

Dear Parent/Carer,

As you may already be aware, **Relationships and Sex Education (RSE)**, alongside **Health Education**, became a statutory part of the National Curriculum from **September 2020**. This forms an integral part of our wider **Personal, Social, Health and Economic (PSHE) Education** programme at Aspire.

As part of this programme, your child will be receiving carefully planned and age-appropriate lessons on **relationships, sexual health, and personal safety**. These lessons are designed to help students from all backgrounds develop the knowledge and skills to form **safe, healthy, and respectful relationships**, and to thrive in modern Britain.

Schools are required to consult with parents when developing and reviewing their RSE policies. This ensures our approach reflects the needs of our students and the values of our school community. We will be holding a **Parental Consultation Evening on Wednesday 24th September 2025**, 5pm-6pm, where we will present our curriculum plans, answer questions, and welcome your input.

The statutory secondary RSE curriculum includes the following key areas:

### **1. Families**

- Understanding different types of committed relationships (e.g., marriage, civil partnerships).
- The importance of stable, caring family environments.
- Legal rights and responsibilities in parenting and family life.

### **2. Respectful Relationships, Including Friendships**

- Characteristics of healthy relationships such as trust, honesty, and mutual respect.
- Recognising and managing unhealthy or abusive relationships.
- Consent, boundaries, and conflict resolution.
- Respect for others, including addressing bullying and discrimination.

### 3. Intimate and Sexual Relationships, Including Sexual Health

- The concept of consent and the law around sexual activity.
- Contraception, pregnancy options, and sexual health services.
- Risks and prevention of sexually transmitted infections (STIs).
- Safer sex practices, including condom use and regular testing.

### 4. Online and Media

- Digital behaviour, online reputation, and safety.
- The legal and emotional impact of sharing explicit content.
- How media and pornography can distort perceptions of relationships.

### 5. Being Safe

- Personal safety, privacy, and bodily autonomy.
- Recognising exploitation, harassment, and abuse.
- How to report concerns and access support services.

### 6. LGBTQ+ Inclusion

- Ensuring inclusive teaching of relationships and families.
- Promoting respect and understanding for all, regardless of sexual orientation or gender identity.

Further information, including our **PSHE and RSE policies**, is available on the **school website** for you to view at your convenience.

You have the **right to withdraw your child from sex education** delivered as part of RSE (excluding content covered in science lessons). This right applies until **three terms before your child turns 16**, after which the decision becomes theirs. However, there is **no right to withdraw from Relationships Education**, which we believe is essential for all students, covering topics such as family, friendship, and online safety.

We are confident that you will support the successful implementation of this curriculum, which is designed to support the wellbeing, safety, and development of all our students. We look forward to welcoming you to the **parental PSHE workshop** in September.

If you have any questions or would like to discuss any aspect of the programme, please do not hesitate to contact me directly.

Yours sincerely

**Mrs Gregory**  
**PSHE Co-ordinator**

Blackpool Aspire Academy, Blackpool Old Road,  
Blackpool FY3 7LS  
Headteacher: Mr. J. Woods  
Tel: (01253) 353155 Fax: (01253) 500397  
Email: [admin@aspire.fcat.org.uk](mailto:admin@aspire.fcat.org.uk)  
Web page: [www.blackpoolaspireacademy.co.uk](http://www.blackpoolaspireacademy.co.uk)

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Registered Office:  
C/o Mereside Primary Academy, Langdale Road,  
Blackpool FY4 4RR