

September 2026

Dear Parent/Carer

Relationships, Sex and Health Education (RSHE) Curriculum Update and Consultation Opportunity

To continue to offer transparency and to work collaboratively with parents/carers and with the aim of empowering you to support your child's development of the skills, knowledge and understanding in this area, I would like to update you on our continued effort to ensure RSHE learning is up-to-date and in line with Government guidance.

At Claydon High School we have regular timetabled sessions that are titled as Learning, Identity, Faith and Employment (LIFE) which form our LIFE curriculum. Students in KS3 have two sessions a fortnight and KS4 students have one session a fortnight. The statutory RSHE curriculum and learning objectives outlined by the DFE are embedded in the LIFE curriculum. Below is a link to the Department for Education (DFE) guidelines published to schools.

Statutory guidance on relationships education, relationships and sex education (RSE) and health education. (Please click [here](#))

At Claydon High School we review our offer regularly and have recently again audited our curriculum against the learning outcomes outlined in this latest guidance provided. During Years 7 to 11 a small proportion of the lessons in the LIFE curriculum will cover some sensitive information that some students or parents/carers may be concerned about. The units we cover in the Autumn term are listed below:

Overview of units:

First half of Autumn Term

- Year 7 - Relationships (What Makes Us Who We Are?)
- Year 8 - Islam
- Year 9 - Christianity
- Year 10 - Managing challenges in relationships
- Year 11 - Post-16 Options planning and future employment

Second half of Autumn Term

- Year 7 - My Wellbeing
- Year 8 - My health risks (keeping safe)
- Year 9 - My relationship risks
- Year 10 - Managing challenges in relationships
- Year 11 - Post-16 Options planning and future employment

Overview of lessons within each unit:

Year 7 - Relationships (What Makes Us Who We Are?)

- Welcome to LIFE
- What makes us who we are?
- What do we mean by consent in friendships?
- What is bullying?
- What is discrimination?
- What is peer pressure?
- How should we treat people?
- What is grooming?

Year 7 - My Wellbeing

- Healthy body (Food)
- What influences my health choices?
- How can drugs and alcohol impact the way we feel?
- How might relationship changes impact our well-being?
- How can I cope with puberty?
- What are mental health conditions?
- How does social media make me feel?

Year 8 - My Health Risks (Keeping Safe)

- How do we balance independence and risk?
- How can we be responsible road users?
- What makes a gang, a gang?
- What is Child Criminal Exploitation (CCE)?
- What is an addiction?
- What is vaping all about?
- How do I report a concern?
- Halloween: Trick or treat or bonfire night and firework safety

Year 9 - My Relationship Risks

- Loving relationships
- Consequences And The 5 Rs of Sexual Relationships (sexual offences)
- Sexual health (Risks to Health)
- Sexual health continued (contraception)
- Sexual health Continued (fertility)
- How does the media portray sex and relationships?
- Pregnancy and parenting

Year 10 - Managing Challenges in Relationships

- What is emotional abuse?
- What is incel culture?
- What is toxic culture?
- What are sexual offences?
- Substance abuse and relationships, so what?
- What is image-based sexual abuse?

In all topic areas that cover sensitive themes, there will be the opportunity for students to consider attitudes and values and, in most cases, these topics will be delivered in the context of 'The Family'. Most will begin with and/or include group work and discussions which will give all students the opportunity to develop the skill of decision making. They will be able to express their own views, attitudes and values and learn to accept that those of others must be tolerated and respected. The emphasis is on risk management and the students keeping themselves safe.

Every effort will be made to ensure that factual information and any issues arising will be dealt with objectively by the teaching staff concerned. There will be no attempt to promote one particular issue or viewpoint.

Year 7 and 8 will include dealing with adolescent changes, appropriateness of different relationships and peer pressure. The content covered in Year 9 will include substance misuse and a detailed factual awareness of conception and contraception. Abortion, sexually transmitted infections and HIV/AIDS will be addressed during Year 9 and extended in Year 10 and 11.

The sex education element of the Science curriculum is a statutory requirement. However, if you wish for your child to be excused from any lesson relating to the 'Relationships, Sex and Health Education' components, please put your request in writing to me at school.

This letter has been written to showcase the curriculum and to offer an opportunity to parents and carers to respond in the form of a consultation. We would very much welcome your thoughts and feedback on our approach. Please access the link below and complete the consultation form in order for us to collate your views on the curriculum offer. This will help us make further decisions about how it can be improved.

- DFE Learning Objectives Audit (Please click [here](#))
- Consultation link (Please click [here](#))

Please find links below to the overview of learning for each year group that can also be found on our school website.

- Year 7 Overview of Learning (Please click [here](#))
- Year 8 Overview of Learning (Please click [here](#))
- Year 9 Overview of Learning (Please click [here](#))
- Year 10 Overview of Learning (Please click [here](#))
- Year 11 Overview of Learning (Please click [here](#))

Please click [here](#) to be directed to the policies page of our website where you can access the following policies relating to RSHE:

- PSHEE policy
- Relationships Sex and Health Education Policy
- Spiritual Moral Social and Cultural Development Policy
- Wider Opportunities Policy
- Careers Education Information Advice and Guidance Policy

If you would like to discuss any of this information further, please email me at nrawlings@claydonhigh.com to arrange an appointment.

Yours sincerely

N Rawlings

Mr Nathan Rawlings
Head of LIFE Faculty