



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

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AG/bg

September 2026

Dear Parent/Carer

PSHE in Year 9 – 2026–2027

Summary of Actions	Deadline
For Information.	N/A

We are writing to provide an overview of the PSHE education your child will receive during Year 9.

As students become older, PSHE provides opportunities to explore more complex issues around health, relationships, personal responsibility, safety and life in the wider world.

Some elements of our 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.

All lessons are planned to be age-appropriate and are delivered sensitively by form tutors who know their students well. Students are encouraged to ask questions but are not expected to share personal experiences.

Relationships

During Year 9, students will explore:

- Managing change within relationships
- Consent and factors that can influence a person's capacity to consent
- Healthy and unhealthy behaviours within relationships
- Identity and respecting the identity of others
- Extremism, intolerance and the impact of unhealthy behaviour within society
- The purpose of contraception
- The consequences of not using contraception
- Accessing appropriate health services

These lessons aim to develop students' understanding of respect, communication, boundaries, responsibility and seeking appropriate support.

Keeping Safe

Students will consider:

- Developing a healthy approach to body image
- Looking after their health as they get older
- Health responsibility, vaccinations and self-examination
- The law relating to drug use
- The reasons why some young people may become involved with gangs



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- The consequences of drug use and addiction
- Unhealthy behaviours within society

The emphasis is on recognising risks, understanding consequences and knowing how to access help and support.

Living in the Wider World

Students will explore:

- Civil and criminal law
- Democracy around the world
- Whether people are treated equally
- Rights, responsibilities and fairness
- Accessing health services and understanding where to go for appropriate support

These topics help students understand the society in which they live and develop their ability to make informed and responsible decisions.

When will this be taught?

The Year 9 programme is taught across the academic year. Units are distributed throughout the year, with the exact sequence allowing for the needs of the year group and the wider school programme.

Supporting your child at home

Parents and carers can play an important role by keeping conversations open and reassuring young people that they can ask questions or seek help when they need it.

Useful resources include:

- **Brook – RSE at Home:** resources for parents and carers covering relationships, growing up, health and conversations at home. [Brook – RSE at Home](#)
- **NSPCC – Healthy Relationships:** guidance on healthy and unhealthy relationships, consent and supporting young people. [NSPCC – Healthy Relationships](#)
- **NSPCC – Talk Relationships:** resources supporting parents and carers to understand relationships and sex education and have conversations with their children. [NSPCC – Talk Relationships](#)

We hope this gives you a clear overview of the PSHE curriculum for Year 9.

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