



Relationship & Sex Education to help keep children & young people safer.

Information for Parents/Carers of Students at Winterton Academy

In response to our changing society and the impact of the Internet, Government has now decided to introduce statutory **Relationship & Sex Education** to Secondary Schools, these lessons are not new and have been delivered in Schools since the last guidance in 2000, however some of the content has now been updated to help keep young people safer.

School is here to help; we are engaging the support of the specialist organisation BigTalk Education, who are a social enterprise recognized by national leading bodies and government. They work with 3 to 18 year olds and have been involved in delivering age appropriate education of this type for over 20 years. They also deliver training for Professionals, Parents & Carers.

Below is some information on the "Lessons 4 Life" programme that will be delivered by BigTalk Education, it reflects the recommendations of the new **Government Guidance, Ofsted & SEF** (the National Children's Bureau's Sex Education Forum)

Year 7 Introduction to Secondary RSE - The basis of knowledge of year 7 pupils can vary considerably dependent on the quality of their primary RSE provision or lack thereof. This lesson is designed to establish knowledge levels, ensure consistent accurate knowledge of core topics and back fill gaps. Themes covered include proactive safeguarding, reproduction, puberty, relationships, body image, gender and reliable sources of information

Year 8 RSE Building on The Basics - In year 8 we address core themes within RSE, myth busting common misconceptions of young people around relationships, risky behaviour, pregnancy, rights and responsibilities, as well as the law. The young people work with the team to clarify definitions of terms they have heard but may not understand, as well as answering questions in a safe confidential environment.

Year 9 Understanding Sexuality - We work with the young people to discuss changes in friendships and relationships as some may begin to develop emotional and romantic attachments. This covers all types of relationships and as with all of our programme, is fully LGBTQ+ inclusive^{†*}. The workshop covers a range of themes that affect relationships and young people's perception of what constitutes a healthy relationship. We address peer pressure, abusive relationships and gender stereotypes, as well as contemporary issues such as youth generated images (sexting), internet safety and the dangers of inappropriate websites which we demonstrate can distort a young persons' view of social norms*.

Year 10 Sex: Your Decisions - Building on the themes of consent and contraception from the previous lesson, this session introduces more of the choices that young people need to consider before entering a sexual relationship. Covering the most up to date contraception information with details on efficacy, is critical to help young people make informed decisions when the time comes. (We remind them the age of sexual consent is 16, but that young people these days are waiting later) To underline the consequences of decision making, we highlight the effects of unplanned parenthood on potential mothers and fathers. We highlight the limited power of fathers in decision making, the effects of pregnancy for mothers, as well as the financial and lifestyle impact for both.



Year 11 RSE: Show what you know – This is often the age at which some young people are thinking of becoming sexually active, so we review the essential material to ensure that the key topics are front of mind for the group. Covering consent, contraception, condoms and the responsibilities of young people, we once again highlight the ever present, potential risks of STIs and unplanned parenthood as well as the positives of pleasure and healthy relationships.

More information is available on BigTalk's website, www.bigtalkeducation.co.uk