

DHE / CLA

30th September 2024

Dear Year 7 Parents / Carers

As a part of your child's education at Alec Hunter Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme called Learning for Life. 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.

Changes to statutory guidance on PSHE now require us to incorporate the RHSE (Relationships, Health & Sex Education) elements, so we will be sharing the programme for Learning for Life to ensure that you are aware of when your child will be taking part in lessons which focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in all year groups will include teaching about healthy relationships, including friendships and intimate relationships, families, developing self-esteem and confidence, and growing and changing which includes topics such as puberty, personal hygiene, changing feelings, becoming more independent, keeping safe and consent. Students will also have the opportunity to ask questions that help prepare them for relationships of all kinds in the modern world. Learning for Life is taught throughout the school in every year group and is monitored and reviewed regularly. All Learning for Life teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

In Year 7 students will be looking at the following, important topics:

- **Adolescence and Puberty:** The facts regarding changing adolescent bodies and menstrual wellbeing.
- **Managing Friendships & Relationships:** To understand the different types of friendships that exist and what an unhealthy relationship might look like.
- **What Makes a Good Friend:** To understand the importance of friendship and the qualities that make a good friend; to evaluate why some friendships can be more beneficial than others.
- **Respect and Relationships:** To understand that different relationships work in different ways; to consider the differences between people and learn how to respect those differences.
- **Being Positive & Self Esteem:** To understand that people can all feel the same range of emotions but do not necessarily respond in the same way to similar situations; to celebrate personal strengths and achievements and promote awareness of what can affect us.
- **Peer Pressure and Influence:** To explain why it is important to be confident and assertive and how to cope with peer pressure; to understand when peer pressure can go wrong and how it can make someone feel.
- **Consent & Boundaries:** To understand what constitutes consent and why it should always be respected; to evaluate why personal space and boundaries are important when growing up; to understand how to deal with situations in an assertive way.

As a school community, we are committed to working in partnership with parents. Please view our RSE Policy– you can find it on our website by clicking [here](#). The final pages of this policy contain an appendix which outlines the RSE Programme of Study in Years 7-11.

You may also wish to view the DfE guidance '[Understanding Relationships, Sex and Health Education – a Guide for Secondary School Parents](#)', which can similarly be found on our website.

ALEC HUNTER ACADEMY Stubbs Lane, Braintree, Essex CM7 3NR.
t: 01376 321813 e: admin@alechunter.com w: www.alechunter.com

Once you have read the school's RSE Policy, we would be grateful if you could complete a survey which gives you an opportunity to express your point of view. We will then consider the feedback from the survey when planning the lessons for the year ahead.

Please complete the online survey by clicking [here](#), before **Thursday 10th October**.

Many thanks for your input and support,

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Mrs Hewes', written in a cursive style.

Mrs Hewes
Head of Learning for Life