

Dear Parents and Carers,

I am writing to inform you about upcoming changes to our Relationships and Sex Education (RSE) curriculum and updated RSE Policy and to invite your views as part of our consultation process.

From September 2026, all schools are required to follow updated statutory guidance from the Department for Education (DfE) for Relationships, Sex and Health Education. In preparation for this, we are adapting our curriculum to align with the national curriculum and the changes in place for September 2026. The PSHE curriculum has been carefully developed to meet these updated statutory requirements while remaining age-appropriate, inclusive and sensitive to pupils' needs. Other aspects of RSE are also covered in our wider PSHE curriculum.

### **Why are changes being made?**

The revised national guidance recognises the complex world that young people are growing up in and the knowledge, skills and confidence they need to navigate it safely and responsibly. For secondary students, this includes a stronger emphasis on:

- **understanding healthy relationships**, including friendships, family life, respect, consent and managing peer influence
- **personal safety and online awareness**, including digital behaviour, AI literacy, recognising misinformation and deepfakes, and knowing how to seek help
- **addressing harmful attitudes and cultures**, such as misogyny, online extremism and pressure to conform to unsafe norms
- **using accurate and appropriate language** to support safeguarding, sexual health and informed decision-making
- **developing confidence, boundaries and respectful behaviour**, including conflict resolution and recognising unhealthy or unsafe situations
- **understanding physical and mental health**, including menstruation, conditions such as endometriosis, access to healthcare services, mental wellbeing, bereavement and managing stress
- **recognising risks beyond school**, such as scams, exploitation and online extortion

These themes will be taught in an age-appropriate, sensitive and evidence-based way. Parents and carers will receive more detailed information about specific content in advance and can request further clarification at any time.

## What does this mean for sex education?

- Relationships, Sex and Health Education (RSHE) is compulsory for all secondary-aged pupils.

Our programme builds on prior learning from primary school and provides students with accurate, age-appropriate knowledge that supports their wellbeing, safety, and personal development.

Sex education at secondary level includes teaching about human reproduction, sexual health, consent, contraception, and the law. All content is delivered sensitively, factually, and in line with statutory guidance. Parents and carers continue to have the right to request withdrawal from the non-statutory elements of sex education.

We will clearly share information in advance about:

- **which year groups** will be taught sex education
- **what content** will be covered
- **when lessons** will take place

Before any sex education lessons are taught, we will be:

- **inviting parents and carers to an information meeting in Spring 2027**
- **sharing example materials and explaining how lessons are delivered**
- **providing time for questions, discussion and feedback**

This approach ensures transparency, supports parental partnership, and helps students receive high-quality, developmentally appropriate education that prepares them for healthy, respectful relationships.

The parent consultation meeting held on the 10th and 11th June is an important part of our commitment to working openly, transparently and respectfully with families. If you are unable to attend, please use the Google form below to share any questions or concerns:

[https://docs.google.com/forms/d/e/1FAIpQLSd2vnKnITST1qxJXtU-hUoHUBiBqyolF8MEVbr6IVG2s\\_YcbQ/viewform?usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLSd2vnKnITST1qxJXtU-hUoHUBiBqyolF8MEVbr6IVG2s_YcbQ/viewform?usp=publish-editor)

The consultation will run until Friday 5 July 2026. Feedback can be shared via email. All feedback received within this period will be considered before the policy is finalised.

We believe high-quality RSE helps children feel safe, informed and confident as they grow.

We are committed to delivering this education carefully, professionally and in partnership with families.

Thank you for taking the time to engage with this consultation.

Yours sincerely,

**Mr. Lewis**

Headteacher

**Thomas Gainsborough School**