



Dear Parents and Carers

PSHE and RSE Curriculum at Linton Village College

I am writing to introduce myself to you as the Head of PSHE at Linton Village College. The purpose of this letter is to offer you an overview of our new PSHE (Personal, Social, Health and Economic) and Relationships & Sex Education (RSE) curriculum; outline the changes we have made to PSHE this year; and ensure you are aware of the topics your child will be learning about in PSHE this term.

Our aim for PSHE and RSE is to enable our students to learn about emotional, social and physical aspects of their lives, about themselves and their relationships. PSHE helps young people to develop essential life skills for building and maintaining positive, enjoyable, respectful and non-exploitative relationships. It equips them with information and skills they need to understand themselves, their peers and people they meet in the wider community. It explores risks, choices, rights, responsibilities and attitudes. It will help students to develop skills to keep themselves and others safer, physically and emotionally, both on and off line. At Linton, we are deeply committed to working in partnership with you to ensure our students are safe, happy and healthy, and that is why I value your support in continuing these conversations at home, and am keen to work with you to ensure the best outcomes for our students.

As year 10 parents/carers, you will be aware that in previous years, PSHE at Linton has been delivered across 3 “drop down” days, where the usual timetable is collapsed and students carousel around a range of PSHE lessons and activities. However, in light of the government’s new guidance for [Relationships and Sex Education \(RSE\)](#), we have consulted with parents/carers, students and staff across the last year to construct our new PSHE policy to be implemented from September 2021, along with a curriculum map (both attached). In light of this feedback, we have made the decision to introduce PSHE as a fortnightly timetabled subject, delivered by a specific team of teachers, from September 2021. We are very excited to be introducing this curriculum this year, and are keen to continue working with you and our students to ensure this is a success.

Given the nature of some of the course content, I will write to you termly so you can see the topics we will be covering, should you wish to discuss them with your child at home, and to give you the opportunity to inform us if there is anything we should be aware of.

This term, year 10 students will be learning about the following areas in PSHE:

Week Commencing	Enquiry Question	Content Covered
06/09/2021	What is PSHE?	<ul style="list-style-type: none"> • Contents of the PSHE course • Ground rules for PSHE lessons

Linton Village College Cambridge Road, Linton, Cambridge, CB21 4JB

Tel: 01223 891233 | Email: lintonvc@lvc.org | Web: www.lvc.org

Principal: Helena Marsh MEd



**Artsmark
Platinum Award**
Awarded by Arts
Council England

20/09/2021	What makes a healthy adult relationship – and what are the signs a relationship is not healthy?	<ul style="list-style-type: none"> • What are the characteristics of a healthy and unhealthy relationship? • Why are some things acceptable in different relationships? • What type of language is it acceptable to use about relationships?
04/10/2021	How do I recognise when a relationship is not right?	<ul style="list-style-type: none"> • What is abuse in a relationship? • What is female genital mutilation and who is at risk of it? • Where can I seek support for domestic abuse?
18/10/2021	What are the risks with sharing sexual images?	<ul style="list-style-type: none"> • Why might somebody share sexual images? • What are the risks with sharing sexual images? • What should I do if it all goes wrong?
08/11/2021	What is harassment, and how can I respond to it?	<ul style="list-style-type: none"> • How do I recognise stalking and harassment? • How can I take steps to protect myself from controlling behaviour? • What are the signs that someone’s behaviour is escalating worryingly?
22/11/2021	How do drugs and alcohol effect consent?	<ul style="list-style-type: none"> • How do drugs and alcohol affect somebody’s ability to consent? • How have attitudes towards consent, rape and sexual harassment changed over the last few decades? • How can I recognise when a sexual crime has been committed?
06/12/2021	What can influence our view of a healthy relationship?	<ul style="list-style-type: none"> • What is pornography? • How can pornography influence our perception of what a healthy relationship is? • How can I make sure my relationships are healthy?
20/12/2021	What are the risks of having unprotected sex?	<ul style="list-style-type: none"> • What are sexually transmitted infections? • What are the symptoms of sexually transmitted infections? • What is the best way to avoid getting a sexually transmitted infection?

Linton Village College Cambridge Road, Linton, Cambridge, CB21 4JB

Tel: 01223 891233 | Email: lintonvc@lvc.org | Web: www.lvc.org

Principal: Helena Marsh MEd



The resources for these lessons have all been created with support from [Cambridgeshire PSHE Services](#) and the [PSHE Association](#).

If you wish to access further resources to learn more about the issues your child will be discussing this term, the following links may be helpful:

Sexual images - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>

Sexual harassment - <https://www.childnet.com/resources/online-sexual-harassment-advice-for-parents-and-carers-of-13-17-year-olds>

Pornography - <https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/pornography/>

Sexual health - <https://www.nhs.uk/live-well/sexual-health/getting-contraception/>

Consent - <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

If you wish to discuss the PSHE curriculum any further, ask questions of your child's teacher about the lesson materials or talk to us about the specific needs of your child, please do contact me in the first instance.

Yours faithfully,

Cheney Payne

Head of PSHE

Linton Village College Cambridge Road, Linton, Cambridge, CB21 4JB

Tel: 01223 891233 | Email: lintonvc@lvc.org | Web: www.lvc.org

Principal: Helena Marsh MEd



**Artsmark
Platinum Award**
Awarded by Arts
Council England