



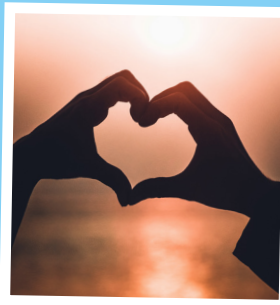
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# PSHE AND SAFEGUARDING

## NEWSLETTER

ISSUE 2

## RELATIONSHIPS AND SEX EDUCATION



Young people today are growing up in an increasingly complex world and living their lives seamlessly online and offline.

This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives positively.

The PSHE focus of this half term is Relationships and Sex Education (RSE). Our Relationships and Sex Education curriculum is planned with an understanding of the contextual challenges and risks facing our students. We recognise the vital importance of educating our students about respect for both themselves and others and this theme of respect runs throughout our curriculum across a range of issues. We devote additional curriculum time to issues as diverse as consent, sexual harassment and sexual violence; challenges facing different communities and staying safe.

The curriculum teaches young people to understand and respect themselves and others. It does not encourage early sexual experimentation. It enables young people to be mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective Relationships and Sex Education also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

### Did you know...

Late couple Herbert and Zelmyra Fisher broke the Guinness world record for the longest marriage in history back in February 2011. They had been married for 86 years and 290 days at that time!

## APP SPOTLIGHT

### SNAPCHAT



Snapchat is a popular social media messaging app that allows you to send and receive pictures and videos (called Snaps) to users. It was initially a private photo-sharing app. However, Snapchat features now include short videos, video chat, messaging, photo storage, generative AI and more.

Each Snap shared with your followers is temporary and is available for 24 hours unless you delete it or set a different limit. You can also add different filters, lenses, emojis and text to your Snap. Additionally, you can create a group chat to talk with friends or message individual friends.

#### Minimum age: 13 years old

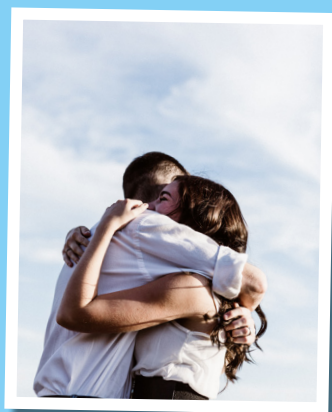
Similar to other social media platforms, common risks on Snapchat include:

- contact from potentially harmful strangers
- seeing inappropriate content
- endless scrolling (or 'doom scrolling')
- bullying, harassment or hate from both friends and strangers
- disappearing messages, which can make it hard to collect evidence in cases of bullying or similar behaviours.

Snapchat has its own Community Guidelines to help users stay safe. Inappropriate content, bullying and more are not allowed on the platform. However, if your child does see something upsetting, they should report it in-app.

[Please click here for Parent Tips from Internet Matters](#)

## RELATIONSHIPS AND SEX EDUCATION TOP TIPS



### Start conversations/discussions early and often

Being open to discussing relationships and sex early in your teen's life will help them feel more comfortable talking to you and asking questions when they're older. Having regular conversations also sends the message that these topics are important enough to talk about regularly and are a normal part of life.

### Listen without interrupting

Listening to your teen is key in helping them become comfortable with talking and opening up to you. Encourage them to talk by asking lots of questions.

### It's okay to feel embarrassed or awkward

Everyone's comfort level is different when it comes to discussing relationships and sex. Try not to let embarrassment or awkwardness discourage you or your teen from having these conversations. It is likely that your teen will be very grateful to you for taking the initiative to talk about it and let them ask questions – so long as you don't make it about them!

### Try to be positive without judgement

You want your child to be able to talk to you about anything so it's important that you do not invalidate them, their feelings and their experiences but approach the conversation ready to listen.

### Don't make assumptions

Don't assume that just because your teen has asked you a question about relationships or sex, that they're actually in one or actively participating. Plenty of teens may ask questions about these topics because they are curious or they've come across something online or through a friend.

### It's okay not to have all the answers

It's okay to tell your teen that you don't know the answer to something. Either tell them that you'll get back to them after you've done a bit of research or use it as an opportunity to do the research together.

[Click here to view the 'The Parent's Guide's' top tips on how to talk to your teen about relationships and sex.](#)

## PSHE LESSONS SDCC: SPRING HALF TERM 1

Year 7	<b>Relationships and Sex Education: Friends, Respect and Relationships</b> Consent and boundaries Respect and relationships What makes a good friend? Being positive
Year 8	<b>Relationships and Sex Education: Identity, Relationships and Sex Education</b> Introduction to relationships Being you and self love Healthy relationships What is love?
Year 9	<b>Relationships and Sex Education: Sex, The Law and Consent</b> Sexual consent Female Genital Mutilation (FGM) and the law Relationships and partners Careers: Options
Year 10 (through Curriculum Collapse)	<b>Careers: Work Experience</b>
Year 11 (through Curriculum Collapse)	<b>Staying Safe Online and Offline: Staying Safe</b> Festivals and Nitrous Oxide Substance Addiction
Year 12 and 13	<b>The Law</b> What is the law? How can the law support me in different situations?

## CONTACT US!

Have concerns or worries? Contact: [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