

RFSS PSHE

SUPPORT SHEETS FOR PARENTS AND CARERS

Topic being delivered to year 10s



SELF HARM

Self-harm is when someone hurts themselves on purpose as a way of trying to manage distressing or overwhelming feelings and experiences. Someone who is self-harming might be dealing with lots of intense thoughts and feelings, and hurting themselves may feel like the only way to cope. Or, they might feel numb and hurt themselves in order to feel something.

If your child is self-harming, or you're concerned they might be, it can be incredibly worrying and upsetting for you as their parent. The important thing to remember is that you and your child are not alone - lots of young people go through this and come out the other side with different ways of coping with their feelings.

(Young Minds, 2021)

If you are worried your child may be self-harming, here are some things to look out for:

- unexplained cuts, burns, bite marks, bruises or bald patches
- keeping themselves covered, for example wearing long sleeves or trousers even during hot weather, not wanting to change clothes around others or avoiding activities like swimming
- bloody tissues in waste bins
- seeming low or depressed, for example withdrawing from friends and family
- blaming themselves for problems or expressing feelings of failure, uselessness or hopelessness
- outbursts of anger or argumentativeness

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend reading this website: [YoungMinds.org](https://www.YoungMinds.org)



SCAN ME

If you are concerned that your child is, has or may be self harming please contact their Head of Year to enable the safeguarding team to offer appropriate support.



What we are doing in school

Students need to learn about self harm as part of the PSHE national curriculum.

We cover this topic through a PSHE workshop with our safeguarding trained staff. This is alongside all students completing a social emotional learning program within PSHE to better recognise, understand, label, express and regulate their feelings



[thesite.org](https://www.thesite.org)
[harmless.org.uk](https://www.harmless.org.uk)
[youngminds.org.uk](https://www.youngminds.org.uk)
[rcpsych.ac.uk](https://www.rcpsych.ac.uk)
[samaritans.org](https://www.samaritans.org)
[nspcc.org](https://www.nspcc.org)
[bemindful.co.uk](https://www.bemindful.co.uk)



Samaritans 116 123
[Childline](https://www.childline.org.uk) 0800 11 11

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SUICIDE

Lots of young people will have thoughts about suicide at some point, and suicidal thoughts can affect anyone. Having these thoughts does not mean someone is necessarily going to attempt suicide, but it does mean they need help and support. All suicidal feelings should be taken seriously. As a parent, you are right to be concerned and to act on this promptly.

Knowing or worrying that your child is experiencing suicidal thoughts can be an incredibly distressing experience. It is important to remember that it is possible for your child to come out the other side and feel okay again, and that you are not alone.

(Young Minds, 2021)

While these won't apply to everyone, some signs your child may be experiencing suicidal thoughts are:

- express feelings of hopelessness, worthlessness, sadness and/or guilt and shame
- withdraw – spending lots of time alone, not wanting to be around people or stopping seeing friends
- lose interest in daily life or things they usually enjoy
- say things like "I wish I wasn't here", "I can't go on", "I can't take it anymore", or "people would be better off without me"; or talk a lot about death
- give away their possessions
- seem agitated and/or behave in ways that seem strange or out of character

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend reading this website: [YoungMinds.org](https://www.YoungMinds.org)



SCAN ME

If you are concerned that your child is having suicidal thoughts please contact their Head of Year to enable the safeguarding team to offer appropriate support.

What we are doing in school

Students need to learn about suicide as part of the PSHE national curriculum.

We cover this topic through a PSHE workshop with our safeguarding trained staff. This is alongside all students completing a social emotional learning program within PSHE to better recognise, understand, label, express and regulate their feelings



If you are worried that your child is at risk of making a suicide attempt or seriously hurting themselves, or it doesn't feel like they're safe, call 999 for an ambulance or take them to Accident & Emergency (A&E).

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Please contact the **SAFEGUARDING TEAM** at school if you are worried about your child



ABUSE AND NEGLECT

What we are doing in school

Students need to learn about BULLYING, ABUSE AND DISCRIMINATION as part of the PSHE national curriculum.

We cover this topic through a PSHE workshop with our safeguarding trained staff. As well as this students are regularly reminded of where to go if they have any concerns about their own or another persons safety. As a school we work hard to build positive and supportive relationships with students and parents/ carers to ensure they and you have someone to turn to if it is needed.

SCAN THE QR CODES FOR MORE INFORMATION →

If you or your child is experiencing abuse or domestic violence, or have done in the past, remember that you are not alone.

Abuse and domestic violence are never okay or excusable. Everyone has the right to live a life free from fear, harm and control. Experiencing abuse in any form can have a huge effect on your child's mental health, both while it is happening and later in life.

If you would like to speak to someone to talk through what's happening, or reach out for help and support, there are organisations you can contact.

(Young Minds, 2021)

We teach students about the following types of abuse: PHYSICAL, EMOTIONAL, SEXUAL, GROOMING, EXPLOITATION, DISCRIMINATION, HARASSMENT and NEGLECT

If you're worried about a child, it can be hard to know what to do. The NSPCC has up to date information and advice on different types of child abuse, how to spot the signs and what you can do to help keep children safe. They also have important articles to read and information about initiatives they have launched to help keep children safe.

NSPCC (2023)

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend going to:



NSPCC WEBSITE
OR



YOUNG MINDS

Contact 999 if you or someone you know is in immediate danger!

<https://www.childline.org.uk>
CHILD LINE WEBSITE

The 'This Is Abuse' campaign has a detailed list of organisations you can contact for help
<http://thisisabuse.direct.gov.uk/need-help>

ANXIETY AND BURN OUT

SUPPORT SHEETS FOR PARENTS AND CARERS

Please use this hand out to find further information about the topics discussed tonight



Anxiety is:

The feeling of fear or worry, typically associated with situations of uncertainty.

There are a number of things you can do to help yourself when anxiety hits or if you feel it starting to rise.

1. Turn your 'what if's' into 'To do's'
2. Go with the flow - do an activity that will help you get into the flow of it so you are taking yourself away from the cause of the anxiety - build this in.
3. Notice it in others - show compassion to other people who are experiencing it too - this helps them but also gives you a boost of dopamine and helps to re-engage the part of your brain that brings clarity, logic and emotional regulation.

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend going to:



Find out more about Anxiety

Dr Wendy Suzuki

Burn out prevention ideas



Find out more about burn out

Dr Rangan Chatterjee

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Topic being delivered to year 9s



ONLINE PORNOGRAPHY Students will be learning:

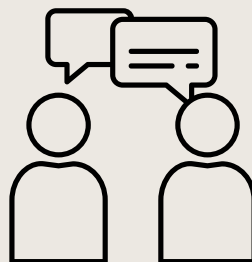
- **That pornography can show a stereotypical portrayal of relationships, bodies, gender and sex.**
- **Students will look at strategies for resisting pressure to view pornography.**
- **Students will be shown where they can go to find reliable information about sex and relationships.**

It can be hard to know how to talk to your child about the risks of watching online porn. Advice from charities such as NSPCC or Childline can help you explain the risks to your child, prevent them from watching porn, and know what to do if your child has received, been shown or discovered explicit or upsetting content online.

What we are doing in school

Students need to learn about to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours. As outlined in the PSHE curriculum

We cover this topic through a PSHE workshop with trained staff.



Brook: A sexual health and well-being charity for under 25s which offers information, support and guidance for young people on anything from sex and relationships to gender and sexuality. They also provide resources for schools - www.brook.org.uk

FPA: A sexual health charity who give straightforward information and support on sexual health, sex and relationships to everyone in the UK - www.fpa.org.uk

Stonewall: An LGBT charity who offer support to anyone on issues like gender, equality and sexuality and free educational resources for schools - www.stonewall.org.uk

Childline: 0800 11 11 – A service that allows young people to talk to someone anonymously without judgement via chat, or via phone, on whatever issue they would like. A lot of helpful support and advice is on their website – www.childline.org.uk

Childline YouTube channel: Childline have produced a series of videos called 'Voice Box' (www.youtube.com/user/childline) which cover issues like **consent** (youtu.be/jM_2hiSikAQ)

The Mix: 0808 808 4994 – A charity which offers essential support to under 25s on anything from embarrassing problems and weird questions to please-don't-make-me-say-it-out-loud thoughts - www.themix.org.uk

YoungMinds: This website has lots of information for young people about their well-being and mental health, and also has information for teachers and parents – www.youngminds.org.uk

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend reading this website: NSPCC



or Childline



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Please contact the **SAFEGUARDING TEAM** at school if you are worried about your child



CONTRACEPTION

What we are doing in school

In KS3 students are required to learn about CONTRACEPTION, specifically:

R32. the communication and negotiation skills necessary for contraceptive use in healthy relationships (see also 'Health')

R33. the risks related to unprotected sex

R34. the consequences of unintended pregnancy, sources of support and the options available

The biggest educators in a child's life on this topic is still their parents, however to ensure all young people receive the correct and same information we cover this in schools. Students look at this topic now in YEAR 9 and then will revisit it in more depth in KS4 & KS5.

In YEAR 9, we will teach students about 5 types of contraception:

- EXTERNAL CONDOMS
- INTERNAL CONDOMS
- THE HORMONE INJECTION
- THE IMPLANT
- THE COMBINED MINI PILL

All information shared is up to date and we use content from 'Brook' which is a sexual health and wellbeing advice and information service. The QR code to their site is on this page, if you wish to see more.

As outlined in the PSHE parent overview for this 1/2 term (sent over the May 1/2 term), we will be delivering this session to Year 9s this Wednesday, it will be delivered by specialists in school and delivered in a workshop form across the day.

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend going to:



If you click on the QR code to go to [BROOK.ORG.UK](https://www.brook.org.uk)

You need to click on the help and advice tab to find the topic you are interested in.

The rate of teenage pregnancy has decreased in the UK from 113,330 in 1990 to 43,116 in 2020. This was partly due to the introduction of RSHE in the curriculum and specifically educating young people on methods of contraception available.

This is WHY we cover this content in schools.

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Please contact the SAFEGUARDING TEAM at school if you are worried about a child

Female Genital Mutilation (FGM)

What we are doing in school

In KS3 students are required to learn about FGM, specifically:

H22. the risks and facts associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM

PSHE education is a preventative curriculum that develops protective factors through a variety of contexts. Pupils learn about keeping safe, rights and responsibilities, consent, respect, self-worth, communication and managing pressure. And these aspects contribute to protecting against FGM, even where FGM is not specifically mentioned or taught about.

As this is a subject area that needs to be delivered with accuracy, we use the latest information and advice on this topic.

We will also be teaching this topic with 2 members of staff present in each class, to ensure if there are any concerns or questions that need to be addressed with privacy, this can happen.

As outlined in the PSHE parent overview for this 1/2 term (sent over May half), we will be delivering this session to Year 9s tomorrow, we want you to be informed and involved with questions that your child may have, which is why we are sending this guide.

FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend going to:



If you scan the QR code above it will take you to the NSPCC website, and give you further information. Or the below QR code will take you to 'The National FGM Centre'. This is the information we will be sharing with the students.



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Please contact the **SAFEGUARDING TEAM** at school if you are worried about your child



Keeping Safe Online

The internet is everywhere and whilst I'm sure we all can agree it has some fantastic advantages for so many people, it can also be a worrying place for many, especially if we are not taught the risks or the signs to look out for.

In school we teach students about how to keep themselves safe online and offline, but it is really important that the conversation is kept going at home as well as in school. As a parent myself I don't always know the most up to date information about everything and there are some topics that can be a minefield.

To help I wanted to send home this support sheet that highlights some resources we use in school as well as ones I have discovered that are informative, up to date and empowering.

I want all of our parents and carers to feel they can have empowering conversations with their children on this topic.

I hope you find this useful.

Kind Regards

Mrs L Clancy
PSHE Lead

This site offers lots of practical resources for you and your children to learn about keeping themselves safe online. As well as research into current issues and trends, so you can keep up to date.

Websites I would recommend you to look at if you need further information



CEOP Education at the
National Crime Agency



Barnardo's



Parent Zone

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SUPPORT SHEETS FOR PARENTS AND CARERS

Year 7 Talk



Violence against women - raising awareness

Within PSHE we need to cover the topic of Violence Against Women and the laws surrounding it.

This covers:

- Gender based violence in schools
- Gender based violence outside of schools, such as:
 - Female Genital Mutilation (FGM)
 - Virginity Testing
 - Hymenoplasty
- Harassment
- Forced Marriage

We do this in an age appropriate way and spiral the curriculum so students learn more depth around the topic as they go through our school.

On Wednesday 13th Year 7 will be being introduced to this topic through a workshop/ assembly where a subject specialist will be speaking to the year group about this topic. We will introduce students to the terms above and then in the summer term students will participate in an hours workshop on FGM. Then the remaining topics will be covered in years 8 & 9.

Due to the nature of this topic, we like to provide parents and carers with information about how to talk to their children about this topic. Please see the QR codes below for websites that will help.

FURTHER READING

If you want to find out more about the UK Women's Health Initiative 2023, that has been launched to tackle health inequalities within the UK, please read about it here:



This health initiative is helping to improve:

- Menstrual health
- Violence Against Women
- Menopause Health
- Screening inequalities and much more

Further Information



NSPCC - advice and information on FGM



Action Aid - Violence against women - general topics and articles

If you are worried about your child, please contact the safeguarding team in school and we will be able to advise you.

In an emergency if you are worried that you or your child are at risk of any abuse or violent crime please contact the police.

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Year 9 Talk

CONSENT AND THE LAWS CONCERNING IT



Within PSHE we need to teach students about consent, when students are in KS3 (which in our PSHE curriculum includes Y7-Y9, we need to cover the following areas linking to CONSENT as outlined by the PSHE statutory curriculum:

- Consent is freely given; being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances
- The law relating to sexual consent
- How to seek, give, not give and withdraw consent
- The seeker of consent is legally and morally responsible for ensuring that consent has been given; that if consent is not given or withdrawn, that decision should always be respected.

As I am sure you can see from the information above, this is an incredibly important topic. One that we begin teaching in year 7 helping students to understand that CONSENT is something we experience in all aspects of our life. As students move through the school we introduce in more depth how this links to sexual consent.

This is an area that can be and should be supported at home as well, but I fully appreciate sometimes that this isn't always the easiest to approach, but ignoring or trying to delay the topic can send the message of 'this is a taboo subject that I shouldn't ask about', however this can then mean they never ask about it and therefore don't fully understand.

Our lessons in school aim to give factual and relevant information to help students understand this in a range of contexts.

The main messages we are trying to put across to students is that:

- Consent should be freely given and respected
- We should all have body autonomy
- That we are able to make our own choices and cannot put our actions onto another person.

I would like to share with you some really useful guides and support to help empower you on this topic, to know how to talk all things related to sex and relationships with your young person. These are resources I have found to be incredibly useful, informative and interactive for parents and carer's.

As a parent of young children too, I know I will still be consulting this information as my children grow.

Best wishes, Mrs Clancy (PSHE lead)

FURTHER READING

A GUIDE FOR PARENTS TALKING TO THEIR KIDS (0-18) ABOUT RELATIONSHIPS AND SEX



COVERING TOPICS SUCH AS:

- When and how to start talking
- What are my values?
- Ages and stages
- Keeping children safe
- Kids and teens with disabilities
- Diversity
- Relationships and sexuality education
- and more!

THIS QR CODE WILL TAKE YOU TO THE NSPCC WEBSITE THAT OUTLINES ABOUT 'CHILDREN AND THE LAW', WHICH INCLUDES THE AGE OF CONSENT AND MARRIAGE



If you are wanting more information or are worried about your child in any way, please contact the school safeguarding team

RFSS PSHE

SUPPORT SHEETS FOR PARENTS AND CARERS



Nude Images (Sexting) and what you need to know

Within school and in particular within PSHE sessions we will cover topics that are contextual to the local area. We cover the topic of nude images and the law concerning this with our students in normal PSHE lessons, but at the moment we feel it is necessary for us to cover this topic in as many ways possible, to ensure we are giving the most up to date and accurate advice to our students, as well as their parents/ carers. On Wednesday 10th July we have talks from the police to raise awareness on this topic amongst our students.

We know this is a topic that many people can find it difficult to talk about, regardless of who you are. But if we can join together and educate our young people as well as sharing guidance with parents and carers, then we are more likely to reduce the harm this can have on individuals within our school and wider community.

Please find here some QR codes that will take you to guidance outlined by The Child Exploitation and Online Protection Command (CEOP) and the NSPCC.



CEOP - Nudes - what parents and carers need to know



CEOP - FAQ'S ON NUDE IMAGES



NSPCC - ADVICE AND HELP ON HOW TO SUPPORT YOUR CHILD

I have also chosen to include the QR codes on the right hand side of this sheet to direct all parents/ carers to further information about talking to their child about relationships and sex. All of the guidance included isn't there to overwhelm, but to be information to access if you require. It is designed so you can read as much or as little as you need.

Best wishes, Mrs Clancy (PSHE lead)

FURTHER READING

A GUIDE FOR PARENTS TALKING TO THEIR KIDS (0-18) ABOUT RELATIONSHIPS AND SEX



COVERING TOPICS SUCH AS:

- When and how to start talking
- What are my values?
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PARENTAL & CARER SUPPORT SHEET

RAISING AWARENESS OF CURRENT ISSUES



As a school we are able to monitor and track topics that may cause concern with our young people. We want to share our knowledge of these with you so we can work collaboratively on tackling these issues and preventing them from causing harm to young people within our school and wider community

An currently increasing concern across the UK and within Warwickshire - Sextortion

Today in school all of our year 10 and 11 pupils received a talk with school staff as well as Connect 4 Health staff who are RSE experts.

We discussed what **SEXTORTION** is and what signs to look out for.

Our biggest message to students is that if this happens to them it is **NOT THEIR FAULT** and they have become a **VICTIM** and will be treated with the upmost respect when investigating and supporting them through this, if it were to happen to them.

If this happens, contact the police, school safeguarding team, Childline or Connect 4 Health who will support you through the next steps

We want to share with all parents information about this topic, where to get support and how you can help your young person if they were to fall victim to this.

Please read the supporting information on this topic, so you can empower yourselves on this topic.

SEXTORTION = A type of online blackmail where criminals threaten to release sexual or indecent images of a victim unless they pay money or do something else

With the advance in AI technology this can quite literally happen to anyone, regardless of if they have taken sexual or indecent images. This is why it is important to remember it is not an individuals fault if it happens to them



This QR code takes you through to the Sextortion Victim Support website where you can find out more information. Including what to do if this happens

This shows you a video on how easy it is to happen. This is the video we shared with our young people today

