



The James Hornsby School

Together we excel

By Email

24 September 2026

Dear Parent/carers

Welcome to our first Personal Development (PD) curriculum information letter of this academic year. You will receive one of these letters at the start of each term, providing an overview of what your child will be learning in PD during that term. PD forms the main part of our Relationships and Sex Education (RSE) programme and our wider Relationships, Sex and Health Education (RSHE) provision. It also includes lessons covering citizenship, online safety and British values.

We greatly value your engagement with our RSHE programme and welcome your views on our provision, policy and the topics we teach. Your feedback helps us ensure that our curriculum supports children and young people in developing positive, healthy relationships and equips them with the knowledge and skills to recognise and avoid potential harms. With this in mind, please keep an eye out for the 2026 RSHE Parent and Carer Survey, which will be sent to you via email/Bromcom later this half term. Each year, we use your views and feedback to help review and shape our provision.

In the remainder of this letter you will find an overview of upcoming RSHE external visitors, the topics your child will be studying in PD this term and links to websites offering information and guidance to help you discuss some of these topics with your child. We encourage you to use this information to support your child's learning by familiarising yourself with these topics and giving them opportunities to discuss at home what they have learnt in school. These conversations can help reinforce their learning and provide a safe and supportive space for them to ask questions and share their thoughts.

[How to talk to children about difficult topics | NSPCC](#)

Upcoming external visitors	
September - Year 7 Road Safety play and workshop	
November - Year 7 Alcohol Awareness play and workshop	
Topics	Useful links
Year 7	
• Staying safe in secondary school • Physical and mental health • First aid • Mental health • Good quality sleep	• Supporting children's transition to secondary school: guidance for parents and carers Anna Freud • Friendship problems Childline • Healthy eating. • How to Talk to Your Child about Mental Health YoungMinds • The importance of sleep Children Young People and Families Online Resource
Year 8	



ZENITH
MULTI ACADEMY
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The James Hornsby School, Leinster Road, Laindon, Basildon, Essex SS15 5NX

• Peer influences • Changing relationships as you get older • Sexuality and gender • Respectful romantic relationships • Sexual harassment and sexual abuse • Consent, pregnancy, contraception and sexual health	• How to talk to kids about peer pressure in a way that they'll want to listen to • Sexuality and sexual orientation NSPCC • Healthy relationships NSPCC • Online grooming Childnet • Online Sexual Harassment Childnet • Pregnancy Childline • Contraception and safe sex Childline
Year 9	
• The law, justice system, police and courts • Consent, pregnancy, contraception and sexual health • Sexual harassment, sexual coercion and manipulation • Law and impacts of sexually explicit material • Sextortion	• Resources for home - Courts and Tribunals Judiciary • Healthy relationships NSPCC • Pregnancy Childline • Contraception and safe sex Childline • Sexually transmitted infections Childline • Online Sexual Harassment Childnet • Online Pornography Childnet • Sexting Childnet • Sextortion or Sexually Coerced Extortion Help & Support
Year 10	
• UK legal system • Law on knives, drugs and alcohol • Risky behaviour associated with alcohol and drug use • Options following unprotected sex • Gynaecological health • Fertility, pregnancy and miscarriage • Sextortion	• Resources for home - Courts and Tribunals Judiciary • Talking to young people Neighbourhood Watch Network • Underage drinking NSPCC • Drugs & Alcohol Mental Health Guide For Parents YoungMinds • Contraception and safe sex Childline • Sexually transmitted infections Childline • Pregnancy Childline • Women's health - NHS • Sextortion or Sexually Coerced Extortion Help & Support • NCA issues urgent warning about 'sexortion' - National Crime Agency
Year 11	
• The UK'S political system • The UK's political relationship with the wider world • Disinformation, misinformation and hoaxes	• Introduction to UK Parliament, video • About Us United Nations • The United Kingdom Fact Sheets on the European Union • UK Representation in the Commonwealth - GOV.UK • A family guide to talking about misinformation and deepfakes - Hwb • Sextortion or Sexually Coerced Extortion Help & Support • NCA issues urgent warning about 'sexortion' - National Crime Agency

• Sextortion • Managing finances	• 10 ways parents can teach their children about money - Young Enterprise Careers and further education information • The James Hornsby School - Careers Information • Connexions Southend
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If you have any questions regarding your child's PD education, please do not hesitate to contact me.

Yours faithfully



Miss M Brady
PSHRSE lead



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