



# Midhurst Rother College

The best in everyone™

Part of United Learning

18 December 2025

Dear Parents / Carers

## **RE: PSHE - Relationships (RSE) Unit - Spring Term Year 10**

Here at Midhurst Rother College, we are committed to promoting personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE equips students with the knowledge, understanding, attitudes and practical skills to live safe, healthy, and fulfilling lives.

During the Spring Term, your child's class will take part in lessons focusing on the Relationships and Sex Education (RSE) element of the PSHE curriculum.

The following topics will be covered during the spring term:

- Discrimination and the Equality Act
- Consent
- Pornography
- Sexual Health and STIs
- Contraception

These lessons are delivered in line with the Statutory RSE Guidance set out by the Department for Education. You can read the guidance here: [Relationships Education, Relationships and Sex Education and Health Education guidance](#). Our PSHE and RSE approach is also outlined in the school's policy, which you can access here: [PSHE including Sex Relationship and Education Policy.pdf](#).

PSHE education is taught across all year groups and is regularly reviewed by staff and governors. All teaching is underpinned by our school ethos and values, ensuring a respectful and inclusive learning environment.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please do not hesitate to contact me by email via the link: [Ashley.Lamb@mrc-academy.org](mailto:Ashley.Lamb@mrc-academy.org).

Yours sincerely

Mr Ashley Lamb  
Subject Lead - PSHE



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