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Dear Parent/Carer

Year 10 PSHCE Summer Term Update

I would like to inform you of the subjects your child will be learning in the Summer Term in their PSHCE lessons. PSHCE composes of three themes, in line with our Academy values, which are taught twice a year and are delivered under the topic names of:

1. **Respectful Relationships:** Topic 1 - Exploring Relationships; Topic 2 – Safe Relationships
2. **Taking Responsibility:** Topic 1 - British Life; Topic 2 - Future Life
3. **Building Resilience:** Topic 1 - Healthy Mind; Topic 2 - Healthy Body

In the first half term, Year 10 will be completing Safe Relationships. These lessons will include:

- What makes a healthy sexual relationship- this covers the importance of trust and consent in a sexual relationship and how this can impact on the enjoyment in a relationship. There is a focus on the law and that consent is the main foundation of a safe and happy relationship. It also covers the importance of being ready when making choices about their own sexual relationships in the future.
- What can happen if consent is not given and what rape and sexual harassment are and how to prevent and report it. This lesson covers the law and how to find support if you were to ever experience anything that was non-consensual.
- What issues you can experience in terms of fertility and reproduction and the ways in which support can be given. This lesson covers IVF, surrogacy, low sperm count, menopause and endometriosis.
- What choice you have in pregnancy and what is a miscarriage. This lesson looks at the choices in terms of abortion and adoption and what a miscarriage is and how to seek advice and support.

On 28 April, Year 10 will take part in a workshop with Brook, Cornwall's sexual health service around the dangers of viewing pornography. This education session explores the need for young people to think critically if they view sexual content, to recognise the importance of accessing reliable and accurate sources of information when it comes to sexuality and relationship and how pornography is not a true representation of relationships and sex. The aim is for young people to understand pornography and the law and develop skills to maintain healthy relationships. Our students will have the chance to develop critical thinking skills around viewing sexual media and be able to recognise that there is diversity in bodies, relationships, sexual desires, gender and sexual identity.

In the second half term, Year 10 will be moving onto Healthy Body, during which students will learn about:

- Alcohol and the impact on health and relationships. This session allows students to make choices in virtual situations and see the consequences, all within the safe environment of the classroom.
- CPR- how to carry out basic CPR and use a defibrillator. Students will look at where defibrillators can be found locally and how to use one correctly.
- Cancer and self-examination. Students will be taught how to carry out self-examination for male and female specific cancers. They will use models to help identify what a lump can feel like and how to seek advice and support if needed.

By sharing these subjects with you I hope you can engage with your child about these topics and support their learning. If you need any advice or information regarding their topics, please contact me by email jreynolds@looecca.net

To help you support your child's learning, Looe Community Academy are excited to offer you access to their Community Online Membership. Your membership gives you access to over 100 courses which will help you as a Parent or Carer support your child with any social, emotional or mental health concerns and many teenage issues. Each course is made up of a series of bite-sized videos. You can watch them all in one go, or spread them out, whatever suits you best. For every completed course you can download a certificate to mark your progress. If you would like further help or guidance, please contact Mrs Jackman.

Why not get started now? Click on the following link to set up your password:
<https://www.creativeeducation.co.uk/add-yourself-to-your-school-or-colleges-membership/?ca=8f756ac0ec16744ac4451af6b982acf2>

Yours faithfully

J Reynolds

Jenna Reynolds
PSHCE and Careers Leader of Learning