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RIKKYO SCHOOL IN ENGLAND
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4- January-2023

Dear Parent/Carer,

As part of our broader Relationships, Health and Personal Development curriculum Rikkyo School is writing to let you know that your child's RHPD class will be taking part in lessons which will focus on the Relationships, Sex and Health Education (RSHE) aspect of our programme.

Our lessons will build upon gaps of knowledge in an age-appropriate way for the context using the correct language, to keep students safe and ensure they feel confident to ask questions. The topics will be discussed in an open, mature and appropriate way. Please find the topics for 3rd term in the next page.

Parents and carers have the right to request and excuse their child/children from sex education except for those parts that are included in the statutory Science National Curriculum. There is no right to withdraw from Relationship and Health Education at the secondary level and we believe the content of these subjects – such as family, friendship, safety (including online safety) and ways to maintain a healthy lifestyle – are important for all children to be taught.

We are confident you would rather be secure in the knowledge that our young people have learned about relationships, sex and health in a safe environment, rather than learning through hearsay, and gossip and be exposed to learning through harmful online influences such as pornography and inappropriate websites. Any parent or carer wishing to excuse their child/children should put their request in writing to Deputy Headmaster Takuya Okuno.

Please note that this parental and carer right to exclude is limited until the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.

There are huge personal and social benefits to a young person receiving sex education; any withdrawal may have detrimental effects on the child. This could include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher. A copy of our school policy can be found in the "School Policies and Procedures" section of our website under Relations Education, Sex Education and Health Education. Young people often operate very freely in the

online world and by secondary school age, some are likely to be living a substantial proportion of their life online. We also recognise that parents and carers are the most important educators of young people in personal issues and many welcome the support that we as a school can offer to supplement their home teaching.

Yours faithfully,

Rikkyo School in England

RSHE Relationships, Sex and Health Education - 3rd Term Topics

P5 ~ P6 (10/12yrs)

First Aid:

- Safety • Talking to casualties • Calling emergency services • Burns • Anaphylaxis

Relationships and Personal Development:

- Bullying & Cyberbullying • Stranger Danger • Friendships • Unhealthy Friendships
- Families

M1 (12/13yrs)

First Aid:

- Safety • Talking to casualties • Calling emergency services • CPR & Defibrillators
- Burns • Anaphylaxis

Relationships and Personal Development:

- Friendships • Self Assertion • Child on Child Abuse • Cyberbullying • Sexting
- Smoking, Vaping and Alcohol

M2 - M3 (13/15yrs)

First Aid:

- Safety • Talking to casualties • Calling emergency services • CPR & Defibrillators
- Burns • Anaphylaxis • Choking

Relationships and Personal Development

- What is Normal / Self Expectations • LGBTQ • Healthy/Unhealthy Relationships
- Breast and Testicular cancer

H1 - H2 (15/17yrs)

First Aid:

- Safety • Talking to casualties • Calling emergency services • CPR & Defibrillators
- Burns • Anaphylaxis • Choking

Relationships and Personal Development

- Healthy/Unhealthy Relationships • Trust • Coercive Control • Consent
- Sexual Harassment • Toxic Masculinity • Risks / Personal Safety • Drug misuse
- Alcohol • Safe Sex