



Dear Parents & Carers

As a part of your child's education at Lincroft Academy we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme which we call Life Skills.

Our Life Skills education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

Over the year, at various points, each year group will focus on the relationships, sex and health education (RSHE) aspect of this programme. You can see an outline of the age-appropriate content below.

Year 7	Year 8	Year 9	Year 10	Year 11
Healthy Living First Aid Anti bullying Positive Friendships Managing Conflict Puberty Introduction to Consent	Relationship expectations Mental Health Testicular Health Consent Female Genital Mutilation (FGM) Introduction to Contraception Sharing Nudes	Mental Health Committed relationships Consent Intimate relationships Relationship Conflict Safe Sex Sexual Health	Mental Health- reframing negative thinking Consent Intimacy Impact of pornography Managing relationship conflict Sharing Nudes Body modification	Emotional wellbeing Pressure, persuasion and coercion Communicating Assertively Long term commitment Sexual Health and Fertility Pregnancy outcomes and choices Honour based crime and forced marriage

We have a small, dedicated team of teachers delivering Life Skills and all teaching takes place in a safe learning environment and is underpinned by our school ethos and CARE values. Additional information about our Life Skills curriculum can be found on our school website [here](#). This includes our RSHE policy which incorporates a form for those parents who wish to withdraw their child from sex education within RSHE. As part of the statutory guidance parents have the right to withdraw their child (following discussion with the school) from 'any or all aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16'. If you would like to discuss withdrawing your child from any aspect of our RSHE curriculum, then please contact me directly.



Life Skills is taught throughout the school in every year group and is monitored and reviewed regularly by Senior Leaders, the trust and the Academy Council. It is complimented by guest speakers, assemblies and talks by a range of people and groups including local police, Young Carers, CAMHS, ICash and VAWG (Violence Against Women and Girls).

There are changes to the RHSE curriculum which will be implemented in September 2026. Further information regarding this will be shared later. Details about the changes can be found on the Government website: [Relationships Education, Relationships and Sex Education and Health Education guidance](#)

If you require any further information regarding the Life Skills curriculum then please contact me at kjenkins@lincroft.academy.

Kind regards,
Mrs K Jenkins

Curriculum Lead for Life Skills