

## **Subject: Y8 PSHE Curriculum**

Dear Parent/Carer,

I am writing to update you on the topics Year 8 will be studying in PSHE in the coming weeks. In the final half term of the year, Year 8 will be focusing on a 'Relationships' topic and will be learning about **identity and relationships**. Students will be taught about:

- Managing feelings about gender identity and sexual orientation
- The qualities of positive, healthy romantic relationships.
- Forming new partnerships and developing romantic relationships
- How to demonstrate positive behaviours in a healthy relationship
- Consent in sexual relationships and the law
- How to effectively communicate consent in relationships and the right to withdraw consent at any time
- Basic contraception – condoms and the pill
- The risks of sharing youth produced images (nudes) and how to manage the requests or pressure to send an image and the law
- Upskirting and the law

PSHE involves both written work and group-based discussion work, and we really hope your child will enjoy exploring the range of topics that PSHE offers. Resources that we use are sourced from the PSHE Association and therefore approved by the Department for Education.

**If you wish to review any of our lessons and resources, please contact the school and we will arrange for you to come in, meet with a member of staff and look through the slides we deliver.**

Relationships and Sex Education covers a number of sensitive topics. If you have any questions or queries relating to the PSHE curriculum, please do not hesitate to get in touch at: [info@quiseleyschool.org.uk](mailto:info@quiseleyschool.org.uk).

The resources below may also be useful for you to discuss the work we do in PSHE with your child/ren at home:

- <https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/>
- <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships/>
- <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>

- <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/sex-consent/>
- <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/contraception-safe-sex/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety sexting/>
- <https://www.gov.uk/government/news/upsirting-know-your-rights>

Yours sincerely,

Mr S Lord  
Curriculum Leader - PSHE