



FRANCIS HOLLAND SCHOOL
SLOANE SQUARE

Life Skills – Summer Term Update

Dear Parents,

We have updated our PSHE and RSE policies, taking into account your feedback so far. Please read our updated policies and let me know if you have any suggestions, using our [RSE Parent Feedback Form](#). For further information regarding the curriculum requirements please reference the [national guidance](#) for RSE and [PSHE](#).

Please find the relationships and sex education (RSE) topics below that will be covered for your child's year group in the summer term.

Year 7	
Session 1	Reproduction, health changes in puberty and feminine hygiene products
Session 2	Explanation of female genital mutilation and accessing help and support
Session 3	Alcohol and the impact on the body
Session 4	Making healthy lifestyle choices

Year 8	
Session 1	Developing a healthy self-esteem and body image
Session 2	The relationship between habit and dependence. Managing influences related to substance use.

Year 9	
Session 1	Raising awareness of the issues surrounding youth produced sexual imagery and protecting yourself
Session 2	Understanding sexually transmitted infections. Considering the benefits of waiting / delaying sex, fidelity and contraception

Year 10	
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Session 1	The impact of drugs and the effect of gangs
Session 2	Exploring the ethics of pornography and the impact of pornography on individuals and society

Year 11	
Session 1	Managing peer pressure and preparing for life after GCSEs

Year 12	
All covered in the spring term	

Year 13	
Session 1	University survival guide

A reminder that all Life Skills teaching takes place in a safe learning environment and is underpinned by our school ethos and values of love, humility, compassion, courage, hope and thankfulness.

The sessions are taught by our form tutors or delivered by expert speakers, such as [ACET UK](#), who plan and deliver our talks on Relationships and Sex Education (RSE). RSE is an essential aspect of the physical, moral, and emotional development that all young people need to be safe in an ever-changing world.

There is no right to withdraw children from the relationships education lessons, and we believe the content of these lessons are important for all children to be taught. You do have a right to withdraw your child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school will make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

Please click on the links below if you would like to read the updated policies:

- [PSHE Policy](#)
- [Relationship and Sex Education Policy](#)

Yours faithfully,

Mrs Sarah Pittaway, Senior Deputy Head Pastoral

