



February 2025

Dear Parents and Carers,

As you may be aware, Relationship and Sex Education (RSE) and Health Education became a compulsory part of the National Curriculum from September 2020. All students are currently taught Personal, Social, Health and Economic (PSHE) within their regular timetable, which aims to promote personal wellbeing and development and equip them with the knowledge, understanding and skills to live healthy, safe, and successful lives, both now and in the future.

In addition to their regular PSHE lessons, we are offering all students in Year 7 discrete sex education sessions, delivered by our specialist provider Talk the Talk. These will take place on Tuesdays starting Tuesday 18th March in small, same-sex groups outside of the regular timetable. Each student will attend three sessions throughout the term along with a small group of their peers.

Sessions for Year 7 students will centre around body image, puberty and sexual health. All of this content is underpinned with the golden thread of building self-esteem, confidence and resilience.

During the sessions, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. We have worked in partnership with Talk the Talk for several years, and the support, advice and guidance they offer our students is outstanding. The small group sessions are age-appropriate, and our Talk the Talk provider establishes an excellent rapport with our young people, ensuring a safe and comfortable environment for all students to learn.

As parents and carers, you maintain the right to withdraw your child from the sex education sessions, although as a school we would advise that it is important education for the personal development of young people in order to check facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside of the classroom – so, rather than hear about the content second-hand, we hope all young people will have the opportunity to take part in these sessions.

If you do wish to withdraw your child from these sessions, you can do so by submitting a response at the following link: <https://forms.office.com/e/jhq9iMNht2>

Please note that you only need to submit a response if your child is in Year 7 and you want to request for them to be withdrawn from these sessions. If you are happy for them to attend the sessions, you do not need to fill in the form.

Many parents and parent-related organisations support good quality RSE in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching. Please do not hesitate to contact me at school if you have any queries or concerns.

Yours sincerely,
Mrs Kathy Begley
Designated Safeguarding Lead
Assistant Headteacher
Alsom High School