



Personal Development: A Guide for Parents/Carers

In the news: how do I speak to my child about war?

War is an incredibly difficult topic of conversation for children and adults alike. There is an unrelenting amount of information available to young people **via. Social media** can often be graphic and distressing.

Content they see online can also be polarising – dividing groups of people into either ‘good’ or ‘bad’, often using offensive or discriminatory language.

If your child has a phone and access to social media, please do speak to them about anything they may have seen online.

Unicef has a helpful guide for parents and carers about how to approach the topic with your child which you can view by [clicking here](#).

Attached to this email is a guide from National Online Safety about how to support your child if they have seen distressing content online.

If you or your family are affected by current conflicts, please inform your child’s tutor so they are able to further support your child in school.

Click on the links below to access further support:

Young Minds: general support with children’s mental health

Kooth: an online mental health support charity for young people

<https://www.fpa.org.uk/rshe-for-parents/> Family Planning Association

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/> NSPCC has a good guide for talking about relationships

<https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/healthy-relationships-consent/> Advice for parents

Year 10: Spring Term 2

Unit 4: Healthy Relationships (may start after Easter break for some groups)

RSE (relationships and sex education) supports pupils to develop healthy relationships in various contexts, and to know when to seek help.

Learning about relationships and sex supports children and young people to stay safe, enjoy positive relationships of all kinds, and make informed decisions. It is now a **statutory requirement** to teach Relationships and Sex Education (RSE) at key stages 3 and 4. Pupils will have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

This unit is carefully designed to be age-appropriate and explores some of the following:

Lessons will include learning about

- respectful relationships
- families
- contraception and parenthood
- understanding consent
- staying safe online
- recognising unhealthy or abusive behaviours, and healthy intimate and sexual relationships.

Please visit the school’s website: <https://www.fernwood.school/our-school/policies-and-statutory-information> to view our RSHE (relationships, sex and health education) policy. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Discussion points/questions for home:

It’s important to talk to children and young people about consent

It’s helpful for young people to know they can talk with you too. Let them know you’re there for them if they have questions or concerns. Some of the websites listed have support for these conversations.