

# PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday March 7th 2024)

## PSHE (including RSE) regular update

Personal, Social, and Health Education (PSHE) is a non-statutory but important and necessary part of all pupils' education (Department for Education, 2020). I hope that you find the regular updates on what we have covered in our PSHE sessions for Year 7-13 useful and that you engage with the content and discuss this with your child and family.

For further information about what is being taught this term please visit our [school website](#).

If you have any questions about any aspect of PSHE please contact your child's Head of Year.

### Year 7

Year 7 have continued their RSE unit of work with a lesson on respectful relationships. In this lesson, students will explore what consent means, both legally and ethically, and why it is so important. They will be able to describe how to recognise when a person is consenting and when they are not. They will be able to explain how consent is sought, given and not given in a healthy relationship and describe or demonstrate what to say and do to seek the consent of another person

Key messages:

- to identify the characteristics of respectful relationships
- to define what consent means, both legally and ethically

### Pastoral support

We have a range of support services available in school to help your child should they need some extra support

These include a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors. Please contact your child's Head of Year directly should you have any concerns.

### Year 8

Year 8 have continued their RSE unit of work with a lesson on sexuality. Students will learn about the term LGBTQ+ and different sexualities. Students will be able to explain that people can be attracted to others of the opposite or same sex, both or neither and that it is important not to make assumptions about someone's sexual orientation. Students will also learn about the Equalities Act and the different protected characteristics. Students will learn how to deal with discrimination and how to become an ally.

Key messages:

- To understand the term LGBTQ+ and how different people may identify
- To understand the Equalities Act and different protected characteristics
- To learn how to become an ally and deal with discrimination

### School workshops

Last term, we ran two workshops online to support parents with dealing with a range of mental health concerns

If you were unable to make those workshops you can find recordings [here](#): Nonsuch High School for Girls - Portals ([nonsuchschool.org](https://nonsuchschool.org)) (under the 'Parent' tab)

## Year 10

This week Year 10 have begun their RSE unit of work. The students will cover a range of topics including contraception, sexual harassment, domestic abuse, allyship, abortion and pregnancy and managing healthy relationships. Students will take part in a carousel covering a different topic each week. We have two external speakers during this unit of work. Brook will be delivering a workshop on contraception and the Limes College will be delivering a workshop on domestic abuse.

Key messages:

- Describe what contraception is and how it works and how contraception can reduce the risk of unplanned pregnancies and the transmission of STIs
- Recognise different methods of contraception and develop skills in assessing what may impact people's choices
- To understand what constitutes sexual harassment and how to seek help
- To understand Allyship and how to have constructive and supportive conversations
- To understand and recognise domestic abuse and how to seek help
- To understand reasons why someone might wish to have an abortion and what the law is on this matter

## Years 12 and 13

This week has seen Y12 have been looking at independence and citizenship with a lesson on Politics (led by Y13 students). The Y13s led a session exploring the engagement of young people in politics and political systems of voting. Y13 have been looking at Healthy Eating on a Budget – students are taught practical skills for balancing a budget and the importance of a healthy, varied diet. Students will learn how to take responsibility for their independence once they leave home.

## Year 9

This week Year 9 have continued their RSE unit of work by taking part in a carousel. Below explains what is involved in each lesson that they will take part in over the next four weeks.

1. STIs: Students learn about Sexually transmitted infections in a safe a secure environment of the classroom.
2. Contraception: A lesson on the different forms of contraception in a safe and controlled environment
3. Consent: To learn about what consent means, both legally and ethically, and what it looks like in practice. To describe or demonstrate what to say and do to seek the consent of another person.
4. Pornography: This lesson concerns the social aspects of pornography such as the law, effect on relationships and false expectations. All resources come from the PSHE Association and no graphic images are shown.

## Year 11

Year 11 have continued their RSE unit of work by looking at sexual exploitation. Child sexual exploitation is defined as: 'Child sexual exploitation is a form of child sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity (a) in exchange for something the victim needs or wants, and/or (b) for the financial advantage or increased status of the perpetrator or facilitator. The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.'

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# Year 11

## Key messages:

- To know what constitutes a healthy or unhealthy relationship.
- To understand sexual exploitation and grooming
- To be able to identify the warning signs of sexual exploitation and to be able to interpret the law

## PASTORAL SUPPORT RESOURCES

### Off The Record

TALK TO US



### Cognus

#### OFF THE RECORD ONLINE WORKSHOPS

At our online workshops we share practical tips and info about issues you might be struggling with (there is no pressure to appear on camera).

Our webinars run on Thursdays at 5pm.

- Managing Low Mood: 1st February
- Managing Anxiety: 8th February
- Improving Your Sleep: 22nd February
- Dealing with Worries: 29th February

You can sign up online via the [Off The Record website](#) then click on the What's On tab.

Alternatively speak to Ms Hicks in the pastoral office who can help you sign up.



[COGNUS](#) provide a variety of courses to support parenting (COSP).



### South West London and St George's Mental Health Trust

The South West London and St George's Mental Health Education Wellbeing Service is offering evening and lunchtime parent webinars across the year to help support your teen's wellbeing and mental health. Click [here](#) to see what they offer and to sign up.

They also have a very helpful [YouTube channel](#) that has a number of videos on a number of different topics surround young people's mental health.

The NHS-in-School Education Wellbeing Service is offering a Webinar for parents and carers on teens use of screen time, social media and gaming. You can sign up for one of the sessions by using [this link](#).