

9th February 2022

Dear Parent/Carer

Year 8 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:

**Two Saints** – Students will receive a visit from local charity Two Saints to learn about the work they do with the homeless in the local community. Students will learn about how people can become homeless and address the misconceptions surrounding homelessness.

**Relationships: Emotions and Feelings** – Aiming to develop an understanding of what is a healthy and respectful friendship and romantic relationship. Students will also develop an understanding of what makes a relationship or friendship 'unhealthy'.

**Explicit Imagery** – Aiming to raise awareness of why young people 'sext' and to raise awareness of the law, offences and consequences of the production or distribution of explicit imagery online.

**Being Kind to the Planet** – Students will learn about sustainability and how they can play their part in being kind to the Planet.

**Reject Racism** – Aiming to encourage students to explore the importance of celebrating difference, and to increase awareness of prejudice, stereotypes and racism in society.

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

Yours faithfully

Miss Waters  
Head of Personal Development Learning

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