



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 10 – 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 10.

At this stage of secondary education, PSHE increasingly focuses on preparing students for adulthood, including their health and wellbeing, relationships, personal safety, financial responsibility, future choices and the world of work.

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.

Lessons are delivered sensitively by form tutors who know their students well. Sensitive subjects are approached in an age-appropriate and respectful way, and students are not expected to share personal experiences.

Students will explore:

- Managing mature relationships
- Recognising unhealthy behaviours within relationships
- Maintaining healthy long-term relationships
- Unhealthy family relationships
- Consent and intimacy
- Identity and different experiences of relationships and family life
- The potential impact of pornography
- Fertility, pregnancy and family life
- Contraception and responsible decision-making

The emphasis is on respect, communication, responsibility, consent, healthy boundaries and knowing where to seek support.

Keeping Safe

Students will consider:

- Managing risky situations
- Mental health and recognising concerns
- Dealing with challenges to mental health
- Recognising risks to their health



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- Making informed decisions about their wellbeing
- Understanding how to access appropriate support

Living in the Wider World

As students begin to look towards life after school, they will explore:

- Budgeting and managing money effectively
- Extremism, intolerance and what it means to be British
- Career journeys and future choices
- Preparing for work experience
- Workplace expectations and responsibilities
- Reflecting on work experience
- Preparing for Year 11 and considering future choices

These lessons aim to help students develop independence, confidence and practical skills for their next steps.

When will this be taught?

The Year 10 PSHE programme runs throughout the academic year. Relationships, health, safety, financial education and preparation for adulthood are distributed across the year, alongside preparation for work experience and future pathways.

Supporting your child at home

You may find it useful to continue discussing relationships, wellbeing, online experiences, money and future plans with your child.

We recommend:

- **Brook – RSE at Home:** parent and carer guidance for supporting young people with relationships, growing up and RSE. [Brook – RSE at Home](#)
- **NSPCC – Healthy Relationships:** advice on supporting young people with relationships, consent and difficult conversations. [NSPCC – Healthy Relationships](#)
- **NSPCC – Talk Relationships:** resources for parents and carers about relationships and sex education. [NSPCC – Talk Relationships](#)

We hope this overview helps you understand the PSHE programme for Year 10 and the ways in which it supports preparation for adulthood.

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