



June 2026

Dear Parent/Carer

Relationships, Sex and Health Education (RSHE) at Wandle Valley Academy

At Wandle Valley Academy, we teach compulsory Relationships, Sex and Health Education (RSHE) throughout our Personal, Social and Health Education (PSHE) and Personal Development curriculum from Years 7-11. Our Primary department also covers aspects of RSHE throughout their curriculum areas, tailored to the age and level of understanding of our students.

What we cover in secondary RSHE

In the secondary department, we cover the following aspects of RSHE:

Families and relationships:

- Families and committed relationships
- Positive and healthy friendships
- Intimate relationships
- The role of consent and respectful relationships, including understanding that ethical behaviour goes beyond consent and involves kindness, care and awareness of power dynamics

Keeping safe:

- Physical changes and body image
- Online behaviour and online safety
- Recognising and responding to risks, including sexual harassment and abuse
- Understanding misogyny and how to recognise prejudice and harmful stereotypes
- The impact of online influencers and sub-cultures (including incels) on attitudes to relationships
- The dangers of deepfakes and AI-generated content
- How pornography can negatively influence attitudes and behaviours

Health and wellbeing:

- Child development
- Healthy behaviours
- Mental wellbeing
- Menstrual and reproductive health



LGBTQ+ content

We believe it is important to educate pupils about diversity in society, including sexual orientation and gender identity. We ensure that content about healthy same-sex relationships is integrated into our RSHE programmes of study rather than delivered as a standalone unit or lesson. Pupils are taught the facts and the law about biological sex and gender reassignment, and that people with the protected characteristic of gender reassignment have protection from discrimination and should be treated with respect and dignity.

We recognise that these can be sensitive topics and ones which you may wish to discuss with your child personally at home. We are committed to working in partnership with you to support your child's development.

Your right to view materials and withdraw your child from sex education

You have the right to view all curriculum materials we use to teach RSHE. If you would like to see any resources, please contact me and I will arrange this for you.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of RSHE. You cannot withdraw your child from relationships education or health education. From three terms before your child turns 16, they can choose to opt back into sex education even if you have requested withdrawal.

If you wish to discuss withdrawing your child from sex education, or if you have any concerns about your child learning about RSHE, please do not hesitate to contact me at kpeck@wandlevalleyacademy.org.uk or 020 8648 1365. I would welcome the opportunity to discuss the curriculum with you and answer any questions you may have.

Kind regards

Katherine Peck

Assistant Head and Personal Development Lead