



# 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:

[NSPCC](#): How to talk to your child about online safety

[Keeping your child safe online](#)

A full list of guides for parents about online platforms is available [here](#)

[Child Exploitation and Online Protection](#): a place to report online sexual abuse or sexually inappropriate communications towards children.

# Year 8: Spring Term 2

## Unit 4: Discrimination

In this unit, students will be building on content explored during year 7 on diversity. They will again consider their identity, rights and responsibilities. Extending to think about what it means to live in a diverse society; what is kind and unkind behaviour and how this can affect others. They will focus on prejudice, stereotypes and discrimination. Building confidence on how to be an upstander.

## Discussion points/questions for home:

- 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 in the daily lives?
- 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.

**If your child shares with you that they have been affected by any of the issues covered, we are here to support you. Please do not hesitate to get in touch with the school so we can provide further support.**