

Dear parents/carers,

I am writing to inform you that starting in the second half of the Autumn term year 7's will be undertaking a unit of work on puberty and body image as part of their Religious and Personal Studies (R.P.S.) lessons.

This unit forms an important part of the R.P.S. programme. The lessons will build upon previous knowledge from Key Stage 1 and Key Stage 2 and be informative and educational, thus enabling students to fully understand their bodies. I would like to highlight the topics that are being covered so that you can be prepared for any questions your child may ask at home.

The lessons will cover topics such as puberty (physical and emotional changes), the reproductive system (a recap from Key Stage 2), self-esteem, peer pressure, body image and the effects of social media on self-esteem. This unit is designed to develop a students' self-esteem, identity, and ability to build positive relationships.

Each session will use a variety of resources ranging from books, worksheets, PowerPoints, and videos – all of which will be age appropriate.

More detailed discussions on sex, contraception and sexual health will be covered at Key Stage 4.

For more details please see the National Curriculum on RSE here: [Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/612222/Relationships_Education_Relationships_and_Sex_Education_and_Health_Education_guidance.pdf)

If you have any questions or concerns please do let me know by email.

Yours sincerely,

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