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Dear Parent/Carer,

In September 2020, the Department for Education provided statutory guidance identifying compulsory elements that need to be covered within Relationships, Sex and Health Education.

Unfortunately, we are missing some consent details for your child in relation to the Relationships, Sex and Health Education (RSHE) elements of our Personal, Social, Health and Economic (PSHE) programme.

The RSHE programme currently used in school is called 'Life to the Full'. It has been produced by a company called Ten:Ten and is taken from the Model Catholic RSE Programme which has been highlighted by the Department of Education as a work of good practice. Life to the Full, sensitively teaches Relationship, Sex and Health Education (RSHE) rooted in the wisdom and teaching of the Catholic Church.

The following page shows what PSHE looks like for all year groups 7 – 11 across the school. PSHE is split into three main areas:

- Health & Wellbeing
- Relationships
- Living in the Wider World

The compulsory elements are mainly covered within the Health & Wellbeing and Relationships modules with the exception of First Aid which is covered within the Living in the Wider World module.

You can get more information and an overview of the programme by using the link below. Once on the page click on the Secondary school's tab then Life to the Full Secondary. On this page you can scroll down to a short video titled Why It's Needed. Press Play on the video. <https://www.tentenresources.co.uk/secondary/>

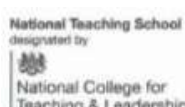
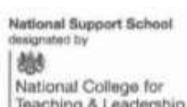
If you would like your child to be withdrawn from elements of the RSHE programme, can you please follow the instructions on the previously sent Groupcall text directing you to this letter.

Alternatively, you can email me at pgiven@st-wilfrids.org.

Please feel free to contact me should you have any further questions.

Yours sincerely,

Senior Assistant Headteacher



Excellentia per fidem, per scientiam, per adiuvatum

Year	Health & Wellbeing	Relationships	Living in the wider world		
Rota	1.	2.	3.	4.	5.
7	1. The Dangers of Sharing Information Online 2. The Legal Implications of Sharing Intimate Images Online 3. The Media and Body Shape X1 4. The Media and Body Shape X2 5. The Dangers of Viewing Harmful Content 6. Online Gambling 7. Harmful Behaviours Online	(Ten:Ten resource) 1. Who Am I? 2. The Changing Adolescent Body 3. Self Esteem 4. Human Reproduction 5. Positive and Healthy Relationships 6. Harmful Behaviors Online 7. Bullying and Abuse	British Values / Risks 1. Introduction To British Values / Democracy 2. Liberty 3. Freedom Of Faith 4. Rule of law 5. PREVENT 6. Anti-social behaviour 7. Taking care of where we live	Financial Awareness / Work Related Learning 1. Money – Wants and Needs 2. Making ends meet – Intro to budgeting 3. Bank Accounts – The different types. 4. Earnings – How I'll support myself in the future 5. Where do I get money from and how do I spend it? 6. Employability skills 7. Dream jobs	First Aid 1. Basic Life support x1 2. Basic life support x2 3. Allergies 4. Asthma 5. Choking 6. Bleeding 7. Head injuries
8	1. Mental and Emotional Disorders 2. Unhealthy Coping Strategies 3. Positive And Negative Effects On Mental Health 4. Healthy Coping Strategies 5. Maintaining And Monitoring Health 6. The Importance Of Personal Hygiene 7. E-Safety	(Ten:Ten resource) 1. Created and Chosen 2. Appreciating Difference 3. Feelings 4. Before I was born 5. Harmful relationships, prejudice and discrimination 6. Think before you share 7. The wider world	British values / Risks 1. What are our values? 2. Identity and Culture 3. Anti-Racism 4. Parliament / Government 5. Elections and voting 6. Safety in different situations 7. Effects of poor behaviour	Knowing the risks 1. Intro to drugs 2. Media and the law 3. Alcohol 4. Dangers of drugs 5. Smoking 6. Causes, effects of fire setting 7. Online safety – Personal info and Cyberbullying	Financial Awareness / Work Related Learning 1. To explore what type of saver you are. 2. To explain how to balance budgeting in school 3. To examine household budgets 4. To understand the importance of fair trade. 5. What is a career? 6. Researching a career. 7. Exploring your own skills and qualities.
9	1. Physical Activity and Mental Well-Being: 2. The Characteristics Of A Healthy Life-Style 3. Blood, Organ And Stem Cell Donation 4. A Healthy Diet X1 5. A Healthy Diet X2 6. How Choices Made About Sex And Relationships Affect Health 7. Reproductive Health	(Ten:Ten resource) 1. Love 2. Love people, use things 3. The Benefits Of Delaying Sexual Activity 4. Fertility And Contraception 5. Stable, Committed Relationships 6. The Law And Consent 7. How To Seek And Gain Consent	Work Related Learning 1. Intro to enterprise 2. Becoming enterprising 3. Solving problems and opportunities 4. Turning a passion into a business 5. Creativity and idea generation. 6. Apprenticeships/ Traineeships 7. A level / BTEC	E-Safety 1. E-Safety and Cyberbullying 2. Cyber security 3. Devices and security 4. E-Safety Facebook page 5. Gaming 6. Sexting 7. Netiquette	Learning Strategies / Risks 1. Memory 2. Using Technology 3. Preparing for Learning. 4. Dealing with Stress 5. FutureMe challenge. 6. Exploited – CSE 7. Exploited – Power and Control
10	1. Legal and Illegal Drugs: 2. The Risks Associated With Alcohol Consumption 3. Addiction: 4. Dangers Of Smoking 5. Peer Pressure 6. Alcohol And Risky Sexual Behaviour 7. STIs And How They Are Transmitted	(Ten:Ten resource) 1. Authentic Freedom 2. Self-Image 3. Beliefs, values and attitudes 4. Parenthood 5. Pregnancy and abortion 6. Abuse 7. Solidarity	British Values / E-Safety 1. Immigration 2. Anti-Racism (+Islamophobia) 3. Role of Parliament and how laws are made 4. Equality and the Rule of Law 5. Stereotyping 6. Cybercrime 7. AUP and real world	First Aid 1. Basic Life support 2. Basic life support – Patient is not breathing 3. Bone, muscle and joint injuries 4. Bleeding and Shock 5. Chest pain 6. Choking 7. First Aid Scenarios	Work Related Learning 1. Work Experience 2. Interview skills 3. Health + Safety 4. Suitable skills 5. Acceptable behaviour 6. Persistence and resilience 7. Enterprise Adviser visit
11	1. The Law Relating to Sexual Exploitation 2. Abusive Relationships 3. Harmful Relationships 4. The Characteristics Of A Positive One-To-One Intimate Relationship 5. Pregnancy 6. The Different Choices Made In Relation To A Pregnancy 7. The Role Of The Parent	(Ten:Ten resource) 1. Self-Worth 2. Addiction 3. Eating Disorders 4. Birth Control 5. Pornography 6. STIs 7. Coercive Control	Work Related Learning / Risks 1. Labour market information 2. Researching post 16 provision 3. Writing CV's 4. Writing personal statements 5. Applications 6. Drugs / Gangs / County Lines 7. Alcohol	Financial Awareness / Risks 1. Salaries 2. Outgoings and debt 3. Mortgages 4. Financial risk and security 5. Buying – Running – Maintaining a car 6. Smoking 7. Gambling	