



HEDINGHAM SCHOOL  
AND SIXTH FORM  
ACHIEVEMENT & EXCELLENCE

23 October 2019

Dear Parent/Guardian

### Relationships and Sex Education

In accordance with the Government guidelines for Relationships and Sex Education, Hedingham School has sessions for students when particular topics covered in this curriculum can be addressed. Each year group will have two hours 'off timetable' each year when students will be given information about a variety of different issues and will have the opportunity to discuss these in a classroom setting.

Students in **Year 11** will have their RSE session on **Thursday 7 November** when they will be given information about topics including:

- The characteristics and benefits of **positive, strong, supportive and equal relationships**
- How to assess **readiness for sex**
- Accessing and correct use of **contraception**, including **emergency contraception**
- Pathways available in the event of **unintended pregnancy** with possible physical and emotional reactions
- **Abortion** and the current legal position and the range of beliefs and opinions about it
- Reasons why parents choose to **adopt/foster** or place children for adoption or fostering
- Accessing reliable sources of information for all aspects of **physical and mental health** including **sexual health**
- **Fertility levels** and how they can be affected by **sexually transmitted infections** and age
- Personal and social risks of **substance use and misuse**
- Recognising the **impact of drugs and alcohol** on choices and sexual behaviour

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of the relationships and sex education except for those parts included in the statutory National Curriculum (i.e. in Science lessons) or in subjects where apparently unrelated topics lead to a discussion on aspects of sexual behaviour. We would make alternative arrangements in such cases.

The request to withdraw must be made in writing to the Headteacher. Parents are welcome to review any RSE resources the school uses and are encouraged to discuss their decisions with staff at the earliest opportunity. The school policy on Relationships and Sex Education is available in full on the Hedingham School website in the policies section under School Information.

Yours sincerely

Mr Nash  
Assistant Headteacher

**TO BE COMPLETED BY PARENTS**

Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Parents signature			

Please complete and return to the **FRONT OFFICE**

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Approved Centre

