

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 10 curriculum for 2025-26.

Autumn 1 – LBS: Living in the wider world	Autumn 2 – HWB: Mental health and wellbeing	Spring 1 – RSE: Relationships	Spring 2 – RSE: Sex Education	Summer 1 – SSO: Violence, crimes and seeking safety	Summer 2 – CDE: Exploring world issues
1) Critical thinking and fake news 2) What is equality and equity 3) Hate crimes 4) Rights and responsibilities in the workplace 5) Dangers of AI and Cybercrime	1) Body Image and Eating disorders 2) Cancer and self-examination (Breast/Cervical/Testicular) 3) Organ and blood donation 4) Combatting Loneliness 5) What is social anxiety and how do we manage it?	1) Domestic abuse and violence 2) Gaslighting and emotional abuse 3) Divorce separation and Loss 4) Parenthood Adoption and Fostering 5) Sexualisation of the media 6) Stalking and Harassment 7) Marriage	1) Campaign against FGM 2) Porn v real life, revenge porn 3) Sexting nudes and dick pics 4) Assessing Readiness for Sex 5) Teenage Pregnancy and Contraception 6) Abortion – Morals/Laws and Thoughts	1) Forced marriages 2) Modern day slavery 3) Preventing knife crime 4) Gambling explored 5) The dangers of Nitrous Oxide 6) Pornography deepfakes and sextortion	1) White privilege 2) International organisations and Aid 3) Peace, War and conflict 4) Fairtrade 5) Women's rights 6) #MeToo LGBT Rights

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: Developing Transferable Skills
2	HWB: Bite Back Campaign	LBS: Pathways to careers
3	LBS: Managing revision	CDE: Planning for the cultural fair
4	HWB: Healthy mind healthy life	LBS: Financial wellbeing and work experience
5	SSO: Climate change what can we do?	RBV: The Fundamental British Values
6	SSO: Current Affairs	LBS: How to be an entrepreneur

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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