

5<sup>th</sup> February 2024



**Brook  
Green**  
CENTRE FOR LEARNING

Dear Parent/Carer

### **Our PSHE and RSE programme**

We believe that promoting the health and well-being of our students is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. 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 students make safe and informed decisions during their school years and beyond.

As part of our PSHE programme next term, your child will receive lessons on relationships and sexual health delivered by our PSHE Lead.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of the processes of human reproduction, within the context of relationships based on love and mutual respect. It should develop understanding and attitudes, which will help students to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage. The sessions in school may reinforce what you are already doing at home.

The key aims of RSE are to:

1. Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
2. Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and marriage.
3. Foster self-awareness and self-esteem.
4. Develop a sense of responsibility and respect for themselves and others.

All teaching materials in the workshops are appropriate to the age and emotional maturity of the students concerned presented in an objective, balanced and sensitive manner.

The programme will cover:

1. Changing Relationships
2. Consent
3. Sexual Health and contraception
4. Reproduction
5. Personal Hygiene
6. Social Media

**Headteacher Mrs Sara Jordan**

**Brook Green Centre for Learning ♦ Bodmin Road ♦ Whitleigh ♦ Plymouth ♦ PL5 4DZ**

**Tel: 01752 773875 ♦ Email: [brook.green.school@plymouth.gov.uk](mailto:brook.green.school@plymouth.gov.uk) ♦ [www.brookgreen.org.uk](http://www.brookgreen.org.uk)**

Brook Green Centre for Learning is maintained by Plymouth City Council