



Personal Development: A Guide for Parents/Carers

In the news: how do I speak to my child about war?

War is an incredibly difficult topic of conversation for children and adults alike. There is an unrelenting amount of information available to young people via. Social media can often be graphic and distressing

Content they see online can also be polarising – dividing groups of people into either ‘good’ or ‘bad’, often using offensive or discriminatory language.

If your child has a phone and access to social media, please do speak to them about anything they may have seen online.

Unicef has a helpful guide for parents and carers about how to approach the topic with your child which you can view by [clicking here](#).

Attached to this email is a guide from National Online Safety about how to support your child if they have seen distressing content online.

If you or your family are affected by current conflicts, please inform your child’s tutor so they are able to further support your child in school.

Click on the links below to access further support:

Young Minds: general support with children’s mental health

Kooth: an online mental health support charity for young people

Childline: general support with children’s mental health

NottAlone: a mental health support service for young people covering Nottingham City and Nottinghamshire

Year 10: Autumn Term 2

Unit 2: Healthy Minds

Irrespective of statutory requirements, teaching about mental health and emotional wellbeing as part of a comprehensive PSHE education curriculum is vital. It promotes pupils’ wellbeing through an understanding of their own and others’ emotions and the development of healthy coping strategies. It also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges. Finally, talking openly about mental health issues is an effective means of breaking down any associated stigma.

This unit covers:

- Dealing with new challenges
- Building up our self-esteem
- Recognising mental ill health and when to get help. Students read about the experiences of public figures such as Prince Harry and Ariana Grande and their struggles with their mental health.
- Promoting emotional well-being
- The portrayal of mental health in the media and how this may lead to stigma, stereotypes, and misinformation
- To coincide with Movember, we focus on men’s mental health and the barriers some men face when talking about their mental health

Discussion points/questions for home:

- How is your child coping with the transition to KS4? Is there anything they need support with?
- What does your child think of when they hear the phrase ‘mental health’? Begin to unpick some of these ideas with them.
- What mental health conditions has your child heard about? What do they know about them? You could use the links provided to learn more along with your child.
- If your child was struggling with their mental health, what would they do? Who would they speak to?
- Is your child aware of the well-being drop in services in school? Please see the poster attached to this email.