

# Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

28<sup>th</sup> April 2026

Dear Parents/Carers,

I am writing to inform you of the PSHCE topics that Year 8 students will be studying during the summer term. These lessons form an important part of our wider curriculum, supporting students' personal development, well-being and understanding of the world around them.

These topics will be delivered through one-hour lessons once per fortnight and twice weekly tutor time sessions using age appropriate resources.

This term students will study:

Summer 1	PSHCE Lessons (1hr per fortnight)	PSHCE form times (2 x per week)
	Unhealthy relationships, boundaries and consent	Online wellbeing - Fake news and echo chambers
	Relationships and intimacy online	Online wellbeing - Online safety, grooming and self-esteem
	Introduction to contraception*	Wellbeing - physical and mental wellbeing
	Media influence – Influencers and gender	Attitudes to mental health - Recognising and dealing with emotions
		Privacy and Consent
<b>Summer 2</b>	Media influence - Influencers, gender and pornography	Privacy and Consent
	Developing sexual awareness*	Media influence on body image
	Knowing your body - reproductive systems and sex*	Forced marriage
	FGM - Female Genital Mutilation	Preparing for the world of work
		Using the internet to improve the world
		Resisting online influence

Under the statutory Relationships and Sex Education (RSE) guidance, parents have the right to request that their child be withdrawn from some or all of the sex education elements of PSHCE. Topics where this applies are marked above with an asterisk (\*). If you wish to request withdrawal from any of these lessons, please use the following link to complete the Microsoft form. [PSHCE - Request to withdraw a student from sex education - year 8 summer term \(1&2\) 2026 – Fill out form](#)

Please note that if you request your child to withdraw from these lessons, the school will contact you to discuss your request prior to this permission being granted.

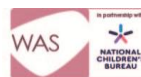
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ACHIEVED



2022-2025

More information about PSHCE can be found here: [Parent Page - Life Lessons](#)

Yours faithfully,

**Suzanne Wood**  
**PSHCE coordinator Key Stage 3&4**