



Dear Parent/Carer,

Twice per week, your child participates in PSHE, Citizenship, and Sex and Relationships education lessons with their form tutor. Collectively, these curriculum areas are known as “Personal Development” and are a crucial element of our students’ holistic development as they aspire to be the best versions of themselves, believe in their intrinsic value as beloved children of God, and achieve the happy and healthy personal lives they deserve after leaving school.

This letter is to inform you of the subjects your child has already covered in Personal Development, and the subjects they will cover by the end of the school year.

Autumn Term

- Self-Worth
- Addiction
- Eating Disorders
- Birth Control
- Parliament
- Protected Characteristics

Spring Term

- Maintaining committed relationships
- Safely ending relationships
- Contraception
- Breast cancer
- Testicular cancer
- Genital health and hygiene
- Sexually transmitted diseases

Summer Term

- Responsibilities and communication within relationships
- Different Governments and Parties
- Learning how to prioritise to achieve personal and professional goals
- Mental health awareness and strategies
- Elections and careers in politics

Further to this, students in Year 11 will also be learning about local issues and strategizing solutions in order to become ‘active citizens’ in their communities.

If you have any questions or wish to discuss any of the above in detail, please email me directly at c.betton@st-antonys.com.

Kindest regards and very best wishes,

Mr C Betton

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