



**HOWARD OF  
EFFINGHAM  
SCHOOL**

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STW/TIP/Ship's Log/Y7 RSHE curric

September 2026

Dear Parents/Carers

### **RSHE Curriculum – Year 7**

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

|                                                         |                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Year 7</b>                                           | Students' lessons are based on how to recognise and build positive relationships, the effects of puberty both physically and mentally and how to develop a positive self-image. They will learn how to keep safe online and how to report abusive behaviours and harassment.                                                                                                                           |
| <b>Bullying, abuse, and discrimination</b>              | Students will continue to learn about the importance of trusting and respectful relationships. They will be introduced to recognising abusive behaviours including grooming and sexual harassment and learn how to report these. Students will know how to recognise gender stereotyping and discrimination. They will be supported to recognise the warning signs of FGM (Female Genital Mutilation). |
| <b>Forming and Maintaining Respectful Relationships</b> | They will continue to learn about positive relationships, including online and how to recognise the risks involved in online communication with strangers as well as how to keep safe.                                                                                                                                                                                                                 |
| <b>Managing risk and personal safety</b>                | They will learn about dangers of the internet, including receiving explicit images and how to seek help. They will learn about online safety, sexting, consequences, online legislation, online identity, online gaming-safety and financial risks.                                                                                                                                                    |
| <b>Positive Relationships</b>                           | They will understand healthy and unhealthy relationships in person and online. They will learn about marriage and be supported to discuss peer pressure and media portrayal, exploring the impact this can have on expectations and assertiveness.                                                                                                                                                     |
| <b>Consent</b>                                          | Students will learn about seeking, giving and withdrawing consent.                                                                                                                                                                                                                                                                                                                                     |
| <b>Puberty and Sexual Health</b>                        | Our young people will be supported to understand physical and mental changes related to puberty and menstrual wellbeing. They will build on their Year 6 knowledge about periods including sustainability as well as puberty myths and misconceptions. <u>They will revisit reproduction facts.</u>                                                                                                    |
| <b>Health</b>                                           | They will learn about Nutrition and exercise, managing physical activity and mental health, stress and anxiety, effects of substances (nicotine and caffeine), vaping, nutrition, sleep, health choices, physical illness and medicine, personal hygiene and contributing to your community.                                                                                                           |

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://publishing.service.gov.uk/guidance/understanding-relationships-sex-and-health-education-a-guide-for-secondary-school-parents). 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