

PSHE and Relationships & Sex Education (RSE)

Information for Parents and Carers

At **City of Derby Academy**, we teach Personal, Social, Health and Economic (PSHE) education.

This includes **Relationships and Sex Education (RSE)** and **Health Education**.

These subjects help students learn how to:

- stay safe
- build healthy relationships
- look after their physical and mental health
- make responsible choices
- prepare for adult life.

This education is required by the **Department for Education**.

What Students Learn

Students learn about three main areas.

Health and Wellbeing	Relationships	Living in the Wider World
<ul style="list-style-type: none">• mental health and emotional wellbeing• healthy lifestyles• drugs, alcohol and smoking• managing stress• personal safety.	<ul style="list-style-type: none">• healthy friendships• respect and equality• consent and personal boundaries• online relationships and safety• recognising harmful or abusive behaviour.	<ul style="list-style-type: none">• financial awareness and money• careers and future pathways• decision making• being responsible members of society.

How the Curriculum is Taught

At City of Derby Academy, PSHE is taught through:

Tutor lessons

- students have PSHE lessons in tutor time
- usually every two weeks.

PSHE enrichment days

- special workshops and activities
- sometimes delivered by external specialists.

Science Lessons

Some parts of sex education are taught in science lessons.

This includes learning about:

- reproduction
- puberty
- contraception
- the menstrual cycle.

This learning is part of the national curriculum.

Parents and Carers

We believe it is important to work in partnership with parents and carers.

You can find the full PSHE and RSE policy here:

<https://www.cityofderbyacademy.org/information/policies/>

You can find the planning in documents called Medium Term Plans (MTPs) here:

<https://www.cityofderbyacademy.org/old/curriculum/>

If you would like to discuss the curriculum, please contact the academy:

City of Derby Academy

Email us: info@cityofderbyacademy.org

Call us: 01332 270450

You can ask to speak to:

- the Head of PSHE / RSE – Maggie McQuilton
- the Assistant Headteacher for Personal Development – Russ Mckee
- a member of the Senior Leadership Team.

Withdrawal from Sex Education

Parents can request that their child is withdrawn from sex education delivered in PSHE lessons.

However, students cannot be withdrawn from:

- relationships education
- health education
- science lessons about reproduction.

These are required by law.

Our Aim

Our aim is simple. We want students to leave City of Derby Academy with the knowledge, confidence and respect they need to live safe, healthy and successful lives.