

RY/LS  
10 November 2009

Dear Parent / Guardian/ Carer

We are writing to you to introduce ourselves and to introduce and make you aware of our PSHE programme of study at Sprowston Community High School, in particular reference to our SRE and Drugs education programme.

In years 7 to 9 the students receive 1 hour PSHE education a fortnight. Within this time they are taught a number of different themes such as Sex education, Drugs education, Rights and Responsibilities and Careers guidance. We also aim to develop their skills in independent study, team work, speaking and listening and forming and defending an opinion.

The PSHE programme at Sprowston Community High School reflects the school ethos and demonstrates and encourages the following values:

- Respect for self;
- Respect for others;
- Responsibility for their own actions;
- Responsibility for their family, friends, schools and wider community.

Staff are aware that views around SRE and Drugs Education related issues are varied. However, while personal views are respected, all issues are taught without bias. Topics are presented using a variety of views and beliefs so that students are able to form their own, informed opinions but also respect others that may have different opinions.

The key topics and message which we deal with in each of the years with regards to our SRE and Drugs Education are as follows;

## **YEAR 7**

### Changes at Puberty

Key Message:

- We are all valuable and special and deserve care and respect
- Learning to like our bodies and accept their differences is important for our well-being
- The powerful feelings aroused during puberty can affect our relationships with friends and family. You are not alone in this and talking to someone my help
- Sexual feelings, including masturbation are a normal part of puberty and growing up
- Research shows that most young people under 16 are not having sexual intercourse

### Healthy Living / Risks and Personal safety

Key Message:

- Identify characteristics of good health and how to stay physically, emotionally and mentally healthy.

- Describe the main effects of, and laws relating to, alcohol, tobacco and other legal and illegal drugs.
- To evaluate the positive and negative impacts of risk-taking on their health and wellbeing

## YEAR 8

### Healthy Relationships / Risk Management

#### Key Message:

- Identify characteristics of good health and how to stay physically, emotionally and mentally healthy.
- Demonstrate effective ways of resisting negative pressure, including peer pressure
- Describe the main effects of, and laws relating to, alcohol, tobacco and other legal and illegal drugs.

### Qualities of Relationships

#### Key Message:

- You deserve positive relationships in which you are respected and cared for
- The media including TV, music and the internet often represent men, women and sex in a distorted way. It does not always reflect reality.
- Good relationships include happiness, love and respect: you make each other feel good about being you. This is true for friendships and intimate relationships
- People show commitment in relationships in many ways: having children, living together, marriage, civil partnership.

## YEAR 9

### Introducing Intimate Relationships and Negotiation and Assertiveness in Relationships

#### Key Messages:

- Having sex or making love doesn't necessarily mean sexual intercourse. People are sexually intimate with each other in many different ways.
- Having a positive sexual relationship can take time and effort. Learning to communicate well about feelings and about sex can be an important starting point.
- Sexual orientation is one part of a person's make up. It includes heterosexuality, homosexuality and bi-sexual. It is not the same as sexuality or gender.
- Many young people say they regret the first time they had sex. There is no hurry, so wait until you are ready and don't be pushed, or too drunk to remember.
- Pressure to have sex can come from friends, partners, and the media. Talk to someone you trust to avoid or challenge pressure safely.
- Know your own mind and say yes when *you* are ready, not when someone tells you that you are.

### Sex and the Law

#### Key Messages

- Health professionals can give under-16s sexual health advice and support in confidence.
- They will only break your confidentiality if you are at risk of harm.
- Abortion is safe and legal in this country up to 24 weeks (6 months)
- The age of consent is 16 for heterosexual and homosexual couples
- Any sexual act with someone who does not consent is a criminal offence.

### Contraception

#### Key Message:

- Young people under 16 can get access to free contraception at sexual health clinics. There are 13 types of contraception so to find the right one for you need to talk to a doctor or nurse.
- Always use a condom for sexual intercourse; carrying condoms doesn't mean a person wants sex.
- Insisting in a relationship on using a condom shows respect for ourselves and others
- Where can young people go to get help and advice, for example from nurses, doctors, GPs, and clinics.
- Safer sex means always using condoms. STIs cause a range of symptoms; some STIs can kill you or make you infertile if left untreated. Go to the doctor as soon as you notice a problem. The symptoms of viral STIs can be controlled but they continue to live in your body and when you are run down they reappear.

Parents/Guardians/Carers have the right to withdraw their children from all or part of the sex and relationships education provided at school except for those parts included in statutory National Curriculum. Those wishing to exercise this right are invited in to see the Headteacher who will explore any concerns and discuss the impact that withdrawal may have on the child. Once a child has been withdrawn they cannot take part in the SRE programme until the request for withdrawal has been removed.

Materials are also available to parents/carers who wish to supplement the school SRE programme or who wish to deliver SRE to their children at home.

To view our full scheme of work, please refer to Sprowston Community High School website, or to have a further discussion about our programmes of study feel free to contact the PSHE Department directly.

Yours faithfully

**Camilla Skarin**  
Head of PSHE,

**Lisa Byles**  
Acting Head of PSHE  
(Maternity cover Dec to July)