



Leventhorpe
a business and enterprise academy

Sex and Relationships through PSHE at Leventhorpe

There is a vast amount of sometimes confusing information about relationships and sex on the internet, on TV and in magazines which young people may have access to and this can sometimes make an already confusing time in a young person's life seem even more complicated. Therefore, as part of the school's Personal, Social and Health Education programme your child will receive lessons on relationships, sexual health and puberty.

The purposes of the Relationships and Aspects of Health unit are to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction within the context of relationships based on love and respect. It should develop understanding and attitudes which will help students to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will be more likely to grow into confident and healthy adults and make positive choices. This can start with learning the basics about growing up. The sessions in school may reinforce what you are already doing at home.

The key aims of the Relationships and Health unit of PSHE are to:

- 1 Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and marriage.
- 3 Foster self-awareness and self-esteem.
- 4 Develop a sense of responsibility and respect for themselves and others.

All teaching materials are appropriate to the age and emotional maturity of the students concerned and the teachers will aim to present the topic in an objective, balanced and sensitive manner.

Lessons in the Relationship and Health units will cover:

1 Love, Marriage and Relationships

2 Puberty

3 Menstruation

4 Personal Hygiene

5 Reproduction

You are welcome to contact me to discuss the unit or to view any of the teaching materials used at any time throughout the term.

Parents can withdraw their children from all or part of the Relationships and Health lessons. If you wish to withdraw your child from certain lessons would you please write to me using the email address listed below.

Mr O'Dowd
PSHE Co-ordinator

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