Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'

"Parents are the first educators of their children. It is their right and responsibility to inform and educate their children in matter relating to human growth and development". Our mission at St John Henry Newman Catholic School is to educate our students in the wholeness of mind, body and spirit through the teachings of Jesus Christ. We aim to work with parents, carers and the wider Catholic community to provide students with a comprehensive education that prepares them for life. HRSE is an important part of this.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. None of the topics this half term are deemed to fall under the category of 'sex education'. However, if you have any concerns or would simply like to discuss the HRSE provision with a member of staff, please contact Miss Lowrey, Deputy Headteacher: emilylowrey@newman.cumbria.sch.uk.

Year	Topic outline for this half term	How can you support your child with this?
7	Topic: Healthy Relationships • What makes a good friendship? • How to deal with toxic friendships • What makes a good romantic relationship? • Why are committed, stable relationships important? • Different types of families • Roles and responsibilities within a family Topic: Online safety • Digital footprints • Staying safe online • Online grooming and harmful content	• Discuss some of the key questions shown here with your child. You could ask them about their friendships and discuss whether they are healthy or toxic and what they can do about it. • In terms of families and stable relationships, it is not our aim to judge and we aim to teach pupils to value all kinds of families. You could discuss this with your child and ask them what they have learned about the importance of families. • Discuss roles and responsibilities within the family and how they can be fulfilled • Open and honest communication about these issues • Have an awareness of your child's activities online • Monitor your child's use of the internet and address any issues • Look at news articles together and discuss how you decide what to trust
8	Topic: Online Safety – Sexting • Defining sexting and grooming • How does grooming happen and how can you protect yourself? • Impact of sexting Topic: Prejudice and Discrimination • Defining prejudice and discrimination • Multicultural and multifaith Britain • Immigration to Britain • Empire Windrush • Racism in Britain	• Open and honest communication about these issues • Have an awareness of your child's activities online • Monitor your child's use of the internet and address any issues • Look at news articles together and discuss how you decide what to trust • Encourage your child to engage with the news in a critical way – working out what is fake news or sensationalist media. • Discussing the benefits of multiculturalism and the serious reasons why people may choose to immigrate to Britain.

		• Discuss racism that your child might see or experience. Don't dismiss it. • Challenge ideas such as "they're stealing our jobs/benefits" and encourage your child to be compassionate and understanding. Or simply ask your child what they have learned this week.
9	Topic: Risks within close relationships This is a challenging unit with some difficult and emotional concepts but it is a requirement that we teach these issues. We aim to do so in a compassionate and understanding way. • Child abuse • What is consent? • Domestic abuse • Why is female genital mutilation (FGM) illegal? • 'Honour' based violence • Self-harm and the signs of suicidal ideation	You could introduce these topics to your child before we study them in order to prepare them mentally. You could also talk to them after the lesson to clearly up any questions or to reassure them. Support your child in understanding concepts like consent and how important that is in relationships.
10	Topic: Stalking and Harassment • Definitions of stalking and harassment • The law surrounding stalking and harassment • The physical and psychological impacts • Street harassment • Sexual harassment • That stalking and harassment are not just things that happen to celebrities	• Discuss some of these key issues with your child • Encourage open and honest communication • Be aware of what your child is doing online • Please alert school if any of these areas may be a particular concern for your child
11	Topic: Pregnancy • Challenges surrounding teenage pregnancy • When is the right time to have a baby? • Arguments for and against abortion • Reasons why people choose adoption or fostering • Fertility issues Topic: Mental and Physical Health • Mental health and exams • Stress and anxiety • Sleep	• Discuss some of these key issues with your child. • If you feel comfortable, discuss your own experiences with pregnancy (your own or a partner's or a relative's) • Provide a safe atmosphere for open and honest conversation. • Please alert school if any of these areas may be difficult for your child to discuss in lessons. • Encourage your child to spend a reasonable amount of time away from the screen and away from school work. • Go for a walk with your child. • Ensure your child has a healthy amount of sleep. • Cook dinner together and discuss a healthy diet. • Talk to your child about how they are feeling. • Spend quality family time together – a board game, a film, exercise, meditation.

Where can you or your child get additional support with issues covered this term?

- Our Safeguarding Lead, Mrs Mooney

- Pupils can access support in schools through their tutors, Head of Year, or any member of our pastoral team
- Kooth – a counselling service accessible through the school website
- Your GP for issues surrounding health
- Your local parish priest
- Call the police immediately if you believe you are dealing with issues where a crime may have been committed.
- www.lifecharity.org.uk
- www.anxietyuk.org.uk
- www.bacp.co.uk or 01455 883316 – the British Association for Counselling and Psychotherapy
- www.careforthefamily.org.uk
- www.cedar.uk.net – Catholics Experiencing Domestic Abuse
- www.centreformentalhealth.org.uk
- www.childline.org.uk or 0800 1111
- http://www.depressionalliance.org
- www.nationaldomesticviolencehelpline.org.uk or 0808 200 0247
- www.getconnected.org.uk – free confidential help for young people under 25 years old
- www.harmless.org.uk – support for those who self-harm
- www.marriagecare.org.uk
- www.mensadviceline.org.uk
- www.mind.org.uk
- www.nspcc.org.uk
- www.parentlineplus.org.uk or 0808 800 2222
- www.samaritans.org or 116 123
- www.supportline.org.uk
- www.victimsupport.org.uk or 0845 30 30 900
- www.womensaid.org.uk
- www.youngminds.org.uk
- http://www.catholicfamily.org.uk/diocesan-work/familias
- http://www.papyrus-uk.org
- http://www.rapecrisis.org.uk/
- http://www.shelter.org.uk
- https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html