



Safeguarding Bulletin

As a part of your child's education at TREA we promote personal wellbeing and development through a comprehensive Citizenship, Personal, Social, Health and Economic (CPSHE) education programme. Lessons take place with your child's tutor each Wednesday. CPSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential. CPSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All CPSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

As part of this important curriculum, your child will be take part in lessons which will focus on the relationships and sex education (RSE). RSE lessons will include teaching about the following:

- Healthy relationships, including friendships and intimate relationships
- Families
- Growing and changing, including puberty
- Personal hygiene
- Changing feelings
- Becoming more independent
- Keeping safe and consent
- Developing self-esteem and confidence

Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. We would encourage you to have conversations with your child around these topics, as and when it is appropriate, so that they feel more confident coming forward with questions on these areas.

We have attached with this flyer some guidance for parents, published by the DfE and our school Relationship and Sex Education policy as well as providing some useful links below. However, please feel free to contact us if you would like any further information about any aspects of this area of the curriculum.

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>

Thanks,

TREA Safeguarding Team