

March 2023

Dear 4th 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 son/daughter's PSHE lessons in Fourth Form.

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

So far this year, we have covered the following topics:

1) Study Skills with a particular focus upon revision techniques, mind- mapping, time and stress management.

2) 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.

3) 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.

4) Relationships with a particular focus upon the skills to recognise, challenge and seek support for exploitation in different contexts, but mainly relating to criminal/drug county lines.

We are going on to cover the following topics:

5) Finance Education with a particular focus on budgeting, saving, financial exploitation and gambling.

6) 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 have two speakers booked into to talk to this year group. Sabina Gray visited last week to talk about the risks of drug taking, she tells her personal story and the feedback we get from pupils is very positive. Isla Van Tricht will visit in the summer term to present her talk called 'Pornography: An Open Conversation' which encourages young people to think critically about pornography, issues surrounding it and the differences between porn's portrayal of sex and relationships and the reality.

We have included a link below 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](#)

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.

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

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/>

Pornography: [Parents' Fact Sheet on Online Pornography and Age-verification | BBFC](#)

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