



March 2026

Dear Parent/Carer

Year 10 Extended Learning Day: Understanding Positive Relationships and Personal Health

As part of our programme of Personal, Social, Health, and Economic (PSHE) education at Ashlyns School, I am writing with details of the Year 10 activities taking place on Extended Learning Day (ELD) in school next Tuesday, 10 March.

Building on the success of previous sessions, this ELD aims to deepen our Year 10 students' understanding of gender dynamics, relationships, and personal health by exploring progressive themes. Below is an overview of the carefully planned sessions:

Girls Only	<p>Breast cancer, cervical cancer and menopause awareness This session provides vital information for our students on cancer checks and awareness, with resources from Coppafeel!</p> <p>Progressive Femininity In this session students will explore and discuss societal expectations of women and gender bias, encouraging our students to become agents of positive change.</p>
Boys Only	<p>Testicular Cancer Awareness Provided by It's On the Ball, this session will teach students about the importance of monitoring their personal health and understanding how to get support.</p> <p>Progressive Masculinity Delivered by specialists from Progressive Masculinity, this session aims to promote a more positive and healthy perspective on masculinity and challenges male stereotypes.</p>
In Form Groups	<p>Positive Relationships - Green and Red Flags An overview of what makes a positive relationship and how to spot the signs of toxicity in relationships, both personally and from a friend's perspective.</p> <p>Understanding Consent An extremely important session on understanding the full meaning of consent and how it applies in the law and at Ashlyns School.</p> <p>Coercive Control and Gaslighting A discussion-based session exploring how coercive control and gaslighting works in a realistic setting, as well as how to support your friends if you spot the signs.</p>

The purpose of these sessions is to educate and equip our students with the knowledge and skills necessary to navigate complex societal issues, fostering an environment of respect, understanding, and healthy relationships.

We believe these discussions will complement the conversations you may have with your child at home, providing them with a well-rounded perspective as they mature into thoughtful and informed adults.

Should you have any questions or wish to discuss the content of these sessions further, please do not hesitate to complete the following form: [Relationships and Sex Education Queries](#).

Your support and involvement in your child's education are invaluable to us, and we look forward to another impactful Extended Learning Day.

Yours sincerely

Mr L Chan
Head of PSHE & Citizenship.