

24 February 2023

Dear parent/ carer

Year 9 PSHCRE Sessions – Relationships and Sex Education

We are writing to inform you that your child has the opportunity to take part in the 'Let's Talk' programme run by Solent NHS and the charity No Limits.

This is a 6-week programme which focuses on relationships and sex education. It consists of 6 x 1-hour workshops covering the content that the government requires students to receive in a secondary school about sexual health and relationships.

The content is:

- Introduction to sexual health and puberty
- Relationships (what is a healthy and unhealthy relationship)
- Consent
- STIs, Contraception and Condom demonstration (delivered by our partners, Solent NHS)
- Pregnancy
- Self Esteem, Diversity and Online safety.

Students will be placed in same sex groups of no more than twelve students and each session will be run by a youth worker from Solent NHS or No Limits. The sessions are designed to provide information and opportunities to discuss each topic in an age appropriate way.

Your child will have one session each week for six consecutive weeks. Students will know in advance of the day when their sessions are and which lessons they will be in as normal. All students should come to school in full school uniform and correct equipment as usual.

If you have any questions about the arrangements please do not hesitate to contact me via email general@thehambleschool.co.uk

Yours sincerely



Ms E Bridges
PSHCRE Co-ordinator

If, at any time, you should require special arrangements to be made when visiting the school and/or in order to participate fully in supporting your child at school (e.g. an accessible venue for meetings, if you are a wheelchair user, assistance with translation of documents or enlarged copies of communications etc.), please do not hesitate to let us know.

www.thehambleschool.co.uk

T: 023 8045 2105 • general@thehambleschool.co.uk •   [@thehambleschool](https://twitter.com/thehambleschool)

Satchell Lane, Hamble, Southampton, SO31 4NE

Headteachers (Acting): Miss L Cambridge, BSc (Hons), MA Ed. & Mrs S Pennington-Chick, BSc (Hons)



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