



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 8 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 8 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"> <li>• Contents of the PSHE course</li> <li>• Ground rules for PSHE lessons</li> </ul>
20/09/2021	How are my relationships changing as I become more independent?	<ul style="list-style-type: none"> <li>• How do family relationships change as children grow up?</li> </ul>

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Principal: Helena Marsh MEd



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		<ul style="list-style-type: none"> <li>• What are the different responsibilities within a family?</li> <li>• What are the different types of family? (Including the nuclear family, extended family, blended family and adopted families).</li> </ul>
04/10/2021	How will my relationships become more intimate?	<ul style="list-style-type: none"> <li>• What are the different types of relationship?</li> <li>• What does it mean to be romantically attracted to someone?</li> <li>• What is 'consent'?</li> <li>• What are the benefits and risks of romantic relationships?</li> </ul>
18/10/2021	What is an unhealthy relationship?	<ul style="list-style-type: none"> <li>• What is the difference between a healthy and an unhealthy relationship?</li> <li>• What is sexual harassment?</li> <li>• What should I do if I am concerned I/someone I know is being exploited?</li> </ul>
08/11/2021	What is not acceptable in a relationship?	<ul style="list-style-type: none"> <li>• What are the "red flags" that a relationship is not healthy?</li> <li>• What does an abusive relationship look like?</li> <li>• Where can I go for support?</li> </ul>
22/11/2021	How do I make sure my intimate relationships are safe?	<ul style="list-style-type: none"> <li>• How can I protect myself from sexually transmitted infections?</li> <li>• What are the different types of contraception?</li> <li>• What are the pros and cons of different types of contraception?</li> </ul>
06/12/2021	How can I take part in the wider community?	<ul style="list-style-type: none"> <li>• How can I influence the communities I belong to?</li> <li>• What are my responsibilities within my community?</li> <li>• What is extremism?</li> <li>• What is the different between extremism and protest?</li> </ul>
20/12/2021	Who makes decisions for me?	<ul style="list-style-type: none"> <li>• How does the government work?</li> <li>• What are MP's?</li> <li>• How does democracy affect me?</li> </ul>

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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:

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

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

Government and citizenship - <https://www.bbc.co.uk/bitesize/topics/zgr4jxs>

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

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