



September 2025

Dear Parent/Carer

Sex and Relationship Education

As part of the Year 8 & 9 PSHE course the students will be studying Relationships and Sex Education (RSE). 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. It forms part of the statutory framework for PSHE provided by the Department for Education.

The selected teaching resources have been sourced sensitively with the requirements of our students as the main focus. Lessons in Years 8 and 9 will include pupils learning about the issues around safe sex including:

- consent
- contraception
- the dangers of pornography
- sexting and image share danger
- STIs

In addition, students will look at Body image and Managing Domestic conflict.

If young people can start their transition into adulthood with good 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.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns, please do not hesitate to contact me by email: lchan@ashlyns.herts.sch.uk

Yours sincerely,

Mr L Chan
Head of PSHE & Citizenship.