

Our Partnership with Locala

Relationships and Sex Education (RSE) — Years 9, 10 and 11

As part of our Relationships and Sex Education (RSE) programme, Lowton Church of England High School works in partnership with Locala, our local NHS-commissioned Sexual Health service for the Wigan and Leigh borough. Locala's specialist team deliver classroom sessions directly to our Year 9, 10 and 11 pupils, alongside — and building on — the RSE and PSHE curriculum taught by our own staff.

Locala's sessions are designed using an evidence-based, young person-centred approach, and are delivered in a way that keeps pupils safe, comfortable, and able to ask questions. All content is age-appropriate and mapped to the Department for Education's statutory RSE guidance.

Year 9 — Three Sessions

Session 1: Relationships and Consent

What your child will learn:

- Recognise the signs of a healthy relationship, and the signs of an unhealthy one.
- Understand what consent means in law, and why every part of it matters.
- Know the different sexual offences under UK law.
- Know where to go for help and advice.

What happens in the session: Pupils complete a short 'before' questionnaire so Locala can see what pupils already know, then take part in an interactive activity exploring healthy and unhealthy relationship characteristics through fictional dating profiles, before moving into a detailed look at consent.

Session 2: Sexual Health — Contraception

What your child will learn:

- Understand that sexual health is about a person's whole wellbeing, not just one aspect of health.
- Know what contraception is and the different types available (barrier, hormonal, natural).
- Understand how effective different methods are, and possible side effects.
- Know where to access confidential sexual health advice.

What happens in the session: Pupils explore what conversations a couple should have before becoming sexually active, then receive factual information on each contraception method. The session also includes a discussion on how alcohol and drugs can affect decision-making around sex and contraception.

Session 3: Sexual Health — STIs

What your child will learn:

- Understand what an STI is, and the difference between viral and bacterial infections.
- Know the short and long-term health impacts of STIs, and how they're tested for and treated.
- Understand how STIs can be prevented.
- Know where to access confidential sexual health advice and treatment.

What happens in the session: Pupils learn factual information on the main STIs, how to check a condom is being used correctly, and where to get help. Pupils complete their 'after' questionnaire at the end of this session, and can leave feedback for Locala. In non-faith schools only, pupils may opt into an educational condom demonstration — this does not take place at Lowton, as a Church of England school.

Year 10 — Two Sessions

Session 1: Harmful Sexual Behaviours

What your child will learn:

- Understand what harmful sexual behaviour is, and the law around it.
- Understand the impact harmful sexual behaviour can have on everyone involved.

What happens in the session: Pupils take part in an activity distinguishing between sexual harassment, sexual violence and harmful sexual behaviour, discuss the possible legal consequences, and watch a short film about the role of bystanders. The session closes with a summary of help and support available.

Session 2: Safe and Healthy Sexual Relationships

What your child will learn:

- Understand how alcohol and drug use can lead to risky sexual behaviour.
- Recap key facts about STIs and contraception from Year 9.
- Know where to access confidential sexual health advice.

What happens in the session: This session revisits and reinforces the Year 9 content through a knowledge quiz, before a focused discussion on the dangers of sexual activity under the influence of alcohol or drugs.

Year 11 — Sexual Health Overview

Sexual Health Overview

What your child will learn:

- Understand how choices in sex and relationships can affect every aspect of health.
- Know the choices available in relation to pregnancy, and the roles and responsibilities of parenting.
- Know how and where to access confidential sexual and reproductive health advice.

What happens in the session: This final session brings together everything pupils have learned across their time at Lowton. It covers pregnancy (including signs, symptoms and the options available), infertility, and what successful parenting involves. Pupils take part in a timeline activity, imagining their life after school and considering how different life events could affect their plans. The session closes with a full summary of help and support available as pupils move into adulthood.

Questions or Concerns

If you have any questions about our RSE programme, including the sessions delivered by Locala, please contact the PSHE Department. Parents have the right to see the resources used in RSE lessons, and are welcome to request this from the PSHE Department at any time.

Our full RSE Policy, including how the curriculum is planned and delivered, is published on the school website under Policies. It sets out the statutory basis for RSE, and explains parents' right to request that their child be withdrawn from specific non-statutory elements of Sex Education — this does not apply to Relationships Education or Health Education, which are compulsory for all pupils and cannot be withdrawn from. If you are considering requesting withdrawal, please contact the Headteacher, who will discuss this with you before any decision is made.

We consult parents on the RSE curriculum periodically, and welcome feedback at any time via the PSHE Department.