

Subject: Y10 Personal Development

Dear Parent and carers,

We are writing to inform you of the content of the Personal Development lessons that your child will be taught this half term.

Prior to the beginning of every term, we will routinely inform you of the content of Personal Development lessons, and give you the opportunity to discuss any concerns with our PD leader, Miss Watts, Miss Boyd, Assistant Headteacher, or Mrs Mitchell, Director of Personal Development for South Bank Academy Trust.

Please see the table below for key content which will be covered in Year 10 this half term. Each lesson builds on the last, with an enquiry question forming the basis for learning outcomes.

Year 10 PSHE - Unit 4 Sex and Relationships Education	
Enquiry question	Key content
What are the characteristics and benefits of positive, equal relationships?	<ul style="list-style-type: none"> - Managing strong emotions; characteristics/benefits of positive, strong, supportive, equal relationships - Relationship values - Myths, assumptions and misconceptions about social norms, sexual orientation, gender. - Role of pleasure, including orgasms.
Why is it important to respect a partner's readiness for sex?	<ul style="list-style-type: none"> - Understand and respect others' faith and cultural expectations concerning relationships and sexual activity - Assessing readiness for sex - Seeking consent and respecting others' right to give consent or withdraw it. - Contraception (including emergency contraception)
What is the role of sex in the media and its impact on sexuality?	<ul style="list-style-type: none"> - Pornography and sexual ethics - Gender norms - Role of pleasure - orgasms - Myths about sex - Sexism/feminism
What is coercion within a relationship and how should we respond?	<ul style="list-style-type: none"> - Exploitation, bullying, harassment and control in relationships - Coercive relationships
How can I manage unwanted attention?	<ul style="list-style-type: none"> - Managing unwanted attention: harassment and stalking

What is victim blaming and how can we challenge it?	<ul style="list-style-type: none">- Gender double standards- Recognise impact of drugs and alcohol on choices and sexual behaviour
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Please also see the link below for the school RSHE policy for further information regarding the teaching of relationships, sex and health education which will be delivered at points during the year.

[Millthorpe RSHE policy](#)

Please take time to read the policy. All content is based on guidance provided by the Department for Education, and in particular information from the PSHE Association. We also ensure that key safeguarding priorities in school are given additional focus and time as necessary.

If you have any feedback about the content of the policy, or the RSHE lessons detailed above, please complete the following online questionnaire and a member of staff will be in contact.

[RSHE policy parent survey](#)

We hope that the information included here provides you with a good understanding of the content of your child's RSHE curriculum. Please do not hesitate to provide us with any feedback should you wish.

Yours sincerely,

Millthorpe Personal Development team