

Dear Parent/Carer

### **KS3 and KS4 'Lessons for Life' - December 2021**

During December, Carre's Grammar School is engaging the support of the specialist organisation, *BigTalk Education*, to deliver their informative 'Lessons for Life' programme to students in KS3 and KS4. *BigTalk Education* is a social enterprise recognised by leading national bodies and the government who have been delivering age-appropriate relationships and sex education of this type for over 20 years.

The below gives further details of the planned programme:

#### **Friday 3 December 2021**

Period 1: Year 10 - *Sex: Your Decisions*  
Period 2: Year 11 - *Show what you Know*  
Period 3: Year 10 – *Infections and Protections*

#### **Monday 6 December 2021**

Period 1: Year 8 - *Building on the Basics*  
Period 2: Year 9 - *Sex: Your Decisions*  
Period 3: Year 7 - *Introduction to Secondary RSE*  
Period 4: Year 8 - *Developing Feelings*  
Period 5: Year 9 - *Infections and Protection*

#### **Right to withdraw your child**

As from September 2020, right to withdraw provisions apply. You cannot withdraw your son from Health Education or the Relationships Education element of Relationships and Sex Education, because it is important that all young people receive this content. If you do not want your son to take part in some or all of the Sex Education lessons delivered at secondary school, you can ask that they are withdrawn. The Headteacher will consider and discuss such requests, and will grant this in all but exceptional circumstances, up until three school terms before your son turns 16. At this age, your son can choose to receive Sex Education if he would like to, and the school will arrange for him to receive this teaching in one of those three terms (unless there are exceptional circumstances). Requests for withdrawal should be put in writing and addressed to the Headteacher. In the first instance we would encourage you to contact your son's Head of Year.

Yours faithfully

*S Tierney*

**Mrs S Tierney**

Personal Development/RSE Coordinator

## **RSE Lessons for Life** **Information for Parents/Carers**

BigTalk Education is committed to ensuring as many children and young people as possible receive high quality age-appropriate relationship and sex education. Below is some information about the “Lessons for Life” programme that will be delivered on their upcoming visit. Please be aware that the programme reflects the recommendations of the Government Guidance, Ofsted and SEF (the National Children’s Bureau’s Sex Education Forum).

### **Year 7**

#### **Introduction to Secondary RSE**

The basis of knowledge of Year 7 pupils can vary considerably dependent on the quality of their primary RSE provision or lack thereof. This lesson is designed to establish knowledge levels, ensure consistent accurate knowledge of core topics and back fill gaps. Themes covered include proactive safeguarding, reproduction, puberty, relationships, body image, gender, and reliable sources of information.

### **Year 8**

#### **RSE Building on The Basics**

In year 8 we address core themes within RSE, myth busting common misconceptions of young people around relationships, risky behaviour, pregnancy, rights, and responsibilities, as well as the law. The young people work with the team to clarify definitions of terms they have heard but may not understand, as well as answering questions in a safe confidential environment.

#### **Developing Feelings**

We work with the young people to discuss changes in friendships and relationships as they may begin to develop emotional and romantic attachments. This covers all types of relationships and as with all of our programmes, is fully LGBTQ+ inclusive. The workshop covers a range of themes that affect relationships and young people’s perception of what constitutes a healthy relationship. We address peer pressure, abusive relationships, and gender stereotypes, as well as contemporary issues such as youth generated images (sexting), internet safety and the dangers of inappropriate websites which we demonstrate can warp a young persons’ view of social norms.

### **Year 9 and Year 10**

#### **Sex: Your Decisions**

Building on the themes of consent and contraception from the previous lesson, this session introduces more of the choices that young people need to consider before entering a sexual relationship. Covering the most up to date contraception information with details on efficacy, is critical to help young people make informed decisions when the time comes. (We remind them the age of sexual consent is 16, but that young people these days are waiting later) To underline the consequences of decision making, we highlight the effects of unplanned parenthood on potential mothers and fathers. We highlight the limited power of fathers in decision making, the effects of pregnancy for mothers, as well as the financial and lifestyle impact for both.

### **Infections and Protection**

At this point we introduce the young people to the dangers of sexually transmitted infections, ensuring they understand the short and long term effects, as well as which can be treated or cured, and which cannot. The lesson includes information on safer sex, a demonstration of condoms and the local information relating to how, (when the time is right for them) to access them for free. Developing a greater awareness of the law, consent, better communication skills about safer sex and confidence to make good decisions are all objectives for this workshop.

### **Year 11**

#### **Show what you know**

This is often the age at which some young people are thinking of becoming sexually active, so we review the essential material to ensure that the key topics are front of mind for the group. Covering consent, contraception, condoms, and the responsibilities of young people, we once again highlight the ever present, potential risks of STIs and unplanned parenthood as well as the positives of pleasure and healthy relationships.

More information is available on BigTalk's website: [www.bigtalkeducation.co.uk](http://www.bigtalkeducation.co.uk)