility
- menstruation
- family and friends
- sexual intimacy
- delaying sex
- an understanding of the body
- sexuality
- marriage
- gender
- online relationships & social media,
- consent
- grooming
- pressure
- STIs
- contraception and natural family planning
- abortion/ miscarriage
- the effect of drugs and alcohol on relationships
- pornography
- sexual exploitation.

It is important to note: There is no right to withdraw from the relationships or health elements of the curriculum at secondary level and we believe the content of these subjects are important for all children to be taught.

Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE in secondary, up to 3 terms before the pupil is 16 years of age.

The Relationship and Sexual Education policy can be found on the Nether Stowe website under school policies.

Please do not hesitate to get in touch if you have any questions for us about this aspect of our curriculum.

Yours sincerely,

Miss Delaney
PSHE Co-ordinator

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