

12 February 2025

Dear Parents and Carers,

RE: PSHE Lessons for Term 4

As a part of your child’s education at Bexhill Academy, we promote personal well-being and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Trust Board.

	Year 7	Year 8	Year 9	Year 10	Year 11
Topics	Health and puberty Healthy routines, influence s on health, puberty Lesson 1: Sharing information online safely and relaxation and exercise Lesson 2: Dental Health and Sleep Lesson 3: Puberty	Digital literacy, Online safety, digital literacy, media reliability, and gambling hooks Lesson 1: Gambling Lesson 2: Online safety and online grooming Lesson 3: Ideology and extremism	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes Lesson 1: Homelessness Lesson 2: different types of relationships and how these can change over time/To learn about different types of families and the roles and responsibilities of family members	Addressing extremism and radicalisation Communities, belonging and challenging extremism Lesson 1: Valuing diversity Lesson 2: Understanding and preventing extremism Lesson 3: How are people drawn into extremist groups	Communication in relationships Personal values, assertive communication, relationship challenges and abuse 1. Working out healthy relationships 2. Working out relationships 3. Violence against women and girls.

			Lesson 3: Relationships and conflict		
External Visitors	Police Liaison officer – Online Safety during their one of their PSHE lessons throughout the year	Wednesday March 19 th PSHE performance on bullying (9.30- 10.30)	Monday 17 th March. PSHE performance: Time Out: Drug, alcohol and mental health – Council funded (11.20-12.20) Letter to follow	Police Liaison officer – Sex, consent and the law during tutor time	

I am writing to let you know the topics your child will be taking part in during Term 4 for their PSHE lessons. If as a parent/carer you feel that we should be including a certain topic in our PSHE lessons, please do email me to let me know. We value your input as a parent/carer.

Please visit the school's website for more detail about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment underpinned by our academy ethos and values.

If you would like to find out more or to discuss your right to withdraw your child from the Relationships and Sex Education element of PSHE, please email me directly to discuss the options available for your child.



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