



Samuel Cody School

Ballantyne Road Farnborough Hants GU14 8SN
Email: adminoffice@samuelcody.hants.sch.uk
Telephone: 01252 514194
Community: 01252 401080/87
Headteacher: Mrs S Chinnappa BSc M.Ed. NPQH

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Dear parent,

As part of their personal, social, health and economic (PSHE) education lessons, all students at Samuel Cody School take part in a series of sex and relationship education (SRE) lessons. The purpose of SRE at our school is:

- to prepare our students for the physical and emotional changes of growing up;
- to give them the knowledge and skills to make informed and healthy choices;
- to build their confidence and skills to deal with situations they may encounter;
- to help them to stay safe and know where and how to ask for help if needed.

All SRE lessons will be taught in an age-appropriate way in the context of the benefits and happiness that having healthy and loving relationships can bring. Students will learn to be able to use the correct language, keep safe and feel confident to ask questions and discuss in a mature and appropriate way.

Lessons cover a range of topics including:

- explaining and preparing students for the physical and emotional changes associated with puberty;
- considering the changing nature of a range of relationships, including friendship, family relationships and intimate relationships;
- identifying what they want and value from relationships, and what is acceptable and unacceptable in relationships;
- recognising the influences on their behaviour (both positive and negative) and resisting negative pressure;
- identifying stereotyping and bullying;
- understanding about conception, fertility, pregnancy and contraception;

If appropriate they may also cover:

- understanding about the risks of different types of sexual activity;
- knowing about some common STIs including HIV/AIDS;
- knowing the law and their rights relating to sex and relationships, including understanding about consent;
- considering the demands and challenges of parenthood and the skills and qualities needed for being a parent;
- knowing when, how and where to get help or advice.

We believe that the SRE programme helps us to achieve the school's aims to educate and support our young people in a nurturing, safe and inclusive environment to help them develop the skills, attitudes and resilience to live safe, healthy and fulfilling lives as adults.

If you have concerns or would like to discuss the matter further, please call the school office to speak to your child's Head of Key Stage.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Shani Chinnappa', written in a cursive style.

Mrs S Chinnappa
Headteacher