



CROOKHORN COLLEGE

Dear Parents/Guardian

PSHE – Sex & Relationships Education

In this modern world there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated! Therefore, as part of the College's 'Personal, Social and Health Education' programme, your child will soon receive lessons on relationships, sexual health and puberty.

The purpose of 'Sex and Relationship Education' (SRE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help students to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in College may reinforce what you are already doing at home. The topics covered include;

Key Stage 3

- Changing bodies
- Developing relationships
- Sexually Transmitted Infections
- Contraception
- Pregnancy

Key Stage 4

- Sexual relationships / Abstinence
- General Relationships
- Marriage
- Sexually Transmitted Infections and their effects on the body
- Pregnancy and Parenting
- Contraception
- Sexuality
- Consent

If you have any questions or concerns relating to the PSHE curriculum or would like to know more please contact Ms Caroline Sellers, PSHE co-ordinator.

Yours sincerely

Mrs S Bennett
Headteacher