

## **RE: Personal Social Health Education Year 10**

Parents and Carers,

As a part of your child's education at Stoke Damerel Community College, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. The Relationships and Sex Education (RSE) curriculum is taught throughout the school in every year group through PSHE lessons and curriculum collapse sessions. The curriculum is monitored and reviewed regularly by the staff and governing body.

Relationships, Sex and Health Education (RSHE) is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to you to outline what we are covering through the year. In Year 10 the main focus is Exploring Relationships and Sex Education. This looks at the legal, emotional and social consequences of sending sexts. This is then explored further with pornography looking at what is and is not legal and identifying the differences between what is seen in pornography and real life. It explores how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self. Sexual violence is covered looking at assault and rape. The unit progresses onto pleasure and looks at masturbation and the risk associated with different sexual activities.

Lessons will include:

- Consent
- Mental health
- Unhealthy relationships
- Sexual violence

Pupils also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

If you have any questions about the programme please do not hesitate to contact me at the college or email [aklosowski@sdcc-smhc.net](mailto:aklosowski@sdcc-smhc.net)

Yours sincerely

Miss A Klosowski  
Head of PSHE

## SAFEGUARDING FOCUS

### VAPING

Safeguarding issues for children in our community encompass a wide range of concerns, with several pressing issues facing all schools and our community.

The rise of vaping and the use of THC (tetrahydrocannabinol) products among young people is a significant concern. The easy accessibility and marketing tactics targeting youth have raised alarm bells, as the long-term health effects of these substances remain uncertain.



[FOR ADDITIONAL INFORMATION ABOUT VAPING AND THE IMPACT IT CAN HAVE UPON YOUNG PEOPLE, CLICK HERE.](#)

### NEGLECT

Neglect is another troubling issue, as some children face inadequate care, insufficient nutrition, and emotional neglect, which can have profound and lasting consequences on their well-being.



### DOMESTIC ABUSE

Furthermore, violence against women and girls remains a deeply rooted problem, affecting not only the victims but also children who witness or are indirectly impacted by such acts. It is imperative for society to work collectively to address these multifaceted issues, ensuring the safety and well-being of the most vulnerable members of our communities.

[FOR HELP AND ADVICE FROM PLYMOUTH COUNCIL AROUND THIS ISSUE, PLEASE CLICK HERE.](#)



## APP SPOTLIGHT

### TELEGRAM: A SECURE MESSAGING APP

Telegram is a messaging app that offers end-to-end encryption, making it a secure platform for sending messages, making voice and video calls, and sharing media. Here's what you need to know:

- **Privacy Settings:** Telegram allows users to customize their privacy settings. Encourage your child to set their profile to "private" to control who can contact them and view their profile picture.
- **Content Sharing:** While Telegram is relatively secure, remind your child to avoid sharing personal or sensitive information with strangers. Encourage them to be cautious when sharing location data.
- **Parental Controls:** Telegram does not have built-in parental control features. However, you can monitor your child's usage and communicate openly about responsible online behaviour.

## Did you know...

**Bananas can help improve your mood!**  
A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skills and emotions.

# PSHE FOCUS

## HEALTH AND WELLBEING

In PSHE this half term, the focus is all around health and wellbeing. Students will be exploring elements around physical health and also mental health.

A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support. It might be difficult to know if there is something upsetting your child but there are ways to spot when something is wrong. The NHS advises to look out for:

- Significant changes in behaviour
- Ongoing difficulty sleeping
- Withdrawing from social situations
- not wanting to do things they usually like

For advice on how to help support and look after young people's mental health from the NHS, [click here](#). The [NSPCC](#) also shares information and tips on how to start the conversation.

## RELATIONSHIPS AND SEX EDUCATION (RSE)

Relationships, Sex and Health Education (RSHE) is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. The Relationships and Sex Education (RSE) curriculum is taught throughout the school in every year group through PSHE lessons and curriculum collapse sessions. The curriculum is monitored and reviewed regularly.

Please view the letter on the first page of this document for information on what your child will be covering within this unit.



# PSHE LESSONS THIS HALF TERM:

Year 7	<b>Health and Wellbeing: Puberty and Body Development</b> Introduction to puberty Puberty (boys) Puberty (girls) Growing up Assertiveness, consent and hormones Self-esteem
Year 8	<b>Health and Wellbeing: Physical Health and Mental Wellbeing</b> What is mental health? Positive body image Child abuse Types of bullying Healthy eating and cholesterol Stress management
Year 9	<b>Health and Wellbeing: Body Confidence</b> Our sexual bodies Bullying in all its forms Dealing with grief and loss Media and airbrushing How self-esteem changes
Year 10 <i>(through Curriculum Collapse)</i>	<b>Health and Wellbeing: Mental Health and Wellbeing</b> Screen time Promoting mental wellbeing
Year 11 <i>(through Curriculum Collapse)</i>	<b>Relationship and Sex Education: Sexual Health</b> Alcohol, Parties and Bad Choices Importance of Sexual Health

## CONTACT US!

If you have a concern or worry about a student please contact the safeguarding team [safeguarding@sdcc.net](mailto:safeguarding@sdcc.net)

Talk 2 us is available for students to raise any concerns or worries. [talk2us@sdcc.net](mailto:talk2us@sdcc.net)

Mr Kelly Designated Safeguarding Lead