



Personal Development: A Guide for Parents/Carers

In the news: vaping

Extract from [BBC News article](#)

- The government has said it will introduce a new tax on vaping products. It has already announced plans to ban disposable vapes, to help cut the number of children vaping.
- Nearly 8% of 11-17 year olds vape, according to figures from an online survey of 2,000 children by health charity ASH (Action on Smoking and Health). That's up from 4% in 2020.
- It said 20% have tried vaping, with cheap, brightly-coloured disposable vapes driving up the increase from 14% three years ago.
- Older teenagers are more likely to have tried vaping or be current vapers.
- Vaping is now twice as common as smoking among children.

What is our school policy?

- Our full drugs policy can be found by [clicking here](#).
- Our behaviour for learning policy can be found by [clicking here](#).

What support does the school provide?

- Students can seek confidential advice from the school nurse who visits every Thursday between 12:40-2pm at the back of the canteen.
- Students can approach a trusted adult in school who will be able to refer to Change, Grow, Live (CGL) which is a dedicated service in Nottingham supporting young people with issues around addiction including nicotine addiction (vaping).

I'm worried my child is vaping, what can I do?

It is important to keep talking to your child about vaping and the risks to young people. If you are concerned, there is a lot of support from places such as Talk to Frank and the NHS website contains useful advice.



As this is the first year we have published parent/carer guides for PD, we would like to hear your feedback. Please use this link to share your thoughts: <https://forms.office.com/e/uq6vNnZtTr>

Year 8: Summer Term 1

Unit 5: Identity and Relationships

Throughout this unit, students will build upon their learning from the previous unit focused on diversity. During this unit, students will learn about:

- different forms of discrimination
- gender and sexuality
- building healthy friendships
- building healthy and age-appropriate romantic relationships
- different forms of commitment
- consent and sexting

In lessons, students are encouraged to think critically and reflect on their own values and life experiences whilst exploring topics such as these. Students are encouraged to show empathy for others by reading case studies and discussing example scenarios. Teachers will also provide an anonymous question box for students to use at the end of each lesson so they are able to ask any questions they may be embarrassed to ask in front of others!

Discussion points/questions for home:

- What would your child do if they witnessed discrimination?
- Can your child give any positive examples of friendships? What qualities do they admire in these friendships?
- Can your child give any positive examples of romantic relationships? What qualities do they admire in these friendships? What does your child consider to be appropriate behaviours at their age?
- What do you currently have in place to safeguard your child online? Are you aware of the privacy settings on any apps/social media platforms?

Click on the links below to access further support:

[The Proud Trust](#): support for LGBTQ+ youth and their caregivers

[Report It](#): reporting hate crime

Our [e-safety section on the school website](#) contains detailed information about various platforms/sites and how you can best safeguard your child.