



30 April 2025

Dear Parents/Guardians,

IV Group PSHE Drop Down Morning, Tuesday 6 May

I am writing to you with further information about our planned drop down morning, which covers some of the Relationships and Sex Education elements of PSHE.

The learning will cover the following topics:

Healthy Relationships

- Myths, assumptions, misconceptions and social norms about sex and relationships
- Consent

We are pleased to welcome back a visiting speaker from [It Happens](#), leaders in PSHE education, who will be delivering a session on **Developing Digital Relationships**, including:

- Digital lives & human relationships
- Are you true to yourself online?
- Influencers/deepfakes/manipulation & algorithms
- Pornography & neurological reward systems
- What is the script for a healthy sexual relationship?
- Intervening & reporting if you are worried

The morning has been carefully planned using the PSHE Association Framework and adapted to ensure it is age appropriate for our school. We do not use fear or shock tactics with the students, the aim of the day is to empower young people to make safe and informed decisions. Early education about relationships and sex is key to help our students feel secure to make confident and healthy choices.

You may like to discuss this topic with your child both before and after the day. Please do look at the resources available on The Wellbeing Hub to help with discussions at home, particularly in the Resources section about Friendships and Relationships. You can find a link to set up your account with The Wellbeing Hub [HERE](#).

I am very happy to discuss any concerns you may have about the day. Please do contact me if your child may need additional support with the topics.

We very much hope that this will be an informative and interesting morning for the students. Lessons 4 and 5 will follow the usual timetable.

With best wishes,

Lizzie Hedderson
Assistant Head, Pupil Development and Wellbeing

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