Bradley Stoke Community School

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Dear Parent/Carer,

As part of our updated Personal, Social, Health and Economic (PSHE) curriculum, your child will take part in a carefully sequenced programme of learning on relationships, sexual health, personal safety, and wellbeing throughout this academic year. Our curriculum has been refreshed in line with the 2026 statutory RSHE requirements, ensuring that all students receive high-quality, age-appropriate education that supports their personal development and prepares them for life in the modern world.

Our Trust-wide PSHE curriculum is organised into three overarching themes:

- **Personal Development** – understanding myself, my health, my emotions, and my body.
- **Relationships** – understanding myself with others, building healthy relationships and belonging in diverse communities.
- **Life in the Modern World** – navigating digital life, money, aspirations, safety, and transitions.

These themes are delivered through six developmental topics: Health & Wellbeing, Safety & Risk, RSE, Citizenship & British Values, Digital Life & Media Literacy, and My Future. This ensures students build knowledge progressively from Year 7 to Year 11.

Examples of learning across the year groups

The updated RSHE curriculum includes the following age-appropriate content:

- **Year 7 learning** — Foundations of healthy friendships, personal boundaries, privacy and body rights, puberty, identity, and recognising sexual harassment.
- **Year 8 learning** — Early understanding of sexual feelings, healthy choices about intimacy, the menstrual cycle, FGM awareness, power dynamics, and the influence of online content including pornography.
- **Year 9 learning** — Developing confidence in consent, managing peer influence, protecting against STIs, recognising unhealthy or harmful sexual behaviour, and reducing sexual harassment.
- **Year 10 learning** — Communicating choices clearly, understanding contraception, recognising relationship abuse, and exploring how technology shapes modern relationships and intimacy.
- **Year 11 learning** — Preparing for adulthood through learning about responsibilities around intimacy, consent and power, fertility, and pregnancy choices, accessing healthcare and understanding how substances affect decision-making.

Across all year groups, the focus is on helping students develop the knowledge, skills and attitudes needed to make safe, respectful, and informed choices in their relationships and personal lives.

Statutory Guidance and Withdrawal Rights

Relationships, Sex and Health Education (RSHE) has been statutory for all schools since 2020. Parents cannot withdraw their child from Relationships Education, Health Education, or any sex education delivered as part of the National Curriculum for Science.

Parents may request withdrawal from the non-science elements of Sex Education. If you wish to do so, please complete the Right to Withdraw Form and return it to Mrs Rogers. This will lead to a meeting to discuss your request and next steps. As required by statutory guidance, pupils who are withdrawn retain the right to opt back into Sex Education up to three terms before their 16th birthday.

Further Information

A full overview of our Trust-wide PSHEE curriculum is available on our website, and we have also included the Department for Education's guidance outlining what schools are required to teach within RSHE. If you would like to discuss any part of the programme or have any concerns, please do not hesitate to contact me.

Yours sincerely,

Emma Rogers
Assistant Headteacher