



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.

Year 7: Spring Term 2

Unit 4: Diversity

In this unit, students will be exploring their identity, rights and responsibilities. Additionally, thinking about what it means to live in a diverse society; what is kind and unkind behaviour and how this can affect others. They will also start to consider how to challenge prejudice, stereotypes and discrimination. Building on the idea of being an upstander, which they looked at during Unit 2 Building Relationships.

Discussion points/questions for home:

- Ask your young person **to about** people they know. What qualities do they like about them?
- Could you share role models with your young person? Ask them about who inspires them and why.
- Can you demonstrate to your child where their rights are being met?
- If your child has a phone/social media, do they know what to do if they see material they don’t like, can they recognise material that reinforces prejudice and stereotypes.
- Does your child know what to do if they receive unkind comments online?

Click on the links below to access further support:

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

[Keeping your child safe online](#)

[The rights of a child](#)