

07 September 2020

Dear Parent/Carer

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, is now part of the National Curriculum. This change came into effect in September 2020.

As part of our school's wider Personal, Social and Health Education programme, under Beliefs and Values, your child will soon receive lessons on relationships, sexual health and personal safety.

The purpose of the new curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain. These lessons also include topics such as identity, gender and sexual orientation.

Below is the lesson content we will be covering through the different years at The Clarendon Academy.

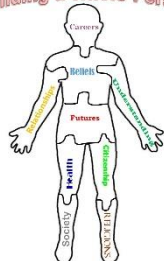
You do have a right to withdraw your child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is no right to withdraw from Relationships Education at secondary level and we believe the content of these subjects - such as family, friendship, safety (including online safety) - are important for all children to be taught. However, we are confident you will share our enthusiasm for the successful implementation of the new PSHE curriculum, which we feel will benefit all of our students.

You are welcome to contact me to discuss the programme further.

Yours sincerely,

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## The Clarendon Academy PSHE Curriculum 2020-21

<b>Year 7 Beliefs &amp; Values: PSHE</b>	<b>Healthy Living</b>	<b>Relationships</b>
	Physical Health	What makes us Individual?
	Exercise	What does "being in a relationship" mean?
	Sleep	How do I resolve conflict?
	Sugar	Does it matter what kind of family I have?
	Balanced Diet	What are the Effects of Social Media on Relationships?
	Hygiene	What is my relationship to the environment?
	Puberty	Maintaining genuine friendships and avoiding toxic ones
	Online Safety	Bullying or banter - what is and what isn't acceptable?
	Fire & Road Safety	How can we understanding Marriage and Divorce?
	Mindfulness	What is Sexting?
	Mental Health	What are Diversity, Prejudice and Discrimination?
		Separation & Loss

<b>Year 8 Beliefs &amp; Values: PSHE</b>	<b>Healthy Living</b>	<b>PSHE</b>
	What does it mean to be healthy?	Body Image
	Smoking	Cancer Awareness
	Alcohol	Consumer Rights
	Eating Disorders	Cults
	Anxiety/Stress/Depression/Self Harm	Gangs
	Cannabis	Harassment & Stalking
	Social Media and Health	Personal Safety & First Aid
		Tattoos & Piercings
		Vaccinations
		FGM
	Knife Crime	

<b>Year 9 Beliefs &amp; Values: PSHE</b>	<b>Sex &amp; Relationships</b>	<b>Mental Health</b>
	Intro to Relationships	Intro to Mental Health
	Healthy vs Unhealthy Relationships	Anxiety and Mood Disorders
	Let's Talk about Sex	Psychotic, Personality and Addictive disorders
	Pornography	
	Where does Life Begin?	Resilience
	Contraception	Self-Esteem
	STIs	
	HIV & AIDS	
	Teenage Pregnancy	

<b>Year 10 Beliefs &amp; Values: PSHE</b>	<b>SRE</b>
	Unhealthy Relationships
	Parenting Skills
	Adoption and Fostering
	Sexism
	Homosexuality
LGBTQ+	

<b>Year 11 Beliefs &amp; Values: PSHE</b>	<b>Life Challenges</b>	<b>Unhealthy Lifestyles</b>
	Cancer	Physical and Legal aspects of Drugs
	Diabetes	
	Cardiovascular Disease	Binge Drinking
	Alzheimer's	Gambling
	Autistic Spectrum Disorder	Poverty
Downs Syndrome	Debt	

<b>Tutor Programme: PSHE</b>	<b>Term 1</b>	<b>Term 4</b>
	Personal Identity	Self-Esteem
	Fake News	Women's Day
	Black Lives Matter	Racism
	Positivity	Character Education
	Environment	Religious Festivals
	Budgeting	