



February 2026

Dear Parents/Carers,

I wanted to inform you that this term, and next term, in PASHE, Year 8 pupils are exploring, "Healthy Relationships." The focus is on healthy ways to deal with difficult feelings during puberty and exploring what constitutes a healthy relationship. It will also explore different types of relationships.

**The topic will include:**

- Re-capping physical changes that happen during puberty.
- Exploring emotional issues that may arise during puberty, including: self-care during menstruation, handling rejection, confusion over sexuality, peer pressure relating to sexual experience and coping with bereavement.
- What is consent?
- The signs of healthy and unhealthy relationships.
- What are healthy boundaries in relationship?
- Different types of relationships (including LGBTQ+.)
- Different ideas surrounding personal identity.
- Contraception and sexually transmitted infections.

All the content is age-appropriate and pupils will have opportunities to ask anonymous questions which will be answered carefully in an age-appropriate manner. All resources can be viewed on Selwood Academy's website using this link <https://selwood.somerset.sch.uk/curriculum/subjects/pashe>

If you would prefer for your child to be withdrawn from any specific sessions specifically relating to sexual intercourse please could you email me on [jhowell@selwood.mnsp.org.uk](mailto:jhowell@selwood.mnsp.org.uk) by **Monday 9th February**.

Best wishes,

Miss Howell  
**Head of PASHE/R&P**

**'Let your light shine before others' Matthew 5 v 16**  
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Safeguarding is everyone's responsibility - Selwood Academy is committed to safeguarding and promoting the welfare of our children and we expect all members of staff, volunteers and visitors to share this commitment.