



Re-founded 1555

# Ripon Grammar School

*Helping shape the future since 1555*



## First Form PSHCEe Programme

5 June 2019

Dear Parents,

As a school we are committed to providing all students with a planned Personal, Social, Health, Citizenship, Economic Education (PSHCEe) programme. This is to enable them to acquire the knowledge, understanding, skills and strategies they need to develop an understanding of themselves, empathy for others and the ability to work with others to help students form and maintain good relationships, whilst developing the essential skills for future employability to better enjoy and manage their lives.

There is considerable evidence that shows that educating young people about relationships and sexual health, both at school and at home, helps students to make informed decisions about their future behaviour.

The lessons are planned using national guidance as the framework and aims to help children develop an understanding of:

- the values of respect for self and respect for others (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year lessons)
- the physical and emotional benefits of good personal relationships (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year lessons)
- the risks and consequences of early sexual experiences, unintended pregnancies and STIs (3<sup>rd</sup> year lessons)

The aim is to ensure students learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe. The first form are about to begin a series of lessons about growing up and puberty. This will cover the male and female anatomy, the ways in which boys and girls grow and develop during puberty both physically and emotionally and human reproduction.

Teaching staff approach this aspect of the curriculum very sensitively and are aware of how it contributes to students development supporting them to develop healthy relationships, keep themselves safe and having factually correct information as well as the skills to positively manage the physical and emotional changes that will happen as they grow into happy, confident and responsible teenagers.

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Parents and carers also play a vital role in talking to their child(ren) about this important part of growing up and keeping themselves safe. To help you understand the type of questions children of different ages may ask and how to best respond to them further information can be obtained from the family planning association website – parent/carers section at <http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>

If you would like any further information regarding this part of the programme, do not hesitate to get in touch. (Email: [Garmoryl@ripongrammar.com](mailto:Garmoryl@ripongrammar.com))

Yours sincerely,

Mrs. L Garmory  
Head of PSHCEe

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