



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](#): specific support for parents/carers during exam time

[Get Revising](#): a revision timetable generator

[NHS exam stress guidance](#)

[Anxiety UK](#): a parent/carer guide

[Health for Teens](#): dealing with exam stress

If you are concerned about your child showing signs of exam stress, please contact their tutor in the first instance.

Year 11: Spring Term 2

Unit 3 continued: Safe relationships

Building on previous units throughout their time at Fernwood, students will consider how to maintain safe and respectful relationships with friends, family, colleagues before considering romantic relationships towards the end of these lessons.

Through this unit, students will consider gender stereotypes and how they can lead to sexual harassment and harmful sexual behaviours. As part of this, we ensure students recognise their right to be safe, heard, and respected in their relationships with others whether platonic or romantic. Assertive communication is also explored in relation to contraception and sexual health, including pregnancy.

Discussion points/questions for home:

- Explore examples of gender stereotypes in day-to-day life with your child. How many do they notice?
- Can your child give any examples of healthy relationships they've seen or experienced? This could be examples from family, friends or celebrities.
- Where has your child seen/heard sexist language or behaviour? What did they do when they witnessed this?
- Does your child know where to get support in relation to sexual harassment?
- Not everyone is naturally assertive. If your child is not yet confident in being assertive with others, it may be useful to role play this with them. Childline has a useful page with 5 top tips for assertive communication (link on the left-hand side).
- Does your child know what the signs of an unhealthy relationship are?