

Subject: Y11 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 11 this half-term. Each lesson builds on the last, with an enquiry question forming the basis for learning outcomes.

Year 11 PSHE - Unit 4 Sex and Relationships Education	
Enquiry question	Key content
What qualities and skills are the most important in family life?	<ul style="list-style-type: none"> - Marriage and civil partnerships; commitment - Parenting skills and qualities and central importance to family life - including implications for young parenthood; - Making informed choices about parenthood including breastfeeding
What is fertility and how does it change throughout our lives?	<ul style="list-style-type: none"> - Fertility journey (impact of STIs and age) - Puberty – menopause - Options available to people who are not able to conceive. - Miscarriage
What are the consequences of unplanned pregnancy?	<ul style="list-style-type: none"> - Pathways available - Physical and emotional reactions; - How to seek support and accurate advice - Options (emergency contraception, abortion, adoption) - Healthy pregnancy
What is the difference between a healthy and unhealthy or abusive relationship?	<ul style="list-style-type: none"> - Characteristics and benefits of positive, strong, supportive, equal relationships (including sexual) - Recognise when relationship is unhealthy or abusive (including emotional and physical violence, forced marriage and rape)
What is domestic abuse and what impact can it have?	<ul style="list-style-type: none"> - Forms of relationship abuse and its impact - Skills and strategies to respond

	<ul style="list-style-type: none">- Coercive control- Accessing support
What is sexual exploitation and how can it be tackled?	<ul style="list-style-type: none">- CSE- Sexual abuse and rape- Teen relationships including in gangs (peer pressure)

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