

13s<sup>th</sup> November 2023

Dear Parents and Carers,

**RE: PSHE Lessons for Term 3**

As a part of your child’s education at Bexhill Academy, we promote personal well-being and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Trust Board.

I am writing to let you know the topics your child will be taking part in during Term 3 for their PSHE lessons.

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Tutor time</b>	1. Sharing Information online safely 2. Relaxation and exercise	1. Friendship and empathy 2. Bullying and bystanders 3. Friendship challenges 4. Similarities, differences and peer influence	1. Homelessness 2. Homelessness	1. Gambling: How can we manage risk? 2. Managing influences and impulses of gambling and how we can help those with a gambling addiction	1. Sleep factor 2. Lifestyles and well being 3. Managing influences of lifestyle decisions
<b>Drop-down afternoon:</b>  Period 2 and Period 3  Thursday February 8 <sup>th</sup> 2024	Period 2: 3. Dental health 4. Puberty  Period 3: 5: Growing and changing 6: Healthy sleeping habits	Period 2: 5. Consent 6. Avoiding assumptions  Period 3: 7. Freedom and capacity to consent 8. Feelings about sending nudes	Period 2: 3. Sleep 4. Responsibility of Physical Health  Period 3: 5. Testicular Health 6. Breast Cancer	Period 2: 3. Rights, trust and values 4: To learn about the role of intimacy, readiness, and pleasure in consensual relationships.  Period 3: 5: The impact of pornography	Delivered in a PE lesson by specialist staff  11X Period 3: Friday 5 <sup>th</sup> January  11Y Period 3: Friday 12 <sup>th</sup> January  1. Fertility and roots to parenthood 2. Pregnancy outcomes

				6: Pressure, persuasion and coercion	
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Please visit the school's website for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment underpinned by our academy ethos and values.

If you would like to find out more or to discuss your right to withdraw your child from the Relationships and Sex Education element of PSHE, please email me directly to discuss the options available for your child.



Mark Linch  
PSHE line manager  
[mark.linch@bexhillacademy.org](mailto:mark.linch@bexhillacademy.org)