



Personal Development: A Guide for Parents/Carers

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

Conflict 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 can further support your child in school.

Year 7: Spring Term 1

Unit 3: Developing Skills and Aspirations

This unit is designed to fit in with the trip to Hagg Farm and encourages students to build their confidence and step outside of their comfort zone! This may be your child’s first residential trip, or they may be a seasoned professional. Whatever they are feeling, Hagg Farm provides a fantastic opportunity to have new experiences, build their confidence and aspirations.

If your child is not attending Hagg Farm, don’t worry! They will be given lots of opportunities in school to develop their teamwork skills.

Discussion points/questions for home:

- What does your child see as their strengths? Does this align with your view as their parent/carer?
- What does your child want to do when they are older? Can you share anything about your own career journey with them, highlighting the barriers or struggles you have experienced on the way?
- Is there an activity that they are excited or nervous about doing at Hagg Farm?
- What does your child see as their biggest accomplishment?

Click on the links below to access further support:

[Young Minds](#): general support with children’s mental health

Careers and employability information can be [found on the school website](#).