

# ALEC REED ACADEMY

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Acting Principal and CEO: Phil Cosby

26<sup>th</sup> January 2022



Dar Parent/Carer of Pupils in Years 8 & 9

As part of their personal, social, economic, health and citizenship (PSHCE) education lessons, pupils from Y8 and Y9 will take part in a series of sex and relationship education (SRE) lessons. These lessons have been carefully planned to be relevant and appropriate to each year group.

There is a vast amount of information about relationships on the internet, on TV, in magazines, to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies and relationships, they can make their transition into adolescence and adulthood with the confidence and knowledge to understand what is happening to them. They will also have the best chances of growing into confident and healthy adults able to make positive choices.

The purpose of SRE at Alec Reed Academy is to prepare pupils for the physical and emotional changes of growing up; to give them the knowledge and skills to make informed and healthy choices; to build their confidence and skills to deal with situations they may encounter; to help them to stay safe and know where and how to ask for help if needed. At times, carefully chosen external visitors and speakers may contribute to the programme. In these cases, lesson content will be agreed in advance and visitors will always be supervised by a member of school staff.

Pupils from Y8 and Y9 will take part in Sex Education lessons in the Spring and Summer term. As part of this, pupils will have a lesson which teaches about:

- Contraception
- Dangers of unprotected sex
- Consequences of unintended pregnancy
- Female Genital Mutilation (FGM) and laws relating to FGM
- Menstrual cycle and how this links to fertility
- Readiness for sex
- The impact of sharing explicit images
- Sex myths – including false media representation

Requests for withdrawal should be put in writing and addressed to the principal. Following this a meeting may be arranged to discuss the rationale of withdrawal and for the decision to be confirmed.

If you have any questions about Sex Education, please contact Ross Collins (Assistant Principal).

Thank you for your continued cooperation and support,

**Saba Hemat**  
**Subject Leader for PSHCE**

*'The Collins PiXL Award for Outstanding Progress'* National Award Winners 2014

