



Personal Development: A Guide for Parents/Carers

In the news: vaping

Extract from [BBC News article](#)

- The government has said it will introduce a new tax on vaping products. It has already announced plans to ban disposable vapes, to help cut the number of children vaping.
- Nearly 8% of 11-17 year olds vape, according to figures from an online survey of 2,000 children by health charity ASH (Action on Smoking and Health). That's up from 4% in 2020.
- It said 20% have tried vaping, with cheap, brightly-coloured disposable vapes driving up the increase from 14% three years ago.
- Older teenagers are more likely to have tried vaping or be current vapers.
- Vaping is now twice as common as smoking among children.

What is our school policy?

- Our full drugs policy can be found by [clicking here](#).
- Our behaviour for learning policy can be found by [clicking here](#).

What support does the school provide?

- Students can seek confidential advice from the school nurse who visits every Thursday between 12:40-2pm at the back of the canteen.
- Students can approach a trusted adult in school who will be able to refer to Change, Grow, Live (CGL) which is a dedicated service in Nottingham supporting young people with issues around addiction including nicotine addiction (vaping).

I'm worried my child is vaping, what can I do?

It is important to keep talking to your child about vaping and the risks to young people. If you are concerned, there is a lot of support from places such as Talk to Frank and the NHS website contains useful advice.



As this is the first year we have published parent/carer guides for PD, we would like to hear your feedback. Please use this link to share your thoughts: <https://forms.office.com/e/uq6vNnZtTr>

Year 9: Summer Term 1

Unit 5: Intimate Relationships

This unit is designed to build on previous learning in years 7 and 8 as part of the relationships and sex education strand of the PD curriculum. As such, the lessons are age appropriate and in line with national best practice.

During this unit, students will consider:

- Why people have romantic relationships
- Signs of healthy and unhealthy romantic relationships
- Readiness for sexual activity and how to avoid peer pressure
- Consent
- Consequences of unprotected sex including sexually transmitted diseases (STDs) and pregnancy
- Assessing and managing risks of sexual activity
- How to identify, challenge and report harmful sexualised behaviour

Teachers will also provide an anonymous question box for students to use at the end of each lesson so they are able to ask any questions they may be embarrassed to ask in front of others!

Discussion points/questions for home:

- Can your child give any positive examples of healthy relationships?
Can your child give any examples of unhealthy relationships?
- What does your child understand about consent?
- Does your child know how to challenge and report sexual harassment in school?
- What does your child understand about the consequences of unprotected sex?

Click on the links below to access further support:

A guide on how to talk to your child about sex and relationships can be found [here](#).

[Brook](#) has a wide range of resources and information about sexual health and well-being.