



# Tomlinscote School

30<sup>th</sup> September 2025

Parents and Carers,

As a part of your child's education at Tomlinscote 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 young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential, in an age-appropriate and inclusive way. All PSHE teaching takes place in a safe learning environment, is underpinned by our school ethos and values and in line with statutory guidance on relationships and sex education (RSHE).

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly. Please visit the school's website for more detail about our PSHE curriculum:

<https://www.tomlinscoteschool.com/page/?title=PSHE&pid=471>

With this in mind, I am attaching the RSHE element of PSHE for this school year 2025/26. Please note that parents have the right to withdraw their children from sex education element within the RSHE programme only, further details of this can be found on the RSE and Health Education (RSHE) Policy on the school's website:

<https://www.tomlinscoteschool.com/attachments/download.asp?file=6349&type=pdf>

The government issued revised RSHE guidelines earlier this year, for implementation into the curriculum September 2026. As we discussed at the last parental forum on 9<sup>th</sup> June 2025, we will be consulting with parents at the forum on 11<sup>th</sup> May 2026 to agree the RSHE policy for September 2026. The minutes from the 9<sup>th</sup> June forum can be found on the school website in the subject area for PSHE and thank you to those parents who attended and contributed to the current PSHE curriculum content. <https://www.tomlinscoteschool.com/page/?title=PSHE&pid=471>

As a school community, we are committed to working in partnership with parents; feedback has indicated parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, I would urge you to attend the Parental Forum and look forward to seeing you there.

Yours sincerely,

Ms J Nicholson  
Head of PSHE

## Relationships and Sex Health Education programme 2025/26

	<b>Unit 1</b>	<b>Unit 2</b>
Year 7	<p><b>Diversity</b></p> <p>Modern living in a diverse society and how to challenge prejudice, stereotypes and discrimination. The signs and effects of all types of bullying, including online, as well as how to respond to bullying and support others.</p>	<p><b>Building relationships</b></p> <p>Developing self-worth and self-efficacy. Recognising qualities and behaviours of positive relationships. How to recognise unhealthy relationships and media stereotypes. Growing and changing, including puberty, personal hygiene. Consent, communicating consent, and relationship boundaries, including FGM.</p>
Year 8	<p><b>Discrimination</b> <b>The Equality Act 2010</b></p> <p>How to manage influences on beliefs and decisions. Group-think and persuasion. How to develop self-worth and confidence. How to recognise and challenge all forms of discrimination in line with British Values and the Equality Act.</p>	<p><b>Healthy relationships</b></p> <p>Friendships and intimate relationships. How to evaluate expectations for romantic relationships. Becoming more independent. Keeping safe, consent, developing self-esteem and confidence. Gender identity, sexual orientation, consent, and an introduction to contraception.</p>
Year 9	<p><b>Respectful Relationships</b></p> <p>Different types of families and parenting and positive relationships in the home. Conflict and its causes in different contexts, e.g. with family and friends. Conflict resolution strategies. Managing relationships and family changes, including relationship breakdown, separation and divorce as well as how to access support.</p>	<p><b>Intimate Relationships</b></p> <p>The choice to delay sex, or enjoy intimacy without sex. Myths and misconceptions relating to consent, the continuous right to withdraw consent and capacity to consent. STIs and safer sex. Consequences of unprotected sex, including reproduction and pregnancy. How the portrayal of relationships in the media might affect expectations. Managing risks of sending, sharing or passing on sexual images.</p>
Year 10	<p><b>Healthy Relationships</b></p> <p>Friendships and intimate relationships, keeping safe and consent; the impact of social media on sexual attitudes; responding to pressure, developing identity and recognising abusive behaviours and how to access support. Reproduction, pregnancy and parenthood.</p>	
Year 11	<p><b>Communication in relationships</b></p> <p>Communication and values within healthy friendships and intimate relationships, challenging unwanted attention/ harassment and recognising abusive relationships as well as how to access support.</p>	