



# 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:** general support with children’s mental health

<https://www.nhs.uk/> - Reliable health information

<https://www.talktofrank.com/> Information about drugs

<https://ash.org.uk/> Information on youth vaping and smoking

## Year 9: Spring Term 2

### Unit 4: Healthy Lifestyles

As part of encouraging the ideas of ‘happy, healthy and safe’, in this unit, pupils will be encouraged to further consider what they know about healthy lifestyles. With key themes centring on balance, making informed choices and acknowledging the influence of social media.

This unit is carefully designed to be age-appropriate and explores some of the following:

- What is considered a healthy lifestyle, looking at physical, social, emotional and behavioural factors.
- The importance of getting balance
- Making informed health choices
- Body image
- Being self-aware.

At the end of each lesson, we signpost students to support services both in and out of school.

### Discussion points/questions for home:

- Talking about positive role models. Who inspires them and why? Who do you think is a positive role model and why?
- Why do you feel balance in your lifestyle is important?
- Are there areas of your life where you feel balance is lacking?
- Discussions around immunisations. Pupils often question which immunisations they have had previously.
- Ask your child to look at their social media. Do they see positive health choices being promoted? How do they know these posts are reliable?

**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.**