



Alameda Middle School

Ambitious ■ Motivated ■ Confident to Soar

Relationship and Sex Education - Year 7

December 2025

Dear Parent/Carer

As part of our PSHE programme, after the Easter holidays, students will be partaking in our Relationships and Sex Education (RSE) lessons. These will be delivered by their subject teachers on a variety of topics relating to RSE education.

As you may already be aware, RSE, along with Health Education, has become part of the statutory National Curriculum.

As part of our school's wider Personal, Social and Health Education programme, your child will soon receive lessons on relationships, sexual health and personal safety. The purpose of the upcoming curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships and thrive in modern Britain.

The emphasis here will largely be on:

1. Changing bodies, changing minds (puberty recap)
2. Developing and maintaining good friendships
3. Family and roles
4. Expectations in a teen romantic relationship - respect
5. Keeping safe and positive relationships

Should you wish to know more about the relationship and sex education programme and the methods we adopt to teach it, then please do not hesitate to contact me.

Yours sincerely

Mrs H Sibley

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PROUD TO BE A
MUSIC MARK
SCHOOL
2024 - 2025



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