



KK06AT

September 2026

Dear Parent/Carer

Personal Development & Relationships & Sex Education (RSE) Curriculum 2026–27 Year 8

As part of our ongoing commitment to supporting pupils' personal development and wellbeing, we deliver a carefully planned Personal Development and Relationships & Sex Education (RSE) curriculum throughout the year. These lessons help pupils develop the knowledge, skills, and values they need to make informed decisions, build positive relationships, and stay safe - both now and in the future.

In line with the Department for Education's statutory guidance on Relationships, Sex and Health Education, we are sharing an overview of the topics and lessons that will be covered this year in Year 8. We believe that transparency and collaboration are key, and we welcome your feedback, questions, or requests to view any of the lesson resources we plan to use.

We recognise that some of the topics covered within our Personal Development and RSE curriculum can feel more sensitive or challenging to discuss. These subjects are approached carefully, using age-appropriate language and resources, with an emphasis on safety, respect, and understanding. We aim to give pupils accurate information and the opportunity to ask questions in a safe, supportive environment. Below you will find a summary of the content covered in lessons:

8	<u>Managing Risk</u>	<u>Exploring Who I am</u>	<u>Careers & Aspirations</u>	<u>Health and Wellbeing</u>	<u>Learning Skills</u>	<u>Relationships</u>
	Legal drugs E rides Basic First Aid Financial decisions Cybercrime Viewing harmful content Deep Fakes Project: Step into NHS project	Appearance Ideals Media Messages Use of social media Algorithms	Exploring my interests CV writing Success and rewards of work Safer Internet Day – (Financially motivated sexual extortion)	Mental Health Emotional Wellbeing Digital resilience NCW: Careers & the Climate/ Best Career	Self-Quizzing and Mind Maps Revision timetable Exams and Wellbeing	Healthy relationships Red flags in relationships Protected Characteristics Cyber Bullying

We know these lessons work best when supported by open conversations at home. Talking with your child about these topics reinforces their learning and helps them to feel confident and supported. We are all working together to keep pupils safe, informed, and well educated about themselves and others.



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If you would like ideas for discussing these topics at home, the BBC Bitesize Parents section offers accessible guidance and advice: <https://www.bbc.co.uk/bitesize/parents>. Please note that this is an external website not managed or endorsed by the school; we share it as an optional resource that some families may find useful.

Thank you for your continued support in helping us provide a high-quality, age-appropriate Personal Development and RSE education. If you have any questions, would like to offer feedback, or wish to see specific resources, please contact Mrs Kimber at kkimber@wkgs.net.

Yours sincerely,

Mrs K Kimber
Assistant Headteacher for Student Wellbeing and Development

