



Huntington Road, Huntington, York, YO32 9WT. Tel: 01904 752100  
Email: mail@huntington-ed.org.uk  
Headteacher: Mr M Smith

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Dear Parent/Carer

I am writing first to introduce myself. I am the Subject Leader of PSHE (Personal, social, health and economic education) and RSE (Relationship and Sex Education). As you may already be aware, your child's form tutor teaches this subject each week on Mondays, period 3. PSHE is a statutory but non-examined subject and at Huntington School we believe that it is a vital part of every child's education to ensure that they have the skills and knowledge to keep themselves safe, healthy and happy.

The Department for Education have set out clear guidance in the form of statutory guidelines about what we need to cover within the PSHE and RSE lessons. Our PSHE curriculum has been both structured around these guidelines and designed to meet the specific needs of our students. The lessons are divided into 5 areas:

**Relationships and Sex Education (RSE)**, which is an important part of PSHE education and has been made statutory by the Department for Education for all secondary school pupils.

**Health Education**, this is also statutory and teaches students about physical health and mental wellbeing to give them the information they need to make good decisions about their own health and wellbeing.

**Aspirations (Careers Information, Advice and Guidance)**, which is characterised by an ambitious approach of wide possibilities for students and is aimed to ensure high aspirations.

**Economic understanding**, where pupils are provided with age-appropriate knowledge about aspects such as interest, financial exploitation, scams, terms and conditions, contracts and debt.

**Responsive lessons**, as it is important for PSHE to be responsive to the needs of each year group. For these lessons the content will be planned nearer the time in response to their needs and based on the pastoral teams' reflections.

We are aware that many of the topics covered in PSHE lessons are sensitive and that it is useful for parents to know what is coming up in their child's lessons. To access an overview of each year group click [here](#) and the table below shows what is coming up for your child this term:

W/C	A/B	Theme	Topic	Students will be supported to:	Why is this important for our students?
04/09/2023	A		Training day		
11/09/2023	B	Responsive	<p>An introduction to British Values and protected characteristics.</p> <p>To introduce Voice 21 Oracy skills and the importance of how to speak and listen to each other respectfully and effectively</p>	<p>Understand what is meant by Protected Characteristics and British Values.</p> <p>To understand why Voice 21 Oracy skills are an important life skill and should be practised within PSHE</p>	<p>It is important for students to understand what is meant by Protected Characteristics. It is also important to understand the values that we in Britain aspire to promote.</p> <p>This lesson launches the importance of Oracy skills. The class will develop and agree to a series of protocols to follow when engaging in class discussion. Oracy skills also includes how to evidence listening aswell.</p>
18/09/2023	A	RSE	Family life- Long term commitments	<p>Describe the options available to people who wish to make a long-term commitment.</p> <p>Explain how a long-term relationship can become legally binding.</p> <p>Recognise the unacceptability of forced marriage and identify support for someone who may be at risk.</p>	<p>The topic about healthy and unhealthy relationships has been explored in year 7 and 8. It is in this lesson that we focus more about long term relationships.</p> <p>Commitment has been explored in earlier year groups and will be revised and built on within this lesson.</p> <p>It is important for students to understand the legal side of marriage, the reason as to why people chose to make this commitment. It is also vital that students understand that forced</p>



					marriage is unacceptable and what support can be accessed if needed.
25/09/2023	B	RSE	Family life- the legal status of marriage	Describe the legal rights of people in different forms of long-term commitments. Explain why people might choose to marry. Learn why marriage must be freely entered into. To analyse different attitudes towards marriage	It is important for students to learn about the different forms of long-term commitments. Also, the legal rights of these different commitments. It is important also that students understand other people's viewpoints towards marriage,
02/10/2023	A	RSE	Pregnancy- fertility and routes to parenthood	<u>Understand</u> different ways to have a child; IVF, adoption, natural, surrogacy.	To understand different types of couples who can all be parents, but the routes are different.
09/10/2023	B	RSE	Pregnancy- outcomes	Identify key legal considerations in relation to abortion Explain why there are strongly held views on either side of the abortion debate. Explain where and how to access medical services and emotional support	It is important for students to explore the viewpoints of others and to be able to explain why there are strongly held views on either side of this subject. It is also important for students to know how to access medical and emotional advice and what the law says about abortion.
16/10/2023	A	RSE	Pregnancy-abortion & parenting	Identify key legal considerations in relation to abortion Explain why there are strongly held views on either side of the abortion debate Explain where and how to access medical services and emotional support	According to Amnesty International, worldwide 1 in 4 pregnancies ends in abortion every year, and there are 25million unsafe abortions. Therefore, it is important for our students to have this medically accurate, impartial information to enable them to stay safe.



23/10/23	B	RSE	Sexual harm and sexual offences (linked to consent)	Learn what sexual offences are. Understand what rape culture means. Recognise that the crime of rape is often misunderstood and to begin to think about how to challenge this.	This is a lesson that builds on from the lesson of CONSENT Consent is revisited and built on throughout the PSHE curriculum. It is important for students to understand what sexual offenses are and to understand that the crime of rape is often misunderstood.
30/10/23			Holidays		
06/11/2023	A	RSE	Addressing harmful sexual behaviour	Find solutions for supporting the reduction of sexual harms in your place of education Know what to do to support a friend if they become a victim of sexual harassment or violence Understand the role they can play in changing the current culture and not accepting sexual harassment in school/ outside of school	We know that most schools have issues with sexual harassment and there have been reports from girls in our school about not feeling safe as a result of some of the boys' behaviour.
13/11/2023	B	Responsive	Anti-Bullying Week (Odd Socks Day)	To develop an awareness that this is a week where the UK promotes an awareness of what bullying is and how we must all stand against it. Students will explore further the different forms that bullying can take and how we make a stand to not let this be acceptable behaviour in our school community.	All year groups will explore ways that they can promote Anti-bullying week. This is an important part of being an active citizen.



20/11/2023	A	HE	Duke of Edinburgh Award (TBC)  The importance of screening and self-examination	Understand the benefits of completing the Duke of Edinburgh award  The signs and symptoms of breast cancer and testicular cancer. The importance of regular self-examination. Where to go for more information.	Participating in activities with a service focus such as the Duke of Edinburgh award is beneficial for wellbeing (from DfE RSE statutory guidance)  While cancer is rare in children and young people, there are around 3,755 young people diagnosed with cancer each year in the UK.
27/11/2023	B	HE	Mind- coping strategies	Understand coping strategies that can be used to support good mental health	Globally, one in seven 10-19-year-olds experiences a mental disorder. It is vital that all students are provided with strategies to help to support themselves and others. Mental health is a topic that revisited and built upon throughout the PSHE curriculum.
04/12/2023	A	HE	Healthy lifestyles Drugs and Alcohol: Impact on decision making and how to stay safe when out.	To understand how alcohol and other drugs affect decision making To be able to assess the risks of substance use when socialising To be able to explain ways to keep safe and support friends when socialising in situations involving alcohol or other drugs.	It is vital for students to understand about the importance of maintaining healthy lifestyle choices and the impact that alcohol and drugs can have on decision making skills. This is a topic that is revisited throughout the PSHE curriculum, and the lessons build. It is important for students to understand how to stay safe and when out with their peers.



11/12/2023	B	HE	Drugs and Alcohol – Substance use and managing influence	<p>explain how different internal and external influences can affect decision making</p> <p>describe strategies for managing peer influence in increasingly independent contexts.</p> <p>Understand how to stay safe on a night out (considering water danger in York)</p> <p>evaluate ways to be a positive influence on peers in relation to substance use</p>	<p>Now you are in Year 10 you will find that you have more independence and the freedom to make more choices of your own.</p> <p>With this freedom comes responsibility to keep yourselves safe and make good choices.</p>
18/12/2023	A	Responsive	How to make a difference to others at Christmas (Linking to school values of Respect Honesty and Kindness)	<p>Students will learn about how Christmas is a time to seek out opportunities to give back to the community. Students will plan and deliver an act of kindness to bring joy to someone within the school/york community.</p>	<p>It is important for students to understand how they can be an active citizen within the school and local community. How to spread acts of kindness to others who may find Christmas a challenging time.</p>



We know that for these topics to have maximum impact on our students it is the conversations they have at home, based on what they have learnt that is vital. I would value any suggestions that you might have as well as any training that you feel you would benefit from as a parent so that I can support you and your child as you have conversations around these challenging topics.

I will send out a PSHE Parental Newsletter each term to highlight the content of your child's forthcoming PSHE and RSE lessons. If you have any questions or concerns, please do not hesitate to get in touch

Kindest regards

Ms Beth Pellemounter  
Subject Leader of PSHE and Literacy Curriculum Coordinator  
[bj.pellemounter@huntington-ed.org.uk](mailto:bj.pellemounter@huntington-ed.org.uk)