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: Autumn Term 2

Year 7 students will continue with their unit 'Building Relationships' until late November.

Unit 2: Building Relationships
In this unit, students consider what it means to be a good friend. This also coincides with anti-bullying week in November. We cover personal boundaries, what makes a healthy relationship and what to do if they experience or witness unkind behaviour from others either in person or online. We do not cover intimate relationships in this unit.

Discussion points/questions for home:
- Ask your young person to think of their best friend. What qualities do they like about them? How have they demonstrated that they are a good friend?
- If your child has a phone/social media, do they know what to do if they see/receive unpleasant comments?
- Consider what strategies your child has for dealing with unhealthy friendships. What could they do? Who could they talk to?

Click on the links below to access further support:
Young Minds: general support with children's mental health
Keeping your child safe online
How to support your child with their friendships