



King's Academy **Easthampstead Park**

**It takes a whole community to raise a child.**

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11 October 2024

Dear Parent/Carers

### **Year 10 Personal, Social, Health and Economic Education Programme (PSHE) Update**

As part of your child's education at King's Academy Easthampstead Park (KAEP), we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic Education Programme (PSHE). PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitude and practical skills to live safe, healthy, productive lives and meet their full potential.

Over the next three academic terms, your child's class will be taking part in lessons which will focus on British Values, preparing learners for future success, promoting healthy relationships, acting responsibly and staying healthy (both mentally and physically) and developing character and building resilience.

As part of PSHE there will be Relationships and Sex Education (RSE) lessons in Year 10, these lessons will focus on:

- Intimacy and pleasure; understanding what enthusiastic consent looks and feels like, assessing the importance of readiness for intimacy and understanding the importance of communication and respect in a healthy consensual relationship.
- Impacts of pornography; understanding the law relating to pornography and sharing of explicit images, understanding the impact pornography has on expectations of consent, being able to challenge inaccurate and dangerous messages perpetrated by pornography.
- Expectations, pressure, persuasion and coercion; understanding the legal consequences, challenging victim-blaming, and understanding when asking for consent becomes inappropriately persuasive or pressurising.

Students will also have the opportunity to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE 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 for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

RSE will also be taught within the Science curriculum for KS4 students and this will focus on sexual and asexual reproduction, explaining changes to the body, diseases linked to lifestyle factors, the spread of bacterial infections (including sexually transmitted infections), hormonal differences (including female menstrual cycle), evaluating forms of contraception and understanding fertility treatments.

#### **Topics to be covered this year include**

- Mental health and wellbeing - new challenges and tackling negative thinking.
- LGBTQIA+ history and activism.
- Financial decision making.
- Exploring influences - vaping and substance use.
- Prevent Duty and toxic support groups.
- RSE - Healthy relationships, sex expectations and the role of intimacy.



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If you would like to find out more about what your child will learn, and discover how you can best support your child to discuss these topics at home then please do get in contact at [sarah.goad@kgaeasthampstead.uk](mailto:sarah.goad@kgaeasthampstead.uk).

It would be much appreciated if you could please read the **Understanding Relationships - Guide for Parents** in order to support our teaching and learning.

As a school community we are committed to working in partnership with parents and carers.

Yours faithfully

A handwritten signature in black ink, appearing to be 'S Goad', written in a cursive style.

**Miss S Goad**  
**Curriculum Leader of PSHE KS4**

[Understanding Relationships, Sex and Health Education - a guide for secondary school parents \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/612222/Understanding_Relationships_Sex_and_Health_Education_-_a_guide_for_secondary_school_parents.pdf)