

1st May 2019

Re: Health PSHE lessons – Summer Term 2019

Dear Parent / Carer,

This letter is to make you aware that this term in PSHE, the year 7 cohort are studying Personal Health and Safety. The scheme of work allows them to understand and question what it really means to be healthy; whether that be physically healthy, mentally healthy or in a healthy relationship.

It is a legal requirement that secondary students study SRE (Sex and Relationship Education), specifically to make students aware of “child sexual abuse and exploitation and the growing risks associated with growing up in a digital world.” The Department for Health Framework for Sexual Health in England lays out the following points:

- All children and young people receive good-quality sex and relationship education at home, at school and in the community.
- All children and young people know how to ask for help, and are able to access confidential advice and support about wellbeing, relationships and sexual health.
- All children and young people understand consent, sexual consent and issues around abusive relationships.
- Young people have the confidence and emotional resilience to understand the benefits of loving, healthy relationships and delaying sex.

As a result of this guidance, during PSHE, form tutors will be delivering the following lessons:

1. **Physical Health** – Students will learn to understand why exercise is important to physical health, describe components of a healthy diet and will discuss some consequences of being physically unhealthy
2. **Mental Health** – Students will explore what depression is, discuss the symptoms of depression and anxiety and look at how to get support
3. **Child Sexual Exploitation** – Students will discuss healthy and unhealthy relationships, learn the meaning of ‘exploitation’ and know where to go for support if they are at all worried about CSE
4. **Puberty** – Students will discuss personal hygiene and how the human body changes during puberty
5. **Female Genital Mutilation** – Students will learn to understand what female genital mutilation (FGM) is, will acknowledge why FGM is wrong, and discuss how you may identify that a child or woman has undergone FGM

Thank you for your support with this, as always. If you would like to discuss any of this further, please do email me on: a.gurnell@kaa.org.uk.

Yours sincerely,



Miss A. Gurnell
Director of Learning Year 7