



**HOWARD OF
EFFINGHAM
SCHOOL**

Lower Road, Effingham
Surrey KT24 5JR

Tel: 01372 453694
Email: info@thehoward.thpt.org.uk
Web: www.thehoward.org

STW/TIP/Ship's Log/Y10 RSHE curric

September 2026

Dear Parents/Carers

RSHE Curriculum – Year 10

All schools in The Howard Partnership Trust are committed to providing a valued and age-appropriate Relationships, Sex and Health Education (RSHE) curriculum and I am writing to outline the approach at our school.

We have consulted widely with students, parents and carers to develop our approach and have valued the feedback. It is, of course, vital that our RSHE curriculum is age and stage appropriate for all children. The topics valued by all include understanding physical development, staying safe (including online), addressing discrimination, harassment and abuse as well as fostering children's confidence to develop fulfilling relationships of all kinds as they grow up.

The Department for Education introduced updated statutory guidance for Relationships, Sex and Health Education (RSHE) from September 2026. In response, we have reviewed our curriculum to ensure it continues to provide students with accurate, age-appropriate and relevant learning. New and enhanced areas of study include online safety, AI literacy, healthy relationships, consent, mental wellbeing, personal safety, vaping awareness, reproductive health and understanding the influence of online content. These developments help ensure that our students are equipped with the knowledge, skills and confidence needed to stay safe, healthy and informed both now and in the future.

Parents and Carers shared that they value knowing which areas are addressed in each year group so that they can further support discussions at home. The approach for your child's year group this year is outlined below. Working in partnership with parents is evidenced to have the greatest impact and most effectively support our young people.

Outline of themes contained within the RSE curriculum this year.

Year 10	Students' lessons are based on relationship values and an awareness and understanding of a range of harmful relationship criteria and how to seek support. Summarised below are key aspects included in the RSHE curriculum to empower students to keep safe and enjoy respectful relationships.
Positive Relationships	This year, students will have the opportunity to learn about marriage, civil partnerships, changing and ending relationships and <u>pleasure in intimate relationships</u> . They will learn about being empowered and disempowered and resilience. They will reflect on the impact of the portrayal of sex in the media and <u>how to recognise and avoid risk taking behaviour, which includes consent, sexual exploitation, drugs and sex.</u>
Forming and maintaining respectful relationships	They will engage in a unit about emotions. They will look at dynamics within online relationships and learn to recognise <u>sexual harassment and how to seek help</u> . They will be supported to learn about the harm of <u>revenge porn</u> .
Keeping Safe	They will learn about the law and social media risks, algorithms and use of online data, GDPR, the dark web and managing online. They will learn about the impact of social media on future employment, content/screentime, dealing with disturbing online content (suicide, self-harm, violence), sharing/enhancing of images, risks associated with sharing personal data, AI chatbots and online scams. They will learn to recognise toxic and unhealthy relationships staying safe and getting help, stalking and harassment, sex trafficking and modern slavery. Students will learn how to gain independence, as well as personal safety including cycling, railways, water safety, transport, drink spiking, virginity testing and hymenoplasty as well as identifying sources of support.
Contraception and parenthood	Learning in this area will continue to build as our students prepare for adulthood and will include <u>choosing and accessing appropriate contraception and emergency contraception as well as negotiating use of contraception with a partner</u> . They will have supported opportunities to discuss and identify the physical and emotional responses to pregnancy and how to access support and multiple forms of impartial advice. They will learn about grief, loss and bereavement.
Relationship Values	Students will continue to build on their knowledge and understanding of positive, respectful relationship values from previous years and extend their knowledge of cultural practices, faiths and beliefs. They will also be sensitively introduced to awareness of honour-based violence and forced marriage.
Consent	<u>In Year 10, students will be supported to identify sexual assault.</u> The curriculum also includes challenging victim blaming and recognising online abuse.
Sexual Health and Fertility	<u>Students will have the opportunity to discuss emotional and physical consequences of different types of intimacy consequences. They will learn about sexual health, STIs, HIV and use of sexual health services.</u> <u>They will consider barriers to sexual health such as embarrassment, myths, and misconceptions and ways to overcome these.</u>

	<u>They will learn to identify risk taking behaviour and develop an awareness of different types of relationships and sex.</u>
Health	They will learn about UK healthcare and accessing a GP, the body and vital organs, blood, organ and stem cell donation, opting out, balanced lifestyles, improving health and good habits, cancer (skin, testicular and breast cancer), common mental health disorders and treatment, substance use and mental health, mental health stigma and threats to health (cancer, diabetes, cardiovascular disease).

Underlined areas of learning are also part of sex education in Year 10.

In accordance with published government guidelines, it is compulsory for all children to engage with relationships education. If you are concerned about your child taking part in specific elements of sex education (underlined), however, you do have the right to withdraw them. The guidance can be accessed using this link: [Understanding Relationships, Sex and Health Education - a guide for secondary school parents \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/672222/Understanding_Relationships_Sex_and_Health_Education_-_a_guide_for_secondary_school_parents.pdf). If you are considering withdrawing your child or have any further queries including wishing to view curriculum materials, please do contact Mr N Stillwell in the first instance.

Thank you for your support with this important area of your child's education.

Yours sincerely

Howard of Effingham School