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Dear Parent/Carer

Year 9 PSHCE Autumn Term Update

I would like to inform you of the topics your child will be learning in the Autumn Term in their PSHCE lessons.

PSHCE composes of three themes which are taught twice a year and are delivered under the topic names of:

1. **Health and Wellbeing:** Topic 1 - Healthy Body, Healthy Life; Topic 2 - Healthy Mind, Healthy Life
2. **Relationships:** Topic 1 - Life Relationships; Topic 2 - Family and Community Life
3. **Living in the Wider World:** Topic 1 - British Life; Topic 2 - My Future Life

In the first half term, Year 9 will be completing the topic in Life Relationships.

These lessons will include:

- Why do some people have same-sex relationships?
- LGBTQAI+. What does this stand for and what do we need to know about it?
- What is homophobia and what are LGBTQAI rights like across the world?
- How can people protect themselves against pregnancy and use contraception correctly?
- How can people keep good sexual health?

To support the sensitive and personal nature of this topic students will be taking part in a workshop run by 'Brook' on Thursday 16 September who will introduce students to sexual health topics and answer any questions that they may have.

In the second half term, Year 9 will be moving onto British Life.

This forms part of their Citizenship and British Values Education. During this topic, students will learn:

- Who are UNICEF and how do they help around the world?
- How and why does the UK help people in other countries?
- Why can't some children gain an education?
- The Environment – how is it changing, should we worry and what can be done?

How can we live more sustainably and reduce our carbon footprint?
How is plastic damaging our environment and what can we do about it?
Animal rights: What is sustainability, health and the environmental impact of meat?

If you would like any further details about these topics, please contact me by email or telephone.

Yours faithfully

J Reynolds

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