



10th September 2024

Dear Parents and Carers,

I would like to take this opportunity at the start of the term to update you on the Life Programme provision for this academic year 2024–25.

At Lymm, we cover our Personal, Social, Health Education (PSHE); Relationships and Sexual Health (RSHE); and elements of careers through a curriculum delivered during Form times and extended Form sessions across the year. This is referred to in school as 'Life Programme'. These lessons take place approximately every fortnight. To see our curriculum maps, please follow the links below:

[Relationships and Sex Education \(RSE\) – Lymm High School](#)

[Personal, Social, Health and Economic education \(PSHE\) and Spiritual, Moral, Social and Cultural development \(SMSC \) – Lymm High School](#)

Additional to the curriculum, we supplement our provision by inviting into school a range of guest speakers from external organisations. These sessions will deliver important content to our students including topics linked to sexual health, online safety and mental health. We aim to raise the profile of key issues, national awareness weeks and months to support our young peoples' understanding of the wider world.

This week is Sexual Health Awareness week, and so we have invited the 'School of Sexuality Education' to deliver sessions to our students across Years 7–11. The aims of the sessions are as follows:

Year 7 Introduction to consent

- What do we mean by 'consent' and when do we need it?
- Understanding 'everyday consent' and the idea of personal boundaries.
- Discussing age-appropriate scenarios to consider what consent looks like (online and offline) and when boundaries are being crossed.
- What to do if you experience something that makes you feel worried, uncomfortable, angry – reminders to speak to someone you trust.

Year 8 Reproduction and key terms

- A recap of reproduction and different ways to start a family.
- What are the stages of pregnancy?
- 'Contraception', 'Protection', 'STIs' – what do we mean by these words? Brief definition and overview of these terms.
- Accessing services and seeking support.

Year 9 Positive relationships

- How do relationships change and make us feel?
- What are the signs of harmful behaviours in relationships? Analysing a relationship scenario.
- Understanding the difference between caring behaviours and controlling ones.
- Ending relationships and break-ups.
- How do we apologise in relationships and have accountability for our behaviours?
- Seeking help and support services.

Year 10 Reproductive and sexual health

- Preventing pregnancy: what is contraception, when is it needed, what are the options?
- Preventing STIs: when is there a risk, what are STIs, prevention, screening and treatment; barrier methods: correct use.
- Emergency contraception – what is it, when someone might access it.
- Accessing sexual health services.

Year 11 Sex, bodies and the media

- What are 'sexual scripts' and where do we see these? Exploring the presentation of sex in mainstream media.
- Analysing the tropes in mainstream sex scenes and porn: stereotypes, lack of communication and explicit consent, representation and heteronormativity.
- What's the impact of seeing sex and relationships being presented in a certain way in mainstream media?
- What needs to change to make on-screen sex and relationships more ethical and diverse?

As always, the content is age appropriate and in line with the DfE requirements for relationships education. The document can be found here, for those who would like to look further into the statutory guidance for RSE: [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/672222/Relationships_and_sex_education_(RSE)_and_health_education_-_GOV.UK.pdf)

You will receive further information about Life Programme in the IAG sessions that are taking place over the next couple of weeks. These evenings also share advice on how you can support your children with sensitive topics and having difficult conversations. We also have a section on our website, which has lots of useful links for parents and carers. This can be located here: [Safeguarding Parental Signposting – Lymm High School](#)

Please keep your eyes peeled for updates regarding Life Programme across the year, which are shared in our fortnightly Parent Bulletin. Should you have any questions in the meantime, please don't hesitate in getting in touch.

Kind regards,

Miss Taylor