



Founded 1125

April 2021

Dear Parents and Carers,

As a part of your son's education at Reading School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the Summer term at Reading School, your son's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. Lessons in KS3 and 4 will be exploring the age-appropriate topics for their year group in the following areas:

Families

- The different types of committed, stable relationships.
- How these relationships might contribute to human happiness and their importance for bringing up children.
- The characteristics and legal status of other types of long-term relationships.

Respectful relationships, including friendships

- The characteristics of positive and healthy friendships (in all contexts, including online).
- That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and sexual violence and why these are always unacceptable.

Online and media

- About online risks, including the risks of posting compromising material.
- The impact of viewing harmful content.
- That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.

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Being Safe

- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment.
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).

Intimate and sexual relationships, including sexual health

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- The facts about reproductive health.
- Strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.

Pupils will also have opportunities to ask questions. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Governing body. Please visit the school's website: <http://www.reading-school.co.uk> for more detail about our PSHE curriculum and RSE policy. All PSHE teaching takes place in a safe learning environment and is underpinned by our School ethos and values.

For any further information please contact Ben Miller, Head of PSHE bmiller@reading-school.co.uk

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