



November 2023

Dear Parent/Carer

## **Relationships and Sex Education**

As part of the Year 10 PSHE programme, during our Extended Learning Day next week students will be taking part in two Relationships, Sex and Education (RSE) workshops run by Services for Young People Hertfordshire; each workshop takes one hour.

The purpose of RSE is to provide knowledge and understanding so that students develop into adults who hold positive values, have knowledge of the arguments for delaying sexual activity and understand the importance of protected sex.

Workshops will include students learning about the issues around safe sex including:

- Consent
- Safe relationship
- Contraception
- STIs
- Drugs

If young people can start their transition into adulthood with comprehensive information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. We hope that the provision in school will support the discussions you have with your child at home.

If you would like to find out more, please complete this form with any questions you might have: [Relationships & Sex Education Queries](#)

Yours sincerely

Mr C McDonald  
Head of PSHE & Citizenship