



BRITISH VALUES

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Encourage Respect and Tolerance at Home

- How: talk openly about different cultures, religions and lifestyles. If your child expresses a strong opinion, explore it together critically and respectfully.
- Why: this supports the value of mutual respect and tolerance of those with different faiths and beliefs.

2. Model and Encourage Democratic Values

- How: let your child have a say in some family decisions, like planning a weekend activity or setting rules around screen time.
- Why: this teaches the importance of democracy and having a voice in decision-making.

3. Teach the Importance of Responsibility

- How: give your child age-appropriate responsibilities, such as chores, budgeting pocket money or helping siblings.
- Why: this supports the value of individual liberty and understanding the balance between freedom and responsibility.

4. Address Bullying and Discrimination Proactively

- How: talk about what to do if they or others are bullied or discriminated against. Reassure them that they can come to you or a trusted adult.
- Why: this reinforces respect for others and helps children understand how to stand up against prejudice and injustice.



Citizenship

PERSONAL DEVELOPMENT

Our Citizenship units are based around statutory guidance and there is a national curriculum for Key Stage 3 and 4. We will help young people to become active citizens with an understanding of the society we live in and prepare them for their future.

There are a number of main threads, such as how our country is led and governed; personal finances; active citizenship; rights and responsibilities and the law; police and courts.

Key Features in Citizenship

- **Rights:** Things people are legally allowed to have or do.
- Example: It is a human right to have free education. Employment rights are mostly a result of trade unions.

- Responsibilities: Duties people are expected to carry out.
- Example: Citizens are expected to obey the law of the country they are in. Students follow the school rules.

- Laws: Rules made by Parliament that everyone must follow.
- Example: It's a law to wear a seatbelt in a car.

- Democracy: A system where people vote to choose leaders or make decisions.
- Example: General Elections in the UK let people choose the Member of Parliament (MP) that represents them.

- Parliament: The group that makes laws for the UK. It is made up of the House of Commons, House of Lords and the monarchy.
- Example: MPs debate and vote on new laws in the House of Commons.

- Government: The people who run the country (this can be split into national and local levels in the UK).
- Example: The Prime Minister leads the national government, councils run local services.

- Monarchy: A royal family with a king or queen as head of state..
- Example: King Charles III carries out ceremonial duties and plays role in holding Government to account.

- Ballots: During elections we vote using a ballot. This is a system to allow confidential voting.
- Example: Voters put an 'X' on a ballot paper.

- Budgets: A plan for how money will be spent
- Example: The government sets a budget for schools and hospitals.

- Why is it important?
- Citizenship is important because it helps people understand their rights and responsibilities in society. It encourages active participation in democracy, promoting fairness, respect and community involvement.



Citizenship

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Talk About Current Events Together

- How: Watch the news or read age-appropriate articles with your child and discuss what's happening.
- Why: This builds awareness of political, social, and global issues — a key part of active citizenship.

2. Encourage Community Involvement

- How: Support your child in volunteering, joining leadership roles in school or helping at local events.
- Why: It helps them feel connected, responsible, and empowered to contribute to their community.

3. Model Good Citizenship at Home

- How: Demonstrate respect, fairness, and responsibility in everyday actions — from voting to recycling.
- Why: Children learn citizenship through example, not just education.

4. Discuss Rights and Responsibilities

- How: Talk about personal freedoms and why rules, laws and responsibilities matter in society.
- Why: Understanding both rights and duties helps children become informed and responsible citizens.

5. Celebrate Diversity and Equality

- How: Expose your child to different cultures, faiths and viewpoints through conversations, events or media.
- Why: This promotes inclusion, equality, and respect — essential for a healthy democratic society.



BRITISH VALUES

PERSONAL DEVELOPMENT

British Values refer to a set of principles considered important in promoting a cohesive and tolerant society in the United Kingdom. These values are widely promoted in schools, public services and communities, especially to support inclusion, democracy and respect among diverse populations.

In schools, **British Values** are embedded across the curriculum and daily school life to help students become responsible, respectful and active members of society. Schools play a key role in promoting these values to ensure pupils understand the importance of tolerance, the rule of law and individual freedom.

CORE BRITISH VALUES

DEMOCRACY

Respect for the democratic process, including how people can influence decision-making through voting and active participation in society.

In our school, this may include student voice activities such as school councils, voting on class decisions and encouraging open discussion.

THE RULE OF LAW

Understanding that laws apply to everyone and are essential for keeping people safe and maintaining order.

Our school teaches the values and reasons behind rules and laws, the responsibilities involved and the consequences when they are broken.

INDIVIDUAL LIBERTY

Promoting freedom of choice, speech, beliefs, and lifestyle, within legal boundaries.

Our pupils are encouraged to make independent choices, understand their rights and take responsibility for their actions in a supportive environment.

MUTUAL RESPECT

Understanding that everyone deserves to be treated with dignity and consideration, regardless of background or belief.

Respect is modelled throughout our school, and students are taught the importance of listening, empathy and positive relationships.

TOLERANCE OF DIFFERENT FAITHS AND BELIEFS

Accepting and respecting people who hold different religious or cultural views.

Our pupils are provided opportunities to learn about different cultures and religions, encouraging pupils to challenge stereotypes and prejudice.



Finance

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Talk about money at home

- Try to have open chats about money. Share stories about how you spend, save, or even make mistakes with money. It helps your child feel more confident talking about it too.

2. Help them make a budget

- Show your child how to plan what to do with their money – for example, pocket money or wages from a weekend job. Help them split it into spending, saving and giving.

3. Show why saving matters

- If your child wants something expensive, like a phone, help them save up for it over time. You could set up a savings account together and check it each month.

4. Teach safe banking online

- Explain how to use bank cards and apps safely. Talk about how to spot scams, avoid fake websites and keep passwords safe.

5. Talk about credit and loans

- Help your child understand that borrowing money means paying it back – often with extra charges. Talk about student loans, credit cards and what happens if you can't pay money back on time.



Finance

PERSONAL DEVELOPMENT

Good financial understanding allows a person to make informed decisions that are right for that individual and their circumstances. Everyone's financial situation is different; we aim to ensure pupils have the knowledge and understanding to make sound decisions regarding their money and investments, identify and evaluate risks, and understand how to balance income and spending to reduce financial stress and unnecessary burdens.

Key Ideas

BUDGETING

Being able to balance income and outgoings, considering what are committed outgoings and what is discretionary spending.

Example: Gas, electric and water bills are committed spending whereas going on holiday is discretionary.

BANK ACCOUNTS

The difference between current accounts and savings accounts, selecting the right one for you and understanding bank statements.

Example: I know what to look for in an account if I am aiming to maximise by savings.

GAMBLING

Understanding what gambling is, being able to evaluate and assess the risks posed by different forms of gambling.

Example: Investing in stocks and shares is a risk, does the potential gain of investing in a company outweigh the potential loss?

CREDIT AND DEBIT CARDS

How the different cards impact when money is taken from your account, the advantages and disadvantages of both.

Example: A credit cards gives more protection when buying online compared to a debit card.

CONSUMER RIGHTS

Know how the rights you have when buying in store are different from the rights you have shopping online.

Example: Knowing when I have a right to a refund, a repair or a replacement.

BUDGETING AND SAVING

Savings are a back up plan, saving up for a specific thing, like a holiday, is money built up intended to be spent.

Example: I have savings I can use in an emergency, for example to pay my bills if I were to not be able to work for a while.

MONEY MULES

People used by criminals to launder money.

Example: A money mule launders money for criminals. By being a money mule, a person is breaking the law.

GOOD DEBT AND BAD DEBT

Good debt is taking on debt and getting something of value for it at the end. Bad debt is taking on a debit with nothing gained at the end.

Example: A mortgage is a good debt, once it's paid, the house belongs to you.

STUDENT FINANCE

An example outline of the costs of going to university and typical student loans.

Example: I have to be able to pay my rent and bills each month. I have to pay for my course materials. How can I balance my new responsibilities with family and social life?



Fire Safety

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Test Smoke Alarms Every Week

- Make sure you have working smoke alarms on every floor of your home. Press the button once a week to check they work.

2. Ensure Your Child Is Aware Of The Risks

- Ensure children know the dangers of matches and lighters. Be aware of where your children are and what they are doing on key dates throughout the year. Explain the consequences for starting fires.

3. Don't Leave Cooking Unattended

- Stay in the kitchen when cooking, especially when using oil or high heat. Turn off the cooker if you leave the room.

4. Plan and Practise an Escape Route

- Know how to leave your home safely in a fire. Practise the escape plan with your family, including children.

5. Switch Off at Night

- Before bed, turn off electrical items like TVs and chargers. Close doors to slow the spread of fire if one starts.



Fire Safety

PERSONAL DEVELOPMENT

Fire safety is crucial as it empowers people to understand fire hazards, prevent fires and respond safely in emergencies. This knowledge is essential for protecting lives, minimising property damage and fostering a culture of safety.

Key Ideas

Fire Triangle

A fire triangle has three parts: heat, fuel and oxygen. All three must be present for a fire to happen.

We can stop a fire by removing one of them.

Stop, Drop, Roll

If your clothing catches fire you must stop and stand still, do not run around in panic. Drop to the floor. Roll around, the flames will be quashed.

Escape Route

It is a good idea to have an escape plan in place just in case there is a fire in your home.

Everyone in your family should know the escape plan and what to do in the event of a fire.

Candle Safety

Use fire resistant holders – always place candles and tea lights in a suitable candle holder. Place on a flat and stable surface and ensure the surface it is heat resistant. Keep away from fabric, such as curtains, furniture and anything else that could catch fire.

Electrical Safety

Unplug electrical appliances when not in use. Register your appliances so you will be notified of any safety repairs/recalls. Maintain tumble dryers and washing machines clean and clear excess fluff regularly. Keep all appliances clean, safe and in working order.

Smoke Alarms

Fit a smoke alarm on every floor of your home. Position smoke alarms on the ceiling – the hall or landing are good locations. Regularly check smoke alarms, make it part of your household routine

Cooking Safety

Stand by your pan – take off the heat, turn off the hob/grill if you have to leave the kitchen. Keep it clean – remove burnt food and fat from your cooker, hob, grill pan, toaster and microwave. Ensure pan handles don't stick out and aren't over the heat.

Emergency Help

Fire services respond to fires and other emergencies 24 hours per day; 365 days a year. Firefighting crews respond to a wide range of incidents: Fires, Road Traffic Collisions, Water Rescue, Rescue from Height, Hazardous Materials and Environmental protection.



Healthy Lifestyle

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Eat More Fruit and Veg

- Try to eat at least 5 portions of fruit and vegetables each day. Fresh, frozen, tinned, or dried all count. Add a banana to breakfast or have carrot sticks as a snack.

2. Drink Water Instead of Fizzy Drinks

- Swap sugary drinks for water, milk or no-added-sugar squash. Drinking water helps you stay hydrated and is better for your teeth.

3. Watch Your Portions

- It's easy to eat too much without noticing. Try using a smaller plate and stop eating when you feel full. Don't feel you have to finish everything on your plate.

4. Cook More at Home

- Home-cooked meals are often healthier and cheaper than takeaway or ready meals. You can control how much salt, sugar and fat you use in preparing your meal.

5. Don't Skip Breakfast

- Breakfast gives you energy for the day. Choose something healthy like wholegrain cereal, porridge, or wholemeal toast with eggs or fruit.



Healthy Lifestyle

PERSONAL DEVELOPMENT

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight. People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Key Ideas

The Eatwell Guide

This shows that to have a healthy, balanced diet, people should try to:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)



Starchy Foods

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods. Choose wholegrain or wholemeal varieties of starchy foods; such as brown rice, whole wheat pasta, and brown, wholemeal or higher fibre alternatives.

Eat less saturated fat, sugar and salt

Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Eating too much salt can raise your blood pressure, which increases your risk of getting heart disease or having a stroke.

Why is it important?

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. This can lead to heart disease, type 2 diabetes and strokes. If you eat and drink too little, you'll lose weight.

It's recommended that men have around 2,500 calories a day. Women should have around 2,000 calories a day.

Most adults in the UK are eating more calories than they need and should eat fewer calories. Further Information and Resources:

www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/

www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/



Mental Health

PERSONAL DEVELOPMENT

Key Features of Mental Health for Secondary Students

What is Mental Health?

The curriculum begins by defining mental health, helping students understand that mental health is just as important as physical health. It covers the continuum of mental wellbeing, from feeling good and functioning well to experiencing challenges like anxiety, depression, or stress.

Factors Affecting Mental Health: pupils learn about various factors that impact mental health, including biological, social and environmental influences. This may cover issues like trauma, family dynamics, bullying, academic pressure and more.

Stigma and Mental Health: emphasis is placed on challenging the stigma associated with mental health issues and encouraging open, supportive conversations. Pupils are taught that it's okay to not be okay and that asking for help is a sign of strength, not weakness.

Relationships and Mental Health

Peer Support: Understanding the role of supportive friendships and relationships in mental health is key. Pupils learn how to be there for friends, recognise when someone might be struggling and how to offer help.

Managing Conflict: The curriculum may include strategies for resolving conflicts in healthy ways, as bullying, peer pressure and relationship issues can contribute to mental health difficulties.

Family Relationships: Pupils explore how family dynamics can affect mental health and how to communicate better with family members

Key Aims of Mental Health Education in PSHE

Awareness: raise awareness about mental health issues and reduce stigma.

Empowerment: equip pupils with tools to manage their mental health and well-being.

Support: provide knowledge on where and how to access help.

Resilience: help pupils build emotional resilience and coping strategies.

Seeking Support and Help

Where to Find Help: pupils are informed about where they can turn to for help, such as school counsellors, trusted adults, mental health professionals and helplines.

Support Networks: the curriculum may encourage pupils to develop their own networks of support, including friends, family, teachers, and community resources.

Further Information and Resources:

<https://www.mind.org.uk/>

<https://www.studentminds.org.uk/>

<https://www.youngminds.org.uk/>



Mental Health

PERSONAL DEVELOPMENT

Mental health education is an increasingly important aspect of the Personal, Social, Health, and Economic Education (PSHE) curriculum in secondary schools. The focus is on promoting emotional well-being, resilience, and understanding of mental health conditions in a safe, supportive environment. Here's an overview of how mental health is integrated into our secondary school PSHE curriculum and how parents/carers can support.

Five key tips to help parents/carers support the mental health of their secondary school child

Keep Communication Open

- How: make time to talk regularly and listen without judgement.
- Why: feeling heard helps teenagers feel valued and reduces stress.

Watch for Changes in Mood or Behaviour

- How: notice signs like withdrawal, anger, changes in sleep or eating.
- Why: these can signal mental health struggles needing support.

Promote Healthy Routines

- How: encourage regular sleep, balanced meals and daily physical activity.
- Why: good routines support emotional wellbeing and reduce anxiety.

Teach Coping Skills

- How: talk about ways to manage stress, like breathing exercises or journaling.
- Why: coping strategies help teens feel more in control.

Know When to Get Help

- How: speak to your child's school or GP if you're concerned.
- Why: early support from professionals can make a big difference.



Protected Characteristics

PERSONAL DEVELOPMENT

We are committed to fostering an inclusive, respectful and supportive environment for all pupils. Understanding the concept of protected characteristics is essential for ensuring everyone feels valued and safe. Below is a brief overview of the protected characteristics, as outlined by the Equality Act 2010, along with useful links for further information.

Key Ideas

DISABILITY

Protects individuals with physical or mental impairments that affect their daily lives or learning.

Example: A pupil needing special equipment or support to participate in lessons.

AGE

Protects individuals of all ages from being treated unfairly based on their age.

Example: A pupil being treated differently because of their age in class or school activities.

MARRIAGE AND CIVIL PARTNERSHIP

Protects individuals who are married or in a civil partnership.

Example: Treating pupils or staff equally regardless of their marital status.

GENDER REASSIGNMENT

Protects individuals who are undergoing or have undergone gender transition.

Example: A pupil who has transitioned and should be supported and treated with respect by peers.

PREGNANCY AND MATERNITY

Protects individuals from discrimination due to pregnancy, childbirth or maternity leave.

Example: A pupil or staff member is being treated unfairly because of pregnancy.

RACE

Protects individuals from discrimination due to their race, colour, nationality or ethnic /national origins

Example: Ensuring pupils from different cultural backgrounds are treated fairly and equally.

RELIGION OR BELIEF

Protects individuals from discrimination based on their religion or belief system.

Example: Supporting pupils in observing religious practices during school hours (e.g., prayer times)

SEXUAL ORIENTATION

Protects individuals from discrimination based on their sexual orientation (whether they are straight, gay, lesbian or bisexual).

Example: Respecting all pupils' relationships and sexual orientation.

SEX

Protects individuals from discrimination based on their sex (male or female).

Example: Ensuring equal opportunities for all pupils regardless of gender or sex.



Protected Characteristics

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. The law protects people from unfair treatment. These are the 9 protected characteristics:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation

Tip: Talk to your child about these. Help them understand that everyone should be treated fairly.

2. Be a good role model

- Your child learns from you. Be kind and respectful to everyone, no matter their background.

Tip: Don't allow rude jokes or unfair comments at home.

3. Support the school's equality work

- Schools should make sure everyone feels safe and included. Read the school's equality and anti-bullying policies.

Tip: Encourage your child to speak up if they see or experience unfair treatment.

4. Talk openly at home

- Let your child know they can talk to you about anything – including feelings about gender, religion, or being treated unfairly.

Tip: Listen without judging and show support.

5. Speak up against discrimination

- If you see unfair treatment at school or events, don't ignore it. Speak to the school in a calm and respectful way.

Tip: Teach your child to be kind and to stand up for others.



Rail Safety

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Talk About Train Dangers

- Trains are fast and quiet.
- They can't stop quickly.
- Make sure your child knows the risks around tracks and stations.

2. Use Crossings Properly

- Tell your child to always use level crossings and never cross the tracks, even if it looks clear.

3. Stay Behind the Line

- At stations, they should stand behind the yellow line and keep away from the edge until the train stops.

4. No Messing Around

- Remind them that tracks and stations are not places to play or take risks for videos or dares.

5. Be Careful with Phones and Headphones

- Distractions can be dangerous. Encourage your child to stay alert and look both ways when near trains.

Why is it important?

Fortunately accidents are rare for most passengers and rail staff, but the hazards are greatly increased when citizens don't behave safely near lines and trains. In accidents, there can be a high risk of fatalities and legal implications. The laws are still evolving to keep up with the latest technology, such as drones.



Rail Safety

PERSONAL DEVELOPMENT

Understanding risks, safety precautions and rules is an important part of PSHE. Many of our students use the rail networks to commute to school and we all have a responsibility to use these public services in a way which minimises risk to ourselves and others. Appreciating the role of passengers and staff is important, as is understanding emerging issues such as changes in technology and drones.

Key Ideas

Level Crossings

A place where a road or path crosses the rail line.

Always stop, look and listen before crossing; never rush through barriers.

Trespassing

Going onto the railway without permission.

It's illegal and very dangerous to walk along tracks or enter railway areas when unauthorised.

Overhead lines

Extremely high voltage electric wires above the track.

Stay away. EVEN WITHOUT TOUCHING electricity at this voltage can jump and cause fatal injury.

Drone Rules

UK Law bans flying drones near railway tracks or stations without permission.

You must NOT fly a drone within 50 metres of a train station.

Train Speed

Trains can travel at 125 miles per hour. They often cannot stop quickly or easily.

Never try to beat a train at a crossing, they are moving quicker than they appear to the naked eye.

Platform Safety

Rules designed to keep us safe when waiting for or departing trains. Wait for passengers to exit before entering a train.

Always stand behind the yellow lines, do not throw items or litter on the track and never run or push.

Rail Crime Consequences

Illegal behaviour can lead to arrest and injury.

Throwing things at trains, damaging railway property, or trespassing such as climbing on trains or signal towers etc. Some of these actions can be fatal.

Emergency Help

Help staff and points are available for rail emergencies.

Use the emergency button at the station if someone is in danger.

Further Information and Resources:

[Network Rail - Student Safety](#) [Office of Rail and Road Safety](#)

[National Rail - Safety](#) [RSSB- Rail Safety and Standards Board](#)



Road Safety

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Set a Good Example

- Your child watches what you do. Always cross at safe places, follow the rules, and don't use your phone near roads. They will copy your actions.

2. Talk About Road Dangers

- Speak with your child about how to stay safe. Explain how dangerous it can be to use a phone, wear headphones, or take risks near traffic.

3. Be Seen to Stay Safe

- Remind your child to wear bright or reflective clothes, especially when it's dark or foggy. If they ride a bike, they should use lights and reflectors.

4. Plan a Safe Journey

- Help your child choose the safest route to school. Look for safe crossings, quiet roads and well lit paths. Walk it with them if needed.

5. Watch Out for Distractions

- Teens often look at their phones or wear headphones. This can be very dangerous near roads. Remind them to stay alert and pay attention to traffic.



Road Safety

PERSONAL DEVELOPMENT

As your child becomes more independent; walking to school, cycling with friends, or using public transport, it's important to ensure they understand how to stay safe near and on the roads.

Key Safety Recommendations

Cycling Safely

Encourage your child to:
Wear a helmet every time they cycle.
Use front and rear bike lights when cycling in the dark.
Wear reflective clothing or accessories.
Understand and obey road signs and traffic rules.
Avoid distractions (e.g. mobile phones, music while riding).

Useful Links:
Cycling Safety Tips - Sustrans
Bikeability Training - GOV.UK

In Case of an Emergency

Teach your child how to:

Call 999 if there's an accident.
Clearly explain what happened and where they are

Passenger Safety
Even as a passenger, road safety matters.

Always wear a seatbelt – front or back.
Get in and out of the car on the pavement side if possible.
Don't distract the driver with sudden noises or behaviour.

Working Together

Talking regularly about road safety and modelling good behaviour (e.g., not using your phone while crossing) helps children build habits for life.

If you'd like to run a bike safety session, invite a road safety officer, or have questions, please contact the school office.

E-scooters: Know the Law

Private e-scooters are currently illegal on public roads, pavements, and cycle paths.
Only government-approved rental e-scooters in pilot areas are legal, and riders must:
Be over 18
Hold a valid provisional or full driving licence

Useful Link:

Electric scooter rules - GOV.UK

Travel to and from School

Help your child plan a safe route to school.
Talk about bus stops, safe crossing points, and quiet roads.
Encourage walking in pairs or groups when possible.

Useful Link:
Travel Safe to School Toolkit - Brake

Here are 4 useful UK-based road safety websites with resources for both students and parents:

Think! Road Safety (UK Government)
<https://www.think.gov.uk/education-resources/>
(Resources and games for all ages about road safety, including pupils and parents.)

Brake – The Road Safety Charity
<https://www.brake.org.uk/>
(Advice, campaigns, and learning materials for families and schools.)

Road Safety GB
<https://roadsafetygb.org.uk/>
(Information and tips for all road users, including young people and parents.)

Bikeability
<https://bikeability.org.uk/>



Staying Safe Online

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Keep the conversation open

Talk regularly about school, friends and online life; listen without judging.

2. Set clear, fair boundaries

Agree on rules for screen time, social media and curfews; explain why they matter.

3. Stay involved in their online world

Know the apps and games they use, encourage privacy settings and remind them to protect personal info.

4. Watch for changes in behaviour

Mood swings, secrecy, or falling grades can signal stress, bullying, or other issues, offer support early.

5. Encourage balance and independence

Promote offline hobbies, exercise, and healthy routines while letting them make age-appropriate choices.



Staying Safe Online

PERSONAL DEVELOPMENT

Staying safe online is important for secondary school pupils and their parents to protect against risks like cyberbullying, scams and unwanted contact from strangers. It helps keep personal information private and prevents mistakes that could harm your reputation or future opportunities. When parents and pupils work together to understand online dangers it encourages responsible behaviour, builds trust and creates a safer online environment, where young people can learn, communicate and have fun confidently.

Current Online Concerns

Artificial Intelligence (AI): AI is a potentially very useful tool that will support the use of technology in the future but it can be misused.

For example:

Deepfakes: A deepfake is a picture, video or recording that is made to look like somebody said or did something they didn't actually do. It can copy someone's face, voice or movements.

To protect against deepfakes: pause before you believe it, check where it has come from and never share a video if you are not sure.

Phishing: when someone online pretends to be trustworthy so they can trick you into giving them information or access to your device. It can happen through emails, text messages, DMs on social media or computer games

To protect against phishing: don't click on links before checking the message is really from the person you think it is. If it sounds too good to be true, it probably is.

USEFUL RESOURCES

- Thinkuknow (CEOP) – <https://www.thinkuknow.co.uk/>
- Childnet – <https://www.childnet.com/parents-and-carers>
- Internet Matters – <https://www.internetmatters.org/>
- NSPCC Online Safety – <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

FOR PUPILS

1. Keep Personal Info Private

Don't share your full name, address, phone number or school online. Use nicknames instead of real names.

2. Think Before You Post

Anything you share can last forever. Ask yourself: "Would I want my family or teachers to see this?"

3. Be Careful with Strangers

Don't accept friend requests or messages from people you don't know. Never agree to meet someone in person without telling a trusted adult.

4. Use Strong Passwords

Use a mix of letters, numbers, and symbols. Don't share your passwords with friends.

5. Tell Someone If Something's Wrong

If you see bullying, scary messages, or anything that makes you uncomfortable, tell a parent, teacher, or trusted adult.



Water Safety

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Talk About Water Risks

- Make sure your child knows water can be dangerous – even if they are a good swimmer. Rivers, lakes and the sea can have strong currents and can lead to cold water shock.

2. Know Where They Are Going

- Ask where your child is swimming or spending time near water. Check if it's a safe and allowed area.

3. Teach Basic Safety

- Show them how to float on their back if they get into trouble and tell them never to swim alone.

4. Watch for Peer Pressure

- Children may take risks to impress friends. Remind your child it's okay to say no if something feels unsafe.

5. Learn What to Do in an Emergency

- Make sure your child knows how to call 999 and explain clearly where they are if someone is in danger.



Water Safety

PERSONAL DEVELOPMENT

Staying safe around water and the sea is crucial, especially for teenagers who enjoy swimming, surfing, or hanging out at the beach. Water is fun, but it demands respect. Make smart choices, stay aware and always look out for your friends. That way, everyone can enjoy the water and stay safe in the UK. Here are some key safety tips.

How to stay safe

General Water Safety

- Always go swimming with an adult – never go alone, even if you're a strong swimmer.
- Be honest about your abilities – don't try to impress others by pushing past your limits.
- Stay alert – avoid distractions like phones or music when near water.
- Take swimming lessons if needed – it's never too late to learn. Check with your local leisure centre or swimming pool.
- Wear a life jacket for boating or water sports - it could save your life.

Boating and Watercraft

- Wear your life jacket – even if it's not "cool", it's essential.
- Never mess around.
- Check UK marine weather forecasts – use the Met Office or local services before going out.
- Tell people your plans - tell them when and where you are going and when you will return so they can check your safety.

Sea and Beach Safety

Understanding that laws apply to everyone and are essential for keeping people safe and maintaining order.

Our school teaches the values and reasons behind rules and laws, the responsibilities involved, and the consequences when they are broken.

Marine Life Awareness

- Don't touch marine animals – some UK jellyfish can sting, and even dead ones can be harmful.
- Watch your step – weever fish and sharp shells are common in UK sands; wear water shoes.
- Don't feed wildlife – this can make them aggressive and harms the ecosystem.