Dear Parents and Carers

As part of our **Personal Development Programme**, all students take part in timetabled **PSHE lessons in Years 7-10**. PSHE stands for *Personal, Social, Health and Economic Education* and is designed to give students the knowledge, skills and understanding they need to develop into healthy, safe and responsible young people.

This half term, the first session will focus on **British Values**, in line with all lessons taught through the Personal Development Programme for all students across the school. Following this, students in Year 9 will explore a series of important topics designed to help them make safe and informed choices:-

- **Lesson 2:** Understand the law around different types of drugs; explore the drug supply chain; learn about the signs, impacts, and sources of support regarding *county lines* and *cuckooing*.

- **Lesson 3:** Understand how and why people become addicted; learn when and how to seek support for addiction.

- **Lesson 4:** Learn how social media use can shape interests, wellbeing and worldviews and explore strategies for managing this.

- **Lesson 5:** Understand what vaping is, why people choose to vape and the known risks; learn about the effects of nicotine on the body.

All resources for these lessons have been prepared in line with guidance from the PSHE Association.

Please take some time to review the above information and have discussions with your son/daughter relating to this.

Later in the year, I will also be in contact with further details regarding the **Relationships and Sex Education (RSE)** element of the programme, along with an overview of the wider topics we will be covering in PSHE.

Thank you for your continued support in working together to prepare our students for the challenges and opportunities they will face as they grow.

If you have any questions relating to this topic, please contact me.

Kind regards

Mr S Hopkins

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