

## Grantown Grammar School

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THE HIGHLAND COUNCIL  
COMHAIRLE NA GAIDHEALTACHD

Mrs Claire McGonigal, Headteacher

### **Personal & Social Education - SHARE**

Dear Parent / Carer

As part of the support being offered in promoting the health and wellbeing of children and young people your son/daughter will this term be engaging in the SHARE programme (Sexual Health and Relationship Education) through their PSE curriculum.

It is a right that children have to be educated about themselves and relationships that they may encounter in their lives. The school however is conscious that some parents may feel that they do not wish their child to participate in such lessons.

Please be aware that as a school we will be completing a three year programme that starts in S1 and is followed through until the end of S3. Below is a copy of what this will look like:

<u>S1</u>	<u>S2</u>	<u>S3</u>
1. Starting out*	1. Starting out*	1. Starting out
2. Talking about bodies and sex*	13. Revising sexual health and relationships (1)	21. Revising sexual health and relationships (2)
3. What do you know?*	6. Learning about sex*	14. What is sex?
4. Relationships*	18. Pregnancy and parenthood	16. Resisting pressure*
5. Being male or female	10. Good communication skills*	17. First experiences of sex*
7. Sexual activity, pregnancy and contraception*	12. Condom use skills*	19. Where to go for help*
8. Sexual activity and STIs*	15. Safer choices around sex*	20. Negotiating condom use*
9. Planning to keep safe*		22. What would you do?*
11. Practising the skills to say no*		

- Sessions essential to the programme

Here is also a link to the SHARE resource pack that staff will be using as part of their teaching. If you wish to explore what some of these topics are please follow the following link:

[http://www.healthscotland.com/uploads/documents/4946-SHAREeducationalResource\\_1.pdf](http://www.healthscotland.com/uploads/documents/4946-SHAREeducationalResource_1.pdf)

If you feel that you would not like your son/daughter to participate in such lessons then please contact the school to inform us of your wishes.

If you would like any further information then please contact the school.

Yours faithfully

A handwritten signature in black ink, appearing to read 'M. Abenheimer', with a long horizontal flourish extending to the right.

Mr Mark Abenheimer  
Principal Teacher of Guidance  
Grantown Grammar School