

PSHE and Safeguarding

NEWSLETTER



Welcome to the PSHE and safeguarding WPT newsletter.

developing their knowledge, confidence and understanding of the world they live in.

We offer a spiral curriculum which means subject matter will be re-visited across different age ranges in order to deepen understanding and embed laws

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Emotional Well-Being at WPT

order to gain a full understanding of what we intend to deliver.
As a starting point I recommend looking at the following;

Substance Misuse

Top tips for staying safe - Cyber Bullying

Like all forms of bullying it is subjective to the recipient, we define cyberbullying as the following
"Cyberbullying is the use of digital technologies with an intent to offend, humiliate, threaten, harass

1. **Never respond** -
2. **Screenshot** -
3. **Block and report** -
of ending users to the appropriate social media platform. Or talk to us about removing it!
4. **Talk about it** - You may not feel it at the time, but cyberbullying can affect you in many different
5. **How serious is it?** -
6. **Report it** -
7. **Be private** -
connect with anybody who you do not know offline. You wouldn't talk to random people on the
putting you and those that you care about the most at risk. Learn about catfishing here.
8. **Talk to them** -

equal environment. This is a proactive and effective way to deal with online bullying.
9. **Sympathise** -
bully are going through a difficult time themselves and will often need a lot of help and support.

Respectful and Healthy Relationships Education

Topics will focus on social influences, how to form and maintain healthy relationships,

All of our staff are trained in the use of the PSHE Education materials. For more information, please contact the PSHE Education Lead.

Anti-Bullying

Books to help conversations with teenagers around puberty, body image and relationships:

101 Things Every Boy Needs To Know: Important Life Advice for Teenage Boys!
You Grow Girl! - Dr Zoe Williams

It's Totally Normal! An LGBTQIA+ Guide to Puberty, Sex, and Gender



www.wickersleypt.org