



Headteacher - Caroline Lowing

Dear Parents and Carers,

At Thornden School, our Personal Development (PD) curriculum forms a core part of our safeguarding and wellbeing provision, supporting students to develop the knowledge, skills and confidence needed to stay safe, healthy and informed as they progress through secondary school.

Each half term, students explore a different theme. Following the Easter break, the Year 10 Summer 1 focus is Relationships and Sex Education (RSE). This unit explores important issues relating to relationships, reproductive health, personal safety and decision-making.

Statutory PSHE and RSHE Content

The content taught within this unit forms part of the statutory PSHE and Relationships, Sex and Health Education (RSHE) framework. Lessons are carefully planned in line with statutory guidance and support safeguarding by helping students understand risks, rights and responsibilities within relationships.

As students move further through adolescence, it is important that they develop a clear understanding of the legal, ethical and emotional aspects of relationships and reproductive health.

Why This Matters in Year 10

At this stage of secondary education, students are increasingly exposed to complex social discussions about relationships, pregnancy and personal safety. Providing accurate, balanced and age-appropriate information helps students understand these issues responsibly and prepares them for adult life.

This unit supports students to think critically, understand the perspectives of others and recognise how to access support when facing difficult situations.

This Half-Term's Topics

During Summer 1, Year 10 students will explore the following topics:

- 1) **Abortion and Pregnancy Choices**
Students will learn about the legal and medical aspects of abortion in the UK, as well as the range of options available when a pregnancy occurs, including parenting, adoption and termination. Lessons encourage students to understand the emotional, ethical and practical considerations involved in these decisions.
- 2) **Adoption and Alternative Pathways to Parenthood**
Students will explore adoption as an option following pregnancy and consider the experiences of birth parents, adoptive parents and adopted children. Lessons emphasise empathy, responsibility and the importance of informed decision-making.

3) Stalking and Personal Safety in Relationships

Students will learn about the signs and risks associated with stalking behaviours, both online and offline. Lessons will focus on recognising unhealthy or controlling behaviour, understanding the law, and knowing how to seek help if they or someone they know feels unsafe.

By the end of the Summer 1 unit, Year 10 students will:

1. Develop a factual understanding of pregnancy choices, including abortion and adoption
2. Understand the legal and safeguarding issues associated with stalking and coercive behaviour
3. Recognise the importance of consent, respect and safety within relationships
4. Build empathy and awareness when discussing complex and sensitive topics
5. Know where to seek help and support if they experience or witness concerning behaviours

All lessons are delivered in a supportive and respectful environment, where students are encouraged to ask questions and consider different perspectives. Students are also reminded of the range of support available in school, including tutors, Heads of Year, the Wellbeing Team and safeguarding staff.

Thank you for your continued support in helping students develop the knowledge, understanding and confidence needed to make safe and responsible choices.

Warm regards,

Adam Thomas
Deputy Headteacher
Thornden School