

9th February 2022

Dear Parent/Carer

Year 11 RAK Day- 16th February

I am writing to give you a brief update of our upcoming RAK Day. Fareham Academy's Relationships, Sex and Health Education (RSHE) embraces the challenges of supporting young people to lead a happy and successful adult life through enabling them to make informed decisions about their wellbeing, health and relationships. 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 for adult life.

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

Consent and the Law – Covering consent, including the age of consent, what constitutes sexual harassment and sexual violence and how to actively communicate and recognise consent from others.

Rape Culture – Covering the legal rights and responsibilities regarding equality (particularly with reference to the Equality Act 2010) and that everyone is unique and equal. Looking at how schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated.

Diversity in Bodies – Covering key facts about puberty, the changing adolescent body and menstrual wellbeing. Enabling pupils to understand how their bodies are changing, how they are feeling and why.

Contraception and Protection – Covering the facts about the full range of contraceptive choices; how STIs are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. The facts around pregnancy including miscarriage and that there are choices in relation to pregnancy. How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Sexual Scripts – Covering what a stereotype is, and how stereotypes can be unfair, negative or destructive. Looking at the similarities and differences between the online world and the physical world, including: the impact of comparison with others online (including through setting unrealistic expectations for body image).

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: https://445d4637-0b09-4b87-8d48-09ecf126df07.filesusr.com/ugd/544674_7a14918c78304fa88fec152e1e904fdf.pdf.

Yours faithfully

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