

Longfield Academy  
 Longfield Road  
 Darlington  
 DL3 0HT  
 T: 01325 380815 / 380816

E: [enquiries@longfield.swiftacademies.org.uk](mailto:enquiries@longfield.swiftacademies.org.uk)  
 W: [www.longfield.swiftacademies.org.uk](http://www.longfield.swiftacademies.org.uk)

**Chief Executive:** Mr D Judson, Bed, NPQH  
**Headteacher:** Mrs A Sweeten, BA (Hons) MA, NPQH  
**Deputy Headteacher:** Mr S Rawle, BA (Hons), MA

16<sup>th</sup> November 2023

Dear Parents and Carers,

**Re: RSE Curriculum (0035-23KTH)**

It is an expectation of the Department for Education that we share information regarding Relationships and Sex Education (RSE) with parents / carers. RSE is delivered during both the ‘Life’ curriculum programme and Form Tutor time.

During term two (January to April), your child’s class will be taking part in lessons which will focus on Relationships and Sex Education (RSE). RSE lessons will include teaching about: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence.

The RSE plan is outlined below:

Year 7	Pupils will learn about different types of relationships, including core values; healthy and unhealthy relationships; aspects of a romantic relationship and contraception; pressures to go into intimate relationships and consent.
Year 8	Pupils will build on their prior knowledge and learn about sexual orientation and identity; peer pressure and avoiding assumptions; introduction to contraception and sexually transmitted infections; health during puberty and the facts about reproductive health, including Female Genital Mutilation (FGM).
Year 9	Pupils will have the opportunity to further develop their knowledge by looking at sexual and reproductive health; contraception methods and sexually transmitted infections; pregnancy outcomes and pregnancy choices.
Year 10	Pupils will learn about the effects of drugs and alcohol and their effects on inhibitions and behaviour; the impact pornography has on relationships; key facts on sexual transmitted diseases and how different sexual transmitted Infections can be reduced through safer sex.
Year 11	Aspects of the Year 10 curriculum will be picked up at various points through the year.

Please visit the school’s website: [Personal Development | Longfield Academy | Swift Academies](#) for more detail about our PSHE curriculum. To request sample lesson materials, please contact Mr Thompson, Assistant Headteacher via reception on 01325 380815 or by emailing: [ktompson@longfield.swiftacademies.org.uk](mailto:ktompson@longfield.swiftacademies.org.uk)



Statutory guidance from 2020 states that parents / carers will be able to withdraw their child, **following discussion with the school**, from any or all aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16. If this is something you would like to discuss, then please contact Mr Thompson, Assistant Headteacher.

Yours sincerely

A handwritten signature in dark ink, appearing to be 'K Thompson', written in a cursive style.

Mr K Thompson  
Assistant Headteacher for Personal Development