

18 September 2023

Dear families,

### **PSHE and RSE Programme**

I am writing to inform you about our PSHE programme at Dixons Trinity Chapeltown in light of the Department for Education's decision to make Relationship and Sex Education and Health Education compulsory for all secondary students. The government guidance regarding PSHE and RSE became statutory from September 2021, but I wanted to write to you to give more information on what the students study. At Dixons Trinity Chapeltown, we promote personal wellbeing and development through our comprehensive Personal Development Studies curriculum. This includes relationships and sex education (RSE) and personal, social, health and economic education. Our programme ensures that our students gain the knowledge, understanding, and skills to live safe, healthy, productive lives and can meet their full potential. Our programme will be delivered with a lecture with the opportunity to discuss key themes. The following topics being covered by all students each year are:

- Health and wellbeing
- Living in the wider world
- Relationships

The RSE content of PSHE will include healthy relationships, families, puberty, personal hygiene, changing feelings, becoming more independent, keeping safe, consent, contraception, family planning and developing self-esteem. Students will have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

The content covered in all sessions is **age appropriate** and has been planned using resources from the National PSHE Association. All teaching takes place in a safe learning environment and is underpinned by our school ethos and values. The seminar sessions are interactive in order to allow students to take part in discussions and ask any questions they may have. Following each session, students will be signposted to support in school from the wellbeing team, if needed, and to external support, such as charities, to ensure students know where to go to find reliable information and high-quality support.

If you have any questions, or would like to discuss this further, please do not hesitate to contact Miss Grindley at [mgrindley@dixonstc.com](mailto:mgrindley@dixonstc.com)

Yours sincerely,

Matilda Grindley

Personal Development Co-Ordinator/ Teacher of French