



# Ark Elvin Academy

Dear Parent/Carer,

As part of the school's Personal, Social and Health Education programme, your child will soon receive workshops on relationships and sex education (RSE) delivered by the School of Sexuality Education.

School of Sex Ed will deliver age-appropriate and tailored workshops for Years 7, 8, 9, 10, and 12 in line with the new statutory guidance on RSE. The dates and topics they will cover include:

- Year 7 on Monday 5<sup>th</sup> July 2021: Understanding puberty, how the body changes, menstruation, anatomy, health and hygiene and self-care.
- Year 8 on Thursday 8<sup>th</sup> July 2021: Positive relationships including friendships, the hallmarks of positive relationships, improving relationships and good communication.
- Year 9 on Friday 9<sup>th</sup> July 2021: Consent, the law around consent, how to spot whether someone is consenting, digital consent, support services.
- Year 10 Friday 16<sup>th</sup> July 2021: Contraception, emergency contraception, sexual health, STIs, preventing STIs, correctly using a condom, accessing reproductive and sexual health services.
- Year 12 on Friday 16<sup>th</sup> July 2021: Consent, the law around consent, how to spot whether someone is consenting, digital consent, support services.

The purpose of the workshops is to provide knowledge and understanding of safe and positive relationships based on love and respect.

The School of Sex Ed Team pride themselves on being totally unembarrassable and strive to create a safe and non-judgemental environment for students to discuss any questions or concerns.

Parents are not able to withdraw their child from parts of Personal, Social and Health education such as education about healthy relationships or physical and mental health. However, parents and carers can exercise their right to excuse their child from the sex education elements of our programme. Sex education provides pupils with very important information and withdrawal can be detrimental and lead to them receiving less accurate, second hand information from peers.

If you do not want your child to take part in this workshop please send an email for the attention of our principal, Ms Curtis to her PA Ruta Kurtinaityte ([r.kurtinaityte@arkelvinacademy.org](mailto:r.kurtinaityte@arkelvinacademy.org)).

Yours sincerely,

*Demi Austin*

**Demi Austin**  
Head of PSHE and Character Development



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