



Dear parents/carers,

Year 7 PSHE

This term our Year 7 students will be learning healthy relationships and sex as part of their PSHE lessons. We are using the same resources for teaching this as our partner school JCG, to ensure the students have parity in their relationship and sex education. The topics covered next term will include:

- puberty and emotional changes
- menstruation
- healthy and unhealthy relationships
- managing conflict
- introduction to consent

At VCJ, we take an empowered, positive approach to relationships and sex education; we believe that we have a duty to help our young people navigate the world and make safe and informed choices in their future relationships as they navigate adolescence. Our PSHE curriculum has been designed in consultation with our students and is also driven by data from the recent Island Health Survey. The lessons we deliver are a direct response to the information our students feel they need at this stage in their lives. We understand that all students mature at different stages, but it is essential that their PSHE education is pre-emptive in order to protect them and ensure that they receive the correct, age-appropriate information from trained professionals in a safe classroom environment rather than relying on social media and pornography for their answers.

If you have any questions about your child's PSHE lessons, please contact e.falla@vcj.sch.je

With kind regards,

Mrs Falla
Head of PSHE

Our World of Opportunity

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