



Thursday, 26th February 2026

Dear Parents/Carers,

SUBJECT: Relationships and Sex Education Lessons (RSE).

My name is Joanne Laheney, and I'm the Social Studies Curriculum Lead at Risedale School. As part of our commitment to your child's overall development and wellbeing, we incorporate Personal, Social, Health, Citizenship, and Economic Education (PSHCEe) into our curriculum. This programme equips young people with the knowledge, skills, and understanding to lead healthy, fulfilling lives.

A component of PSHCEe is Relationships and Sex Education (RSE). Throughout the academic year, your child's Social Studies lessons will cover RSE topics in a safe and supportive learning environment, aligned with our school's vision and values. Pupils will have the opportunity to ask questions about relationships in today's world.

A brief outline of the RSE curriculum for each year group can be found below, and for more detailed information, please visit the [KS3 Curriculum](#) and [KS4 Curriculum](#) pages on our school website and select the Social Studies subject block. Our staff will ensure that RSE lessons meet the needs of all pupils, including those with Special Educational Needs and Disabilities (SEND). The RSE policy is reviewed annually by the school and governing board.

RSE lesson topics in Year 7 include:

Positive healthy friendships, respecting differences, boundaries, privacy and consent. Conflict and reconciliation, ending friendships and relationships. They will also be taught about personal hygiene, the physical and emotional changes that happen in puberty, the role of hormones in sexual feelings, menstrual health (understanding periods, and period products), sexual consent and the law, and laws around indecent image sharing.

RSE lesson topics in Year 8 include:

Types of committed stable relationships, marriage, cohabiting, wider family relationships, safe family relationships, and recognising unsafe relationships.

RSE lesson topics in Year 9 include:

Features of healthy intimate relationships, diversity within intimate relationships (opposite and same-sex relationships, committed relationships between people of different beliefs and cultural backgrounds, as well as between people who do/do not have children and who are/are not married - it will also highlight the value of choosing to be single), good communication within intimate relationships, and sexual pressure. We will also look at sexually transmitted diseases and sexual health.





RISEDALE
A family of learners

RISEDALE SCHOOL

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RSE lesson topics in Year 10 include:

Emotional and physical impacts of: harassment, abuse and rape, domestic violence, grooming, exploitation and coercion, forced marriage, honour-based violence and female genital mutilation and the dangers of viewing explicit material online. It will also cover sexual health, contraception, fertility and reproductive health, what happens at a sexual health check, and sexual consent.

RSE lesson topics in Year 11 include:

Signs of pregnancy, abortion, miscarriage and stillbirth, alternative ways of having a baby (for opposite and same-sex couples), self-examination, screening and smear tests.

Important Information:

As a school community, we are committed to working in partnership with parents and carers.

Right to withdraw: parents/carers have the right to withdraw their child from Sex Education delivered within the RSE elements of Social Studies for the current academic year (2025-2026). This right does not apply to the 'relationship' aspects of the course. Sex education in our school context is defined as: penetrative sexual intercourse. Parents may not withdraw their child from what is taught as part of the National Curriculum for Science.

To withdraw from Sex Education: please contact the Headteacher, Mrs Greenwood, at greenwood.l@risedale.org.uk.

Learn More:

- **Statutory Guidance:** [Statutory Guidance regarding RSE from the DfE](#)
- **School Policies:** [Relationship and Sex Education Draft Policy](#)

If you have any suggestions regarding our Risedale RSE Policy, or the curriculum content and resourcing, please feed back to us via the RSE Enquiries email below by Monday, 2nd March 2026.

Yours faithfully,

Mrs Joanne Laheney

Curriculum Lead: Social Studies/ PSHCEe and Religious Education
rse-enquiries@risedale.org.uk

