



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

Lode Road, Bottisham

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AG/bg

September 2026

Dear Parent/Carer

PSHE in Year 8 – 2026–2027

Summary of Actions	Deadline
For Information.	N/A

We are writing to let you know about the Personal, Social, Health and Economic (PSHE) education your child will receive during Year 8.

PSHE supports students to develop the knowledge, understanding and skills they need to make informed decisions, maintain healthy relationships, look after their wellbeing and understand their responsibilities within society.

Some elements of our PSHE curriculum fall within **Relationships and Sex Education (RSE) and Health Education**. In England, RSE is a statutory requirement for pupils in secondary education, and Health Education is a statutory requirement in state-funded schools.

Lessons are carefully planned to be age-appropriate and are delivered sensitively by form tutors who know their students well. Sensitive topics are approached respectfully, and students are not expected to disclose personal experiences.

Relationships

During Year 8, students will explore:

- Forming and maintaining positive relationships
- Healthy communication and behaviours within relationships
- Online relationships and online safety
- Consent and what respectful behaviour looks like, including FGM
- Sharing sexual images online and the associated risks
- Child sexual exploitation and recognising situations that may place young people at risk
- Identity and how people may understand and express themselves
- The importance of respect, boundaries and personal responsibility

The focus throughout these lessons is on developing healthy, respectful relationships and knowing how to seek help when something does not feel right.

Keeping Safe

Students will consider:



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- Positive mental health and emotional wellbeing
- Challenging stigma around mental health
- How substances can affect health and wellbeing
- The risks associated with substance misuse
- Online behaviours, misinformation and fake news
- Making safe and responsible choices

Students will be encouraged to recognise when they or someone else may need support and to understand where help can be found.

Living in the Wider World

Students will learn about:

- What it means to be British and the values that contribute to life in the UK
- Democracy
- Voting and political parties in the UK
- Rights and responsibilities in the UK compared with other countries
- How individuals can participate positively in society

These lessons encourage students to think critically, understand different perspectives and appreciate the responsibilities that come with living in a diverse society.

When will this be taught?

The Year 8 programme is delivered throughout the academic year, with different units taught at different points across the year. The order and timing may be adjusted slightly according to the needs of the year group and the wider school calendar.

Supporting your child at home

We encourage parents and carers to continue conversations at home about respect, friendships, online behaviour, wellbeing and making safe choices.

Useful parent resources include:

- **Brook – RSE at Home:** practical advice and resources for parents and carers supporting their children as they grow up and learn about relationships, health and wellbeing. [Brook – RSE at Home](#)
- **NSPCC – Healthy Relationships:** guidance on supporting young people to understand healthy relationships and talk about subjects that may sometimes feel difficult. [NSPCC – Healthy Relationships](#)
- **NSPCC – Talking about difficult topics:** advice for parents and carers on approaching sensitive conversations in an age-appropriate and supportive way. [NSPCC – Talking about difficult topics](#)

We hope this overview helps you understand the PSHE programme your child will experience during Year 8.



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We would also like to invite parents and carers to read our draft RSHE policy, which is available on the school website, and to share any comments or feedback with us by the end of next week (18 September). We value your views and welcome your feedback as we finalise the policy; if you have any comments or questions then please e mail office@bottishamvc.org. There are also some sample resources on the website.

Yours sincerely,

Mr A Gee
Deputy Principal