



KK10AT

October 2025

Dear Parent/Carer

**Personal Development & Relationships & Sex Education (RSE) Curriculum 2025–26
Year 12**

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 12. 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. These can be found overleaf.

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. We appreciate that parents and carers may also wish to be aware of and prepare for these discussions at home. Below you will find a list of the more sensitive areas we will be covering this year.

- Personal responsibility and keeping safe
- Intimacy
- Managing Break ups
- Faith and Culture
- Prejudice and discrimination
- Forced Marriage and honour killings

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.

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



Year 12

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Who am I & Relationships</p> <p>Personal responsibility and keeping safe Healthy Relationships Keeping safe dating Intimacy Managing Break ups Faith and Culture Prejudice and discrimination. Forced Marriage and honour killings</p>	<p>Designing your Future</p> <p>This is focused on applying for jobs and succeeding in the workplace. Assessment is through student reflection and the completion of activities that support them in preparing for the next stage of their education.</p>	<p>Cooking & Nutrition</p> <p>This takes the theory of health and wellbeing and puts it in a practical context with theory on a balanced diet and the practical application of this through cooking certain meals. Assessment at the end of the unit is through a short-written assessment and a reflection/visual assessment of a final meal.</p>	<p>Wellbeing Art</p> <p>This is a practical look at the use of art techniques to reduce stress and forge healthy hobbies. Culminates in a student reflection of their journey at the end of the unit.</p>	<p>Self Defense</p> <p>These sessions are delivered by an accredited external provider. Continuous and ongoing assessment is used throughout the course to ensure that the students can use the theory and practical skills covered to keep themselves and others safe.</p>	<p>Budgeting and Finance</p> <p>Managing finances effectively, reducing anxiety about money, and setting them on a path to financial stability and independence. It equips students with critical financial skills and knowledge as they transition into adulthood. Assessment is in the form of a MCQ,</p>
<p>RSE Sessions</p> <p>More in-depth discussions on Sexual Health - physical and emotional aspects, reproductive cancers, STI's, Contraception, Pregnancy choices, what happens at Sexual Health Service Clinic, signposting to local services, values, attitudes. Sex and the Law.</p>			<p>Careers - World of work and aspirations (Summer Program)</p> <p>Post 18 choices Apprenticeships vs university Personal statements Apprenticeship applications UCAS Preparing for interviews Student finance University Visits Careers Fair</p>		

NB: RSE (Sexual Health) sessions will run separately and take place as 3 x 60 min sessions – delivered by external partner Talk the Talk.

There is also a collapsed day in Y12 to incorporate First Aid, Drugs and Alcohol abuse, Driving safety and Careers.