



**HOWARD OF
EFFINGHAM
SCHOOL**

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STW/TIP/Ship's Log/Y11 RSHE curric

September 2026

Dear Parents/Carers

RSHE Curriculum – Year 11

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 11	Students' lessons are based on healthy and fulfilling 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.
Bullying, abuse, and discrimination	Students will continue to develop their understanding of healthy and supportive mutually respectful relationships. They will also learn how to recognise manipulation, persuasion or coercion and know how to respond. They will learn about sex and the law, understanding coercive control and online harassment, learning to recognise when a relationship is abusive and how to seek help. They will be supported to recognise exploitation, bullying, harassment and control in relationships and how to keep safe. The curriculum will also address domestic abuse situations and how to access advice and support as well as develop awareness of 'honour'-based violence, forced marriage and rape culture. Students will develop their knowledge of LGBT terminology, gender identity and expression, sexuality, The Equality Act 2010, perceptions of the LGBT+ community, LGBT+ rights, coming out as LGBT+, unbalanced relationships, domestic abuse and getting help, my body, my choice, FGM, challenging social norms and cultural practices, breast ironing/flattening and power in relationships.
Managing Risk and Personal Safety	Students will be supported to identify risk and how to manage risk in new social settings and environments (including online). They will learn to recognise emergency situations and how to get help, including where there may be legal consequences. They will learn about the risks associated with gambling, AI and algorithms. They will consolidate their learning about first aid, legal age limits, pornography, social media concerns and sexting.
Contraception and parenthood	Students will discuss parenting skills and implications of young parenthood. They will be able to identify support and services for young families. The Year 11 curriculum includes adoption and fostering. Students will also have the opportunity to be sensitively introduced to legalities of abortion and beliefs and opinions surrounding this.
Relationship Values	Students will be supported to recognise, clarify and if necessary, challenge their own values and understand how these influence their decisions, goals, and behaviours. They will reflect on recognising coercive control in intimate relationships and ways to find support.
Consent	Students will continue to build on their understanding of the importance of consent and have the opportunity to recognise the impact of drugs and alcohol on choices and sexual behaviour. <u>They will be supported to recognise how to assess their readiness for sex, including sexual activity online, as an individual and within a couple.</u> <u>They will have the opportunity to recognise how to evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional, and social consequences.</u>
Sexual Health and Fertility	Our young people will learn about healthy pregnancies and lifestyle choices affecting a foetus. The curriculum also includes changes in fertility including the menopause. They will be introduced to awareness of support available for those not able to maintain or conceive a pregnancy as well as sensitively learn

	about choices and support for unplanned pregnancy and how to access help and advice. They will revise STIs and emergency contraception, male and female reproductive/health/fertility (PCOS, endometriosis, PMS, heavy periods) and sources of support, including for loss and miscarriage.
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We have underlined the aspects included in sex education for this year.

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