



Biddenham

International School & Sports College

Principal: Mr David Bailey

Head of School: Ms Eleanor Grylls

October 2021

Dear Parents and Carers of Year 9 students

As part of our work to ensure our students are able to make positive and healthy choices we are participating in a trial delivering special PSHE lessons designed by clinical psychologist Dr Elly Hanson in conjunction with CEOP ([Child Online and Exploitation Protection](#)) which are for delivery specifically to students in Year 9.

The four lessons will support young people to develop healthy relationships and help prevent them from developing negative attitudes and behaviours which could lead to peer-on-peer abuse both online and off. They also tie in with our increasing focus on online safety, especially around relationships. This is in line with recommendations from Ofsted's 2021 report on Sexual Violence and Sexual Harassment Between Children in Schools and Colleges (link: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/999239/SVSH_2021.pdf)

The staff delivering the sessions have had specific training created by Dr Hanson and CEOP and delivered by our PSHE coordinator for Relationships and Sex Education.

Included in the sessions are the six principles of CEOP's Thinkuknow programme:

- Safeguarding first. The safety and wellbeing of each young person always comes first.
- Approach from the perspective of the child. Let young people start the conversation. Ensure young people have the space and safety to ask questions and consider their own thoughts and feelings on the topic.
- Promote dialogue and understanding. Young people are safest when they feel listened to and understood and know that they can ask trusted adults for help when they need it.
- Empower and enable children. Young people have the right to be protected from harm, and to be supported to build knowledge, skills and confidence which will help them identify risk and access support when they need it.
- Never frighten or scare-monger. Alarmist education can be risky and ineffective. Avoid shocking or scaring young people, their families, or other teachers.
- Challenge victim-blaming attitudes. We all have a responsibility to challenge victim-blaming whenever it arises. Programmes like this help young people understand that abuse is never the fault of those who have been harmed and builds their confidence to ask a trusted adult for help when they need it.

The sessions for Year 9 will cover the following areas:

- Understanding love - recognising what healthy relationships look like and being able to identify when behaviour in a relationship is unhealthy
- Listening, understanding and communicating - understanding the reasons why listening, understanding and communication are important in all relationships and identifying challenges to effective communication and strategies to overcome these challenges
- Principles of healthy sexual connections - understanding the core principles that should be present between two people during positive and healthy sexual experiences, understanding

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some of the factors that can make it harder for those principles to be present both in person and online

- Online pornography - understanding the harmful influences of online pornography and its negative impact on all of society, even those who do not engage with it

As part of the trial, both the students in Year 9 and the trained members of staff delivering the CEOP sessions will be asked to give feedback to CEOP.

Should you have any questions, please email me on ree-ann.vaughan@biddenham.beds.sch.uk

Yours sincerely

A handwritten signature in black ink, appearing to read 'R Vaughan', with a long horizontal flourish extending to the right.

Mrs R Vaughan
ELS Relationships Co-ordinator