

27 March 2026

Dear Parents and Carers

## Relationships and Sex Education at Park

Dear Parents and Carers,

I am writing to provide you with an overview of the content and purpose of statutory Relationships and Sex Education (RSE), as outlined in current government guidance for schools.

RSE is an important part of the curriculum designed to support the emotional, social, and physical development of young people. It aims to equip pupils with the knowledge and skills they need to build healthy relationships, make informed decisions, and stay safe.

The statutory RSE guidance covers several key areas:

### 1. Families and People Who Care for Me

Pupils learn about the importance of family structures, including a range of family types, and the role these relationships play in providing care, stability, and love.

### 2. Caring Friendships

Teaching focuses on the characteristics of positive friendships, including kindness, respect, honesty, loyalty, and trust. Pupils also learn how to manage conflict and recognise unhealthy relationships.

### 3. Respectful Relationships

Students are taught the importance of treating others with respect, including understanding boundaries, consent (in an age-appropriate way), and the value of equality and diversity.

### 4. Online Relationships

Given the increasing role of technology, pupils learn how to stay safe online, recognise risks, and understand appropriate behaviour in digital space

### 5. Being Safe

This includes learning how to recognise and report concerns, including abuse or exploitation, and understanding the importance of personal boundaries and privacy.

### 6. Physical Health and Mental Wellbeing

Pupils are taught about maintaining a healthy lifestyle, including mental health awareness, managing emotions, and where to seek support.



## **7. Changing Adolescent Body (Primary) / Sex Education (Secondary)**

At an age-appropriate level, pupils are taught about physical development, including puberty and reproduction. Secondary pupils receive more detailed education about sexual health, including contraception and sexually transmitted infections.

Relationship and Sex Education is delivered in a sensitive, inclusive, and age-appropriate manner at Park through our SMSC curriculum and Park Personal development Days. We will always work in partnership with parents and carers, recognising your primary role in your child's development.

Parents have the right to withdraw their child from some aspects of sex education (outside the statutory science curriculum), and further information can be provided on request. As always, you will be informed in advance of any sessions that are eligible for this withdrawal.

We are committed to ensuring that all pupils receive high-quality RSE that supports their wellbeing and prepares them for life in modern society. If you have any questions or would like to discuss the curriculum in more detail, please do not hesitate to contact us.

The full details of our Personal Development curriculum can be found on our website [Park Community School | SMSC](#). It is also summarised in student planners.

Yours sincerely,

S.Loake

SMSC Coordinator