



ST CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

Dear Parent/Carer

Year 10 Life Skills – Relationship and Sexual Health

At the end of next week, we will start one of our Life Skills Weeks. During the week the pupils will receive five lessons on the topic 'Relationships' (one per day). The 'week' begins on Friday 27 November and continues into the following week from Monday 30 November to Thursday 3 December.

Young people are often reluctant to talk about these issues with their parents or carers, but we do encourage the pupils to discuss relationship issues with appropriate adults. If you are aware of the topics being covered at school, then you may feel that you would like to discuss them further with your child.

The lessons are based on reliable sources of information; include the law and legal rights; and distinguish between fact and opinion. They promote safe, equal, caring and happy relationships and discuss real life issues appropriate to the age of the pupils. Pupils are encouraged to reflect on their values and be aware of influences like their peers, media, faith and culture.

It is our practice for the teacher and the tutor group to agree a 'working agreement' before discussing sensitive issues. The purpose of the agreement is to allow pupils to participate in a happy and safe environment. The tutor group agreements may include: use of appropriate language; ensuring that sensitive discussions in class are treated with a level of confidentiality and not repeated outside of the lesson; or not to disclose personal details about themselves or others.

The topics to be covered in the Year 10 lessons are: body image and the media; healthy relationships and how to identify controlling and abusive relationships; readiness for and alternatives to sexual intimacy; contraception methods and the effective use of condom; emergency contraception; and the legal status of abortion.

If you have any questions regarding the Life Skills Week, please email me by Monday 23 November. We do not recommend that parents withdraw their child from the sexual health lessons, but we are happy to discuss any concerns you may have.

Yours faithfully

Mr N Pittman
Assistant Headteacher