



## **Autumn Term 2 PSHCE Update (Personal, Social, Health and Citizenship Education.)**

All pupils in years 7-13 have a lesson once per fortnight with their Head of Year, Miss Palmer or Mrs Tandy.

These are the themes that are being covered this half term. You may like to discuss these lessons with your young person, or they may raise the topics themselves in conversation.

Year 7: Relationships: Friendships and bullying

Year 8: Relationships: diversity, safety and consent

Year 9: Personal Safety: drugs and alcohol, online safety and grooming,

Year 10: Personal Safety: mental health, stress and addiction: gambling.

Year 11: College applications and mock exam support.

Year 12 and 13 have lessons on a range of different topics. This term our plans include: contraception and abortion, democracy and voting, personal safety when out; exam support.

There are some useful reliable sources of information for parents and carers on these sites:

- CEOP Online safety: <https://www.thinkuknow.co.uk/>
- Internet Matters: <https://www.internetmatters.org/>
- Childline: <https://www.childline.org.uk/>
- YoungMinds: <https://www.youngminds.org.uk/>

If you have any queries please do get in touch and thank you for your support.

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