



Alameda Middle School

Ambitious ■ Motivated ■ Confident to Soar

Relationship and Sex Education – Year 8

December 2025

Dear Parent/Carer

As part of our PSHE programme, next term, 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. Secondary school age children cannot be removed from relationship education but can be for the lessons relating to sex, until 3 terms before they are 16 years old.

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:

- Love and dating
- Healthy and unhealthy relationships
- Sex and the law, including underage sex
- Consent
- Contraception
- Sexually Transmitted Infections and HIV

Should you wish to know more about the 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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