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Dear Parent/Carer

Year 8 PSHCE Summer Term Update

I would like to inform you of the subjects your child will be learning in the Summer Term in their PSHCE lessons. PSHCE composes of three themes, in line with our Academy values, which are taught twice a year and are delivered under the topic names of:

1. **Respectful Relationships:** Topic 1 - Exploring Relationships; Topic 2 – Safe Relationships
2. **Taking Responsibility:** Topic 1 - British Life; Topic 2 - Future Life
3. **Building Resilience:** Topic 1 - Healthy Mind; Topic 2 - Healthy Body

In the first half term, Year 8 will be completing Safe Relationships. These lessons will include:

- What is antisocial behaviour and how it can impact on the people in the community
- The dangers of knife crime and how to stay safe
- What is consent and how this is important in all relationships
- What sexting is, the law and how to protect yourself
- The dangers of viewing online videos with sexual content (pornography) and the impact this can have on relationships.

In the second half term, Year 8 will be moving onto Healthy Body, during which students will learn about:

- First aid, including CPR and personal safety
- What is cancer
- The dangers of energy drinks
- Alcohol awareness and the dangers of binge drinking
- What are drugs, the consequences of taking drugs and the law

By sharing these subjects with you I hope you can engage with your child about these topics and support their learning. If you need any advice or information regarding their topics, please contact me by email jreynolds@looe.net

To help you support your child's learning, Looe Community Academy are excited to offer you access to their Community Online Membership. Your membership gives you access to over 100 courses which will help you as a Parent or Carer support your child with any social, emotional or mental health concerns and many teenage issues. Each course is made up of a series of bite-sized videos. You can watch them all in one go, or spread them out, whatever suits you best. For every completed course you can download a certificate to mark your progress. If you would like further help or guidance, please contact Mrs Jackman.

Why not get started now? Click on the following link to set up your password:

<https://www.creativeeducation.co.uk/add-yourself-to-your-school-or-colleges-membership/?ca=8f756ac0ec16744ac4451af6b982acf2>

Yours faithfully

J Reynolds

Jenna Reynolds
PSHCE and Careers Leader of Learning