



# 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

[Freedom](#): a charity providing support to victims of forced marriage and violence

Domestic violence support for women can be found [here](#)

Domestic violence support for men can be found [here](#)

[Winston’s Wish](#) specialises in bereavement support for children

[Cruse](#) specialises in bereavement support

## Year 9: Autumn Term 2

### Unit 2: Respectful Relationships

As part of encouraging the ideas of ‘happy, health and safe’, In this unit, pupils will be encouraged to further consider what they know about relationships, how the form, commitment, how they stay healthy and what the signs of an unhealthy relationship are.

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

- Long term commitments including marriage, civil partnerships and cohabitation
- Different types of families. A short but not complete list: a nuclear family, blended family, same sex family, and single parent families
- Legal status of marriage including the difference between arranged and forced marriage
- Parenting and creating positive relationships in the home
- Different types of conflict that may arise and strategies to resolve this
- How to manage family changes such as separation, bereavement, moving to a new place etc.

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

### Discussion points/questions for home:

- How would you characterise your family? How does this compare to their friends?
- Does your child understand how to report concerns about forced marriage?
- What do you feel is the hardest part of parenting? How does this compare to your child’s perception(s)?
- What big life changes has your child experienced so far? What did they find helpful when dealing with these? What strategies can you come up with together to deal with these changes?
- How does your child usually respond to conflict? What are the advantages and disadvantages of this?