



**Allenbourn Middle School**  
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Headteacher: Mr M Legge B.Ed (Hons) NPQH

24th March 2026

Dear Parents/Guardians

Pupils in Years 7 and 8 will be learning about Relationship and Sex Education within their PSHE curriculum next half term. **These lessons are very much geared to each year group, to ensure that every child is being provided with the appropriate knowledge and understanding required.** It is the aim of the Government and the Local Authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that those children who have a greater understanding can make positive choices in the future.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across Initio Learning Trust, using guidance from the National Curriculum, Ofsted, NHS Sexual Health Dorset and the PSHE Association. **All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.**

Please find below a brief outline of the lesson content.

#### **Year 7: Health and Puberty**

Your child will learn about how to manage physical and emotional changes during puberty, as well as the importance of period positivity. In addition to this, they will understand how to make independent, informed decisions about maintaining physical health (including, oral hygiene), as well as the importance of assessing influences on their choices.

#### **Year 8: Identity and Relationships**

Your child will learn about forming new partnerships and how to develop positive, consensual relationships, as well as understand what makes up each of their individual identities. They will know about the risks of 'sexting' and how to manage requests or pressure to send an image and learn about basic forms of contraception (condom and pill). In addition to this, they will discuss how harmful practices such as FGM and forced marriage are in contradiction with human rights and against British law.





For further information, please visit our website where you will be able to find our RSE policy and progression map. If you would like to discuss the programme further, please contact your child's class teacher (PSHE teacher).

Parents have the right to request that their child be withdrawn from **some or all of the sex education** delivered as part of statutory RSE. If you wish to withdraw your child, please write a letter directed to Mr Smith. Under the statutory curriculum from the Government, there is **no right to withdraw from Relationships Education or Health Education**.

Yours sincerely

A handwritten signature in blue ink, appearing to be "L. Smith", written over a light blue background.

Mr L. Smith  
**Deputy Headteacher/DSL/KS3 PSHE Lead**