

# HERTFORDSHIRE COUNTY COUNCIL

**Headteacher:**  
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Dear Parents & Carers

As part of the school's Learning for Life curriculum, the topic this half term is "Me Growing Up". The programme for Key Stage 3 will revisit content covered in previous years and then further develop the pupils' knowledge and understanding in an informative and sensitive way. The course will be differentiated appropriately according to the pupils' needs and levels of understanding.

Topics for Year 7 include:-

- Relationships including families, peers and friends
- Body parts and functions (including menstruation)
- The difference between public and private
- Life cycle stages, growing and changing, puberty
- Body image
- 'Internal radio' (recognising when something does not feel right)

Topics for Year 8 & 9 include:-

- Recap:-
  - Body parts and functions (including menstruation)
  - Relationships (including LGBT), families, peers and friends
  - The difference between public and private
  - Life cycle stages, growing and changing, puberty
  - Body image
- Thoughts and feelings as we develop
- Teen sex and teenage pregnancies, contraception and masturbation
- Being treated right – internal radio
- Pornography (to include soft porn/music videos)
- Use of the word "gay"



If you require any further information on this topic, please do not hesitate to contact me.

Yours sincerely

*Louise Casey*

Louise Casey  
RSE Lead