

8<sup>th</sup> October 2020

Dear Parent/Guardian

**Re: Year 9 – PSHE New term introduction**

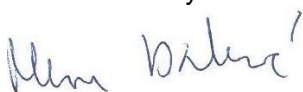
We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) course. This looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE course is to help our pupils make safe and informed decisions during their school years and beyond.

In Year 9 the specific topics your daughter will cover are:

<b>Living in the wider world</b>	<b>Relationships</b>	<b>Health and wellbeing</b>
Careers and a personal review	Discrimination-homophobia	Sex
Careers fast tomato software	Self-esteem	Unprotected sex and consequences
Study skills	Home learning project-building self esteem	Condom use
Preparation for options	Assertiveness	Healthy eating
British values-individual liberty	Resilience	Eating disorders
	Body image and labels	Balancing work exercise, leisure and exercise
	Importance of good decision making	Drug and alcohol education-attitudes

You may find that your daughter starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate to get in touch.

Yours sincerely



Mrs M Dakovic  
Head of Social Sciences