



# Oakbank School

Dear Oakbank families,

This half term in PSHE, Year 7 students will be focusing on self-worth, healthy relationships and understanding consent, in line with the statutory Relationships, Health and Sex Education (RHSE) guidance (2024).

Students will explore:

- What self-worth and self-efficacy mean and how to build resilience
- How social media and peer pressure can affect confidence
- The characteristics of healthy relationships (trust, respect, empathy, communication and support)
- How to recognise unhealthy behaviours such as manipulation or control
- What boundaries and consent mean in everyday situations (e.g. personal space, holding hands)

The lessons are age-appropriate and focus on wellbeing, safeguarding and respectful relationships. No explicit sexual content is included.

Relationships Education is statutory; however, parents have the right to request withdrawal from sex education elements beyond the science curriculum. The current Year 7 unit does not include explicit sex education content. If you would like to discuss the curriculum further, please contact the school at [contact@oakbankschool.co.uk](mailto:contact@oakbankschool.co.uk).

We encourage open conversations at home about respect, boundaries and kindness.

Yours sincerely

Mrs A Korporwicz  
Associate Assistant Headteacher

Mr Rob Gerrard, Headteacher

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