



# 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 9**

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:

- Foundations of Respect: Healthy Relationships
- Consent: Understanding the Boundaries and the Law
- Online Safety 1: Sexting, Sharing Images, and Digital Footprint
- Online Safety 2: Sextortion and Grooming
- The Truth About Porn - The Law and the Truth
- Sexual Health and STIs
- Contraception
- Parenthood - Role of a Parent
- Conflict and Breakups
- FGM (Female Genital Mutilation)

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.



@MRC\_1st  
@MRCSixthForm

**Principal: Stuart Edwards**

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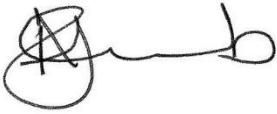
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As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please do not hesitate to contact me by email via the link:

[Ashley.Lamb@mrc-academy.org](mailto:Ashley.Lamb@mrc-academy.org)

Yours sincerely

A handwritten signature in black ink, appearing to be 'Ashley Lamb', written in a cursive style.

Mr Ashley Lamb  
Subject Lead - PSHE