

Dear Parent/Carer,

In line with the continued implementation of the statutory guidance in England on RSE (relationships and sex education) and Health education, I am writing to you to inform you of the next stage of your child's RSHE (Relationships, Social and Health Education) education. The full government guidance documents can be found at <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education> and the school's RSE policy can be found on our website.

The guidance outlines specific topics which we must cover in our curriculum. These topics are being covered as part of the broad and balanced RSHE curriculum in which all students across years 7-11 receive at least 1 hour a week of contact teaching time. Given the nature of some of these topics, students may develop a range of questions and therefore it is important for you to have an awareness of what we are covering in RSHE to facilitate any further conversations that may arise at home.

Throughout the RSHE curriculum students will look at 6 core themes and within these, all statutory elements are covered. Some of these are covered within the hour RSHE lessons, others are covered within Enrichment through the Tutor Time Programme.

These core themes are:

- Life beyond school (LBS)
- Health and wellbeing (HWB)
- Relationships and sex education (RSE)
- Staying safe online and offline (SSO)
- Celebrating diversity and equality (CDE)
- Rights, responsibilities and British values (RBV)

Below I have outlined the specific topics that will be covered in the Year 11 curriculum 2025-26

Autumn 1 – RBV: Rights and responsibilities	Autumn 2 – HWB: Mental health and wellbeing	Spring 1 – RSE: Sexual Health unit	Spring 2 – SSO: Preparing for Adulthood	Summer 1 – Time given over to interventions
1) Rights and responsibilities of a British Citizen 2) Human Rights Extremism and Ideology 3) Privacy and Online Data 4) The cost-of-living crisis 5) Employment rights and responsibilities	1) Screen time and safe mobile phone use 2) Unwanted, fixed and obsessive behaviours 3) Self harm and suicide support 4) Neurodiversity Explained 5) Emotional support 6) Sugar processed food and disease.	1) Respect, consent and positive relationships 2) Love and abuse 3) Sexual health and STIs 4) The role of pleasure 5) Contraception 6) Menstrual and gynaecological health 7) Why is fertility testing illegal?	1) Brain Development Through Life 2) Sexualisation in the media 3) 4) Gambling awareness 5) Personal safety being safe on the streets 6) Online Dating	Structured revision activities and interventions In preparation for GCSE exams.

Our Tutor Time sessions have two enrichment sessions which cover these statutory requirements, below are the topics covered within these sessions.

Term	Wellbeing Wednesday	Future Friday
1	HWB: NHS Survey and Coping Mechanisms	LBS: Post 16 Destinations
2	LBS/HWB: Revision Strategies	LBS: CV and Interview Skills
3	CDE: How the UK is diverse and developing	CDE: Planning for the cultural fair
4	HWB: Mindfulness	LBS: Developing transferable skills
5	SSO: Current Affairs	RBV: Debate and discussion
6	LBS: Revision	LBS: Revision

There are a range of support services available for students and at the end of each lesson they are directed towards relevant support services for the topic. We are also liaising with local charities/agencies and services to provide more support for students relating to the topics covered in the RSHE curriculum.

If you have any questions or concerns regarding this, please do not hesitate to get in contact. You can do this via the 'Contact us' section on the website homepage. There will be a further face-to-face parental consultation at the end of the first term to discuss any queries you may have.

Kind Regards,

Miss E Child

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