

Dear 4<sup>th</sup> Form Parent

As we come to the end of an academic year, it seemed a good opportunity to give you some information about the PSHE programme that your son or daughter has experienced throughout their fourth form year.

They are taught in groups of approximately twenty pupils divided in the year group alphabetically and we run a rotation of three lessons with five different teachers throughout the year. Each teacher focuses upon one of the following areas:

- 1) Careers, particularly about different types of work, learning options and how to manage the decision making processes.
- 2) Health & Wellbeing with a particular focus upon the consequences of short and long term substance abuse, personal safety and protection, the impact of drugs and alcohol on choices and how to find sources of help including basic emergency first aid in situations involving drugs.
- 3) Health & Wellbeing with a particular focus upon strategies to manage strong emotions and feelings and the characteristics of positive and negative mental and emotional Health, managing mental health including where and how to obtain health information, advice and support.
- 4) Study Skills with a particular focus upon revision techniques, mind- mapping, time and stress management.
- 5) Relationships with a particular focus upon managing feelings and influences on body image, the role of sex in the media and its impact. Consent, the correct use of contraception and common STIs.

We hope your son/daughter has enjoyed their PSHE lessons. You may find the following links useful as conversation starters at home if you wish to discuss any issues related to the content they cover in class.

Kind regards

Heather Garland and Anne Bantin

(Heads of PSHE)

Mental health: <https://youngminds.org.uk/>

Sex and relationships: <https://www.brook.org.uk/your-life>

Drugs: <http://www.talktofrank.com/>