

C4L Parent Guide: How can you support you child further with conversations around consent?

All students attend a Curriculum for Life (C4L) lesson once a week, every Wednesday. One of the topics delivered to all students is focused around healthy relationships. This includes friendships, family relationships and intimate relationships, at an age appropriate level. At Trinity Academy Bradford, we believe that supporting our students to understand what consent is, what healthy relationships looks like and where to access additional support is vitally important to keeping them safe. This document is designed to offer guidance to parents and carers, to support meaningful conversations around healthy relationships and consent.

When will my child be learning about consent?		What key terms should I use when discussing consent with my child?		What questions could I discuss with my child to promote healthy conversation on consent?	
Year 8	Term 5 – How do I maintain a healthy and safe relationship? <ul style="list-style-type: none"> What are the laws surrounding consent? What is abuse? What are the basic forms of contraception? 	Consent	When someone voluntarily agrees to something without being pressured or coerced.	Q1. What is consent?	Consent is when someone voluntarily agrees to an action without being pressured or coerced. Consent can be given or withdrawn by any party at any time.
Year 9	Term 4 - How do I keep myself safe in an intimate relationship? <ul style="list-style-type: none"> What are my choices in an intimate relationship? What is consent and how do I get consent? What are STI's? How do I keep myself safe from STI's and pregnancy? 	Domestic Violence	Violent or aggressive behaviour that occurs within the home or a domestic setting.	Q2. What does a healthy relationship look like?	A healthy relationship is based on honesty, trust, respect and open communication between all parties involved. In a healthy relationship there is no imbalance of power or fear of retaliation. Any party should be free to make their own decision.
Year 10	Term 1 & 2 - How do I keep myself safe in an intimate relationship? <ul style="list-style-type: none"> What are the legal and ethical implications of consent? What is sexual harassment and abuse? What is revenge porn? What is victim blaming? 	Harassment	Illegal behaviour towards another person that can cause mental and emotional suffering. Forms of harassment can be linked to racism, gender, homophobia, transphobia or religious discrimination.	Q3. What is the age of consent?	The legal age of consent is 16, meaning the law sees anyone under the age of 16 as not being able to have the capacity to give consent. It is considered illegal if you to have sex under the age of 16, even if you 'consent'. The law is primarily there to protect you from abuse by someone older.
Year 11	Term 3 – What are my rights in a relationship? <ul style="list-style-type: none"> What is an exploitive and abusive relationship? What is child on child abuse? What is coercive control and domestic violence? 	Sexual Harassment	Sexual harassment is any for on unwanted sexual behaviour. It can be a lone occurrence or a repeated behaviour.	Q4: If you ever felt unsafe in a relationship, would could you speak too?	There are a variety of websites where someone can seek support if they feel unsafe. These include: The Survivors Trust, the NAPAC, Galop, ChildLine, and the NSPCC.
		Coercive control	An act / series of assaults, threats, intimidation or humiliation that is used to harm, punish or frighten someone.		Your GP and local Police officer can also provide support and recommend organisations to you.
		Intimate	Private or personal. Not all intimate relationships are sexual relationships.		

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This page contains information regarding how Trinity Academy Bradford supports students with their questions around intimate relationships and consent. This topic will be discussed within the academy, but we feel it will strengthen their understanding of where they can seek support if this is also discussed at home.

Where can my child seek support within the academy?

Form Tutors	All students have a tutor group with tutors who run these sessions. These sessions take place every day for 20 minutes. The role of the tutor is to monitor students' academic and personal development.
C4L Teacher	All students have at least two adults in the room during their weekly C4L lessons. If students are concerned for their safety or want to discuss their mental health, students may seek support from these adults. It may be that a topic is a concern for a student and this can be discussed with the C4L teacher.
Year Managers	Each year group has its own Year Manager and a Deputy Year Manager, these are the first point of contact for students and parents.
Phase Leaders	Our Phase System is separated into three phases. Each phase has a Phase Leader: Phase One: Year 7 & 8 – Miss Farrar Phase Two: Year 9 – Mr Brown Phase Three: Year 10 & Year 11 – Miss Ravandi
Student Well being Team	This team of Student Wellbeing Managers deal with safeguarding and child protection issues. If you have any concerns about the safety or wellbeing of your child, or another student, please contact this team.
Medical Welfare	The Medial Welfare team are there to support students with any medical need. If you have concerns regarding the medical welfare of your child, please contact this team.
Any other staff member	Your child may feel more comfortable speaking to a specific teacher. All our staff members are trained in safeguarding students and supporting with any concerns they may have.

What other websites could I recommend to my child to support themselves with healthy relationships and consent?




Trinity Academy Bradford has its very own website designed to safeguard all students. The website covers all topics taught in Curriculum for Life including healthy relationships. The website also contains links to websites that you may find beneficial to view with your child.

All students have anonymous access to this website and can log on using their academy email address and password.

www.trinity-safety.net

You may choose to log on with your child and have a look through the website together.



		
Brook are a national charity that are designed to offer education surrounding intimate relationships and how to keep safe. They also offer clinical health services and wellbeing services for young people.	The NSPCC is a children's charity that focuses on preventing abuse and helping people to recover. Their website covers what a healthy teenage relationship should look like and how to report any concerns.	This website is ran by the NHS and provides a wealth of information regarding mental health support for young people, STI's, contraception and pregnancy.

At Trinity Academy Bradford, we believe students' personal development is at the heart of everything we do. The Curriculum for Life programme will only strengthen the support we put in place to ensure your child develops into a well-rounded young person that is prepared for their future. We will be sending out further editions of these parent guides to ensure that you are aware of the topics students are learning about and to support you with conversations at home.

Mr Gadsby – Senior Curriculum for Life Lead