

Dear 3<sup>rd</sup> Form Parent

As we are approximately halfway through the academic year, we thought it was a good opportunity to raise the awareness of what we have been covering in your child's PSHE lessons. We carried out a questionnaire with all 3<sup>rd</sup> form pupils and they have been able to voice their opinion upon what topics they feel are most important at this stage in their lives.

We are teaching in forms this year with one teacher for the whole year and their lesson is on a Tuesday every other week.

So far, we have covered the following topics:

- 1) E- safety with a particular focus on the safe and responsible use of ICT and mobile devices, the risk and impact of cyberbullying and youth produced images, the positive and negative aspects of social media, the risks of uploading, downloading, and online gaming.
- 2) Relationships with a particular focus upon features of positive and healthy relationships, how to deal with breakdowns in relationships including loss, separation, bereavement and access support if needed. The roles and responsibilities of parents, carers and children in families and respecting other people.
- 3) Living in the Wider World with a particular focus upon careers with exploration into career options and values and attitude regarding finance, including debt and managing risks with money.

We are just about to start the following topics:

- 4) Relationships with a particular focus upon laws, crime and punishment and the difference between friendships groups and gangs, preventing children from radicalisation, extremism and FGM and the role of police and the criminal justice system.
- 5) Health with a particular focus upon increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (testicular and breast) for maintaining and monitoring health including cancer prevention and screening.
- 6) Relationships with a particular focus upon choices and risks related to sexual relationships including contraception, understanding the importance of consent and laws relating to this.

We hope your son/daughter is enjoying their PSHE lessons. Many of the topics we cover are revisited in tutor time with their tutors as well. You may find the links at the end of this letter useful as conversation starters at home if you wish to discuss any issues related to the content they cover in class.

We have included a link about pornography as the Children's Commissioner published some new research (from participants aged 16-21) recently that you or your child may have seen in the news.

We cover these issues in an age-appropriate way with our students in school, with a focus upon helping our young people to know where they can seek help if exposed to inappropriate content online and understanding aspects of healthy relationships but it also helps if parents and carers are able to equip themselves to have proactive conversations with children, and this guidance may be helpful [Guide for Parents: Young People's Advice on talking to your child about online sexual harrassment](#)

If you have any questions or feedback, do please get in contact.

Kind regards

Heather Garland and Anne Bantin

(Heads of PSHE)

E-Safety: <https://www.thinkuknow.co.uk/>

Careers: <http://www.careerpilot.org.uk>

Bereavement/Grief: [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://www.winstonswish.org)

Teenagers and Money: [How to teach teenagers about money | MoneyHelper](#)

Relationships & Sex :

<https://www.nhs.uk/Livewell/Talkingaboutsex/Documents/DCSFtalktoyourchild.pdf>

<https://www.brook.org.uk/>

Link to RSE Policy: <https://www.kimbolton.cambs.sch.uk/policies>