



12th June 2024

Dear Parents/Carers,

Re: Relationships and Sex Education (RSE) Delivery

As a part of your child's education at Houstone School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

Following the latest guidance from the DfE 2021, across their 5 years at Houstone School, pupils will develop their understanding of; Relationships Education; Relationships and Sex Education (RSE); and Health Education.

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

As part of RSE sessions, pupils will cover topics such as puberty, body image, relationships, and communication skills, keeping yourself safe online, contraception and sexual health. Over the remainder of this half-term, we have invited [Stevenson Health Training & Interventions](#) to come into school to deliver sessions to our pupils.

As per Department for Education guidance, we are sharing the content of the sessions and the resources used in these sessions with you in advance. [RSE Sessions Content](#)

The table below outlines the content of these sessions:

Year Group	Date of Sessions	Content
Year 7	8 th July 2024	Relationships, Reproduction Consent and the Law <ul style="list-style-type: none">• The reproductive organs and how they work.• How males ejaculate• The menstrual cycle• Different types of relationships
Year 8	24 th June 2024	Relationships, Reproduction, Consent and the Law <ul style="list-style-type: none">• The reproductive organs and how they work• How males ejaculate• The menstrual cycle• Different types of relationships

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Year 9	17 th June 2024	<p>Contraception</p> <ul style="list-style-type: none"> • The different types of contraception • A condom demonstration (volunteers invited to complete demonstration, <i>*latex allergy warning</i>) • Signposting of local services <p>Social Media, Consent & the Law</p> <ul style="list-style-type: none"> • The impact that social media and media can have on how people think about themselves and express themselves, including regarding their body image, physical and mental health • The characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others • This session includes the NSPCC Childline ‘Report Remove’ video • This session includes the Leicestershire Police “Kayleigh's Love story” (<i>*The video does elude to the rape and murder of Kayleigh Haywood</i>)
Year 10	1 st July 2024	<p>Social media & Sexual Health</p> <ul style="list-style-type: none"> • The impact that social media and media can have on how people think about themselves and express themselves, including regarding their body image, physical and mental health • The characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others • This session includes the NSPCC Childline ‘Report Remove’ video • This session includes the Leicestershire Police “Kayleigh's Love story” (<i>*The video does elude to the rape and murder of Kayleigh Haywood</i>) <p>Contraception</p> <ul style="list-style-type: none"> • The different types of contraception • A condom demonstration (volunteers invited to complete demonstration, <i>*latex allergy warning</i>) • Signposting of local services

If you have any concerns about your child taking part in the above sessions, please contact info@houstoneschool.co.uk in the first instance.

Yours sincerely,



Ms English
Principal