

PSHE UPDATES

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Exam Stress Workshop Reminders

Dr Maryhan has created a free recorded webinar to help parents support their children in understanding exam stress and pressure, especially for burnout, healthy habit and attitudes & motivation techniques. The webinar gives parents practical strategies on how to support children during the exam season – especially for the coming Mocks for Y10

[Click here for the link](#)

Knife Crime Updates

Staffordshire & Stoke-on-Trent Violence Reduction Alliance have been working with the Ben Kinsella Trust to produce a local Guide for Parents and Carers on Knife Harm.

The consultation highlighted that 70% of respondents did not feel confident in starting a conversation with their child about knife crime and that guidance would help to make them feel more confident.

To support parents and carers, the local guide includes facts about knife harm, as well as practical help, guidance and where to find national and local support.

For more support, [click here](#)

Seatbelts & Safety Systems

Reports lately are stating that 26% of passengers who die on Britain's roads aren't wearing a seat belt.

- 41% of night-time road deaths involve occupants who are not wearing a seat belt.
- 10% of drivers occasionally forget to wear a seat belt.
- 97% of drivers agree that wearing a seat belt (or using a child seat) should be enforced for all drivers and passengers.

Young people & condom use

In a recent survey, it was found that, of over 2,000 young people in the UK, one third didn't use condoms the last time they had penetrative sex and one fifth NEVER use condoms during penetrative sex.

Some young people shared some of the top reasons why they don't use condoms.

1. Knowledge of where to get them from
2. Stigma & embarrassment
3. Condom problems

The C-Card is available in the academy, should students need more support – please direct them to their Head of Year.

Young people and contraception

In a recent study, we found out more young people's attitudes around wider contraception choices and found:

-61% said they were more likely to consider information online when choosing a method of contraception.

-25% expressed concerns about possible side effects from hormonal methods of contraception. -Despite there being 15 methods of contraception, young people felt their needs were ignored in contraception consultations and felt their options were limited.

If you require any further support for your child, please contact your GP.