



PERSONAL DEVELOPMENT PHSE/RSE UPDATE HT2

**OUR LADY
AND ST BEDE
CATHOLIC ACADEMY**






This Half Term (HT2)


This half term, we will be covering the following topics within our HD RSE lessons.

"I HAVE COME
THAT YOU MAY
HAVE LIFE
& HAVE IT TO
THE FULL"

HD RSE Half Term 2 Topics



Year	Topic	Content
Y7	Changing Bodies + Where We Come From	Changing Bodies, Puberty, Identity, How you got here, Healthy Relationships and Marriage
Y8	Before I Was Born + Tough Relationships + Wider World	The stages of pregnancy, Tolerance, Kindness, Forgiveness, Prejudice, Discrimination, Bullying and Respect
Y9	Being Responsible	Fertility, Contraception, Marriage and Relationships, Consent, Rights and Responsibilities
Y10	Parenthood and Pregnancy	Parenting responsibilities and obligations, Abortion Methods and Legality and the Church's viewpoint
Y11	Intimacy and Control	Birth control / fertility, Pornography / sexual desire, STI's (sexual choices and consequences), rape, victim-blaming, coercive control, sexism and misogyny



All of the content above is taught through the Ten Ten resources Life to the Full programme. If you would like additional information, please refer to the Online Parental Portal using the login details on the next page, or contact the school via telephone or email.



Ten Ten Resources

As a part of the Bishop Hogarth Academy Trust, we have bought in to the Ten Ten Resources, 'Life to the Full' programme, to further enrich the learning and ensure it is taught inline with the Catholic ethos of our school. These resources are accredited by the Catholic Education Service. The Life to the Full programme has a range of themes that it covers throughout each year group.

These include:

- Religious understanding
- Me, My Body and My Health
- Emotional Wellbeing
- Life Cycles
- Personal Relationships
- Keeping Safe
- Living in the wider world

Online Parent Portal

The Online Parent Portal is a tool that provides parents with information about the 'Life to the Full' programme content that their children will be following in school. They can also access suggestions for further discussion at home linked to the sessions taught in school. The Online Parent Portal provides a summary of each lesson, links to specific content, and suggestions for further engagement at home. To access the parent portal, please use these log in credentials outlined:

Username	opp-olbeder-19
Password	rse-parent-yellow
Parent Portal	https://www.tentenresources.co.uk/parent-portal/





Personal Development Day Term 1

On Thursday 24th October, we had the first of our three Personal Development Days, and what a powerful start it was! With the theme of **Relationships**, our pupils dove into crucial topics like Online Relationships, Healthy Relationships, Teamwork & Communication, and Racial Discrimination. They also had a presentation by RESPECT Me in Hall A.

We're so proud of how maturely everyone engaged in these discussions, debates, and activities—exploring the importance of diversity, equality, and respect in today's world.



What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

[CLICK HERE](#)

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety®

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