

3rd September 2026

Dear Parent/Carer,

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, is a statutory requirement. As part of our school's wider Personal Development curriculum your child in year 9 will receive lessons on relationships, sexual health and personal safety starting in September.

The purpose of the upcoming curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain. Please find below a list of the lessons and the topics they will cover:

- Respectful relationships
- Consent
- Sexual health
- Contraception
- Delaying sex
- Sexting
- Pornography
- Abuse within relationships
- Ending relationships

Please note that all resources used will be age appropriate and will build upon prior learning explored in Personal Development. If you would like to see any of the lesson resources or like to ask any questions, please don't hesitate to contact me. Here is a link to the Athelstan Trust RSE Policy if you wish to take a look:

[Athelstan-Trust-Relationships-and-Sex-Education-Policy.pdf](#)

Yours sincerely,



Miss Natasha Porter
Head of RE & Personal Development

