

## LANCASTER ROYAL GRAMMAR SCHOOL

East Road, Lancaster LA1 3EF

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Dear Parent/Carer,

### **Relationships and Sex Education (RSE)**

As part of our commitment to providing a broad and balanced curriculum, we deliver relationships and sex education lessons to all pupils in line with the Department for Education's statutory guidance. At LRGS we do this primarily through our Values lessons which makes use of a spiral curriculum so that pupils revisit key topics in age-appropriate ways.

RSE is designed to help pupils develop the knowledge, skills and values to form healthy relationships, stay safe, and understand their physical and emotional development. It includes:

- Relationships Education: Respect, consent, online safety, and understanding diverse relationships.
- Sex Education: Human reproduction, contraception, sexual health, and informed choices.

We aim to deliver this content in a way that is age-appropriate, inclusive, and sensitive to the needs of all pupils.

You have the right to request that your child be withdrawn from some or all aspects of Sex Education (except those covered in the science curriculum). Pupils may opt back into Sex Education from three terms before they turn 16.

We are committed to transparency and welcome your engagement. Please view [this link](#) to our RSE policy if you wish to know more. If you have any queries or would like to discuss the RSE curriculum further, please contact our Values Coordinators.

Years 7-9, Mr Fraser ([sfraser@lrgs.org.uk](mailto:sfraser@lrgs.org.uk))

Years 10-11, Mr A Shorrock ([ashorrock@lrgs.org.uk](mailto:ashorrock@lrgs.org.uk))

Sixth Form, Mr A Martin ([amartin@lrgs.org.uk](mailto:amartin@lrgs.org.uk))

Thank you for your continued support.

Yours sincerely,  
Sarah Haigh  
(Deputy Head, Curriculum)