



## Woodside High School

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## Relationships & Sex Education

Dear parents and carers,

Our children are growing up in an increasingly complex world with new opportunities, but also new challenges. RSHE is an important part of preparing them for life in 21<sup>st</sup> century Britain, enabling them to embrace diversity, make the most of technology; and understand the importance of, and develop the skills which lead to them being able to sustain healthy and strong relationships.

You will remember that last year we invited you to have your say about relationships, sex and health education at Woodside in line with updated government guidance. You, your children, and many members of our school community played a key role in our consultation process. All secondary schools must teach sex education that is outside of the science curriculum. Sex education at Woodside High School is taught by trained staff in an age appropriate and sensitive way and gives due regard to the law. This will include topics like sex, the advantages of delaying sexual activity and the importance of consent, positive sexual relationships, contraception, pregnancy choices, domestic violence etc. We committed to delivering these lessons during the Summer term this year and to reminding you before they began.

Please be aware that the lessons will be delivered this term, beginning next week and be delivered on a once fortnightly basis in years 7 and 8 and weekly for year 9, 10 and 11 students.

The aims of Relationships and Sex Education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place within school
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students to develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships; facilitating opportunity for concerns to be raised and addressed
- Teach students the correct vocabulary to describe themselves and their bodies
- Empower all members of the school community by cultivating a positive and inclusive environment around physical, emotional and sexual health and delivering a broad and ambitious curriculum that facilitates learning for all.

To cover the curriculum content outlined in the RSHE Guidance, we will equip our pupils to build positive and respectful relationships online and offline. We seek to ensure that it gives pupils the knowledge, skills, attitudes and values that will help them to:

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Headteacher: Angela Wallace



- realise their health (including sexual health), wellbeing and dignity
- build self-esteem and self-worth
- explore and value their personal and sexual identity and that of others
- understand family structures, committed relationships and the legal status of different types of long-term relationships
- make sense of the real-life issues they are experiencing in the world around them
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

### Parents' right to withdraw their child from sex education

As outlined within the Statutory Guidance, parents/carers have the right to withdraw their children from the non-statutory components of sex education, which is delivered as part of RSE up to and until 3 terms before the child turns 16.

We take care to highlight lessons that contain what we define as sex education so that we can respect the wishes of parents who have withdrawn their children from the non-statutory components of sex education within RSE. Please refer to the school's RSE policy for the full curriculum plan. The programme will be delivered in a non-judgemental, factual way, using the correct medical terms where appropriate (for example when teaching about external body parts). In the interests of transparency, we have clearly signposted the lessons that this relates to and included the topics below:

Year 7:

Week	Topic
1	Female Genital Mutilation (FGM)
2	periods
3	puberty
4	dangers of smoking
5	drugs

Year 8:

Week	Topic
1	body image
2	safe sex (consent)
3	safe sex (contraception)
4	dangers of pornography

5	safe sex (sexting)
6	safe sex (STIs)

Year 9:

Week	Topic
1	consent
2	consensual sexual activity
3	safe sex
4	social media and mobile phones
5	healthy relationships
6	the developing body and body image

Year 10:

Week	Topic
1	sexism and gender prejudice
2	gender and trans identity
3	same sex relationships
4	forced and arranged marriage
5	revenge pornography

Year 11:

Week	Topic
1	what is good sex
2	safe sex
3	fertility
4	consent, rape & sexual abuse
5	body shaming
6	types of relationships

Please note that parents/carers **do not** have a right to withdraw their child from:

- Relationships Education
- any sex education delivered as part of the Science curriculum.

Although parents/carers have the right to request to withdraw their child from any or all of sex education as part of relationships education, it is our aim to encourage parents to see the value of RSE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice.

The purpose of RSE is to 'help children and young people to be safe, healthy and happy as they grow up and in their future lives.' (Sex Education Forum)

At Woodside, RSE is usually covered in PSHE (Personal, social, health and economic) lessons. Much of the content is also covered in specialist assemblies and workshops. Some aspects of the RSE curriculum are covered as part of science.

The teaching of RSE must be a partnership between schools and parents/ carers. It is important that you know what is being taught and when, so that you can anticipate and follow your child's learning, as well as adding your own input at home.

To find out more about the curriculum see: [Government Guidance on RSE and Health Education](#)

Students will be able to ask anonymous questions about everything covered via a question box in Ms Hinds' classroom and to attend a drop-in session with Ms. Hinds if they want to talk more about what they have any questions that they want to ask in person.

Best Wishes

Djamila Boothman

Assistant Headteacher, DDSL