



**Headteacher - Caroline Lowing**

Dear Parents and Carers,

At Thornden School, our Personal Development (PD) curriculum forms a core part of our safeguarding and wellbeing provision, supporting students to develop the knowledge, skills and confidence needed to stay safe, healthy and informed as they progress through secondary school.

Each half term, students explore a different theme. Following the Easter break, the Year 7 Summer 1 focus is Relationships and Sex Education (RSE), with a particular emphasis on online relationships, personal safety and recognising harmful behaviours.

### **Statutory PSHE and RSHE Content**

The content taught within this unit forms part of the statutory PSHE and Relationships, Sex and Health Education (RSHE) framework. All lessons are carefully planned in line with statutory guidance and are already aligned with the updated guidance due to come into effect from September 2026.

Learning is delivered in a structured and age-appropriate way, ensuring that students develop knowledge gradually and safely as they progress through secondary school. This unit is also an important part of the school's wider safeguarding curriculum, helping students recognise risks and know how to seek support when needed.

### **Why This Matters in Year 7**

As students move further into adolescence, they begin to experience greater independence online and in social relationships. It is increasingly important that young people understand how to recognise unsafe situations, particularly in digital spaces, and how to protect their privacy and wellbeing.

This unit helps students develop the confidence to question online interactions, recognise potentially harmful behaviour, and understand the importance of boundaries, consent and personal safety.

### **This Half-Term's Topics**

During Summer 1, Year 7 students will explore the following key areas:

- 1) **Online Relationships and Digital Safety**  
Students will explore how online interactions can sometimes present risks, including how people may misrepresent themselves online. Lessons will help students understand why it is important to protect personal information and images when communicating with others online.
- 2) **Recognising Online Grooming and Manipulation**  
Through discussion scenarios, students will learn how grooming behaviours can

develop gradually and how to identify warning signs when someone online may be attempting to build trust inappropriately.

3) Privacy, Identity and Personal Boundaries

Students will learn why personal information, images and details about their lives should be protected online, and how oversharing can affect their safety and privacy.

As part of these lessons' students will be reminded of the support available both inside and outside school if they ever feel uncomfortable or unsafe in an online interaction.

Lessons include discussion activities and scenarios to help students think critically about online behaviour and develop strategies to stay safe.

**By the end of the Summer 1 unit, Year 7 students will:**

1. Develop a stronger understanding of safe and respectful online relationships
2. Recognise potential signs of online grooming or manipulation
3. Understand why protecting personal information and images is important
4. Feel confident in seeking help if something online makes them uncomfortable
5. Know who they can speak to in school if they have worries or questions

All lessons are delivered in a supportive and respectful environment, with opportunities for students to ask questions and access reassurance where needed. Students are also regularly reminded of the wide range of support available in school, including tutors, Heads of Year, the Wellbeing Team and safeguarding staff.

Thank you for your continued support in helping students develop the knowledge and confidence to navigate relationships and online spaces safely.

Warm regards,

Adam Thomas  
Deputy Headteacher  
Thornden School