

November 2023

Dear families

Personal Development Studies: Year 10 and 11 RSE sessions from Brook

I am writing to inform you that on Wednesday 29 November and Wednesday 6 December professionals from the charity Brook will be coming into school to deliver relationships and sex education to Year 10 (29 November) and Year 11 (6 December).

Students will receive one 55-minute session delivered by trained professionals which will cover the important details below:

- Introduction to Sexual Health
- What is contraception is and how does it work?
- How can contraception reduce the risk of unplanned pregnancies and the transmission of STIs?
- How to use a condom correctly (using a demonstrator)
- Identification of the most common STIs and their signs, testing and treatment
- Age of sexual consent in the UK and the law relating to consent
- Exploration of consent in terms of freedom, capacity and choice
- How to access local health and support services in your area

The session will provide a foundation for further RSE sessions delivered later in Year 10 and 11.

The government guidance regarding personal, social, health and economic education (PSHE) and relationships and sex education (RSE) became statutory from September 2021. At Dixons Unity Academy, we promote personal wellbeing and development through our comprehensive Personal Development Studies curriculum, which encompasses both PSHE and RSE. Our programme ensures that our students gain the knowledge, understanding, and skills they need to live safe, healthy, productive lives so that they can meet their full potential. Our long-term plans can be found on our website.

Our approach to RSE is taken directly from government guidance, which states:

“The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed. Effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others.”

Whilst parents have the right to remove their children – up to the age of 16 – from aspects of the RSE curriculum, we feel strongly that these sessions will benefit all our students and that it is preferable that students hear this information within a carefully planned and professionally delivered curriculum rather than from their peers. If you wish to withdraw, please contact main reception to book in a meeting with Mr Jacobs, Principal.

If you have any questions, or would like to discuss this further, please do not hesitate to contact Ms Clynes (sclynes@dixonsua.com).

Yours faithfully

S Clynes

Ms S Clynes
Vice Principal

