

27th February 2025

Dear Parent/Carer

Year 7 Kindness Day- Tuesday 4th March

I am writing to give you a brief update of our upcoming RAK Day. Fareham Academy's Personal Development Learning Curriculum embraces the challenges of supporting young people to lead happy and successful adult lives through enabling them to make informed choices and decisions. We aim to equip students to make confident decisions when facing risks, challenges and complex situations. Our curriculum supports and prepares students for their responsibilities and experiences of adult life.

The themes the students will be exploring on the Kindness RAK Day are:

An introduction to Puberty: Growing Up – The day will consist of five workshops covering a variety of topics relating to the changes during puberty and ensuring students are confident and empowered on the topics of relationships and consent.

The five workshops are:

Introduction to positive relationships

- What is a positive relationship?
- How should positive relationships make us feel?
- Identifying negative behaviours in relationships
- Improving relationships - solving problems and the importance of communication.
- How to access support.

Introduction to Consent

- What do we mean by 'consent' and when do we need it?
- Understanding 'everyday consent' and the idea of personal boundaries.
- Discussing age-appropriate scenarios to consider what consent looks like (online and offline) and when boundaries are being crossed;
- What to do if you experience something that makes you feel worried, uncomfortable, angry - reminders to speak to someone you trust or contact Childline.

Puberty & Reproduction

- How does the body change as we go through puberty?
- Understanding anatomy, including proper names for parts of the body; health and hygiene reminders; body image and diversity in appearances;
- Periods and period products
- A recap of reproduction and different ways to start a family
- What are the stages of pregnancy?
- Managing our moods during puberty: self-care reminders.

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Headteacher: Mr C Prankerd, BSc (Hons), NPQH

Gender roles and stereotypes

- What are gender stereotypes? How do these affect everybody and perpetuate inequality?
- What do terms like harassment mean?
- What is the impact of harassment and how can it be challenged?
- What to do if you experience something that makes you feel worried, uncomfortable, angry - reminders to speak to someone you trust or contact Childline.

Please refer to our Relationships and Sex Education Policy for full information regarding our statutory requirement to cover these themes and topics. A copy of the policy can be found here:

https://www.fareham-academy.hants.sch.uk/files/ugd/8a8d66_4db932a990ca4c2f88b5e890c3990cff.pdf

Yours faithfully

Mrs Sargeant
Head of Personal Development Learning

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