



# WEALD OF KENT'S PSHE GUIDE FOR PARENTS AND CARERS

**A guide to PSHE at Weald Of Kent Grammar school and tips to support your child throughout their PSHE journey for their lives now and in the future.**

## What is PSHE?

PSHE (Personal, Social, Health and Economic education) is a statutory curriculum subject in schools that includes Relationships and Sex Education (RSE). At Weald of Kent all students are taught one lesson a fortnight for PSHE.

## TALK EARLY AND TALK OFTEN

Having age-appropriate conversations that grow with your child's maturity helps them feel supported and understood. Research shows children want safe, judgment-free spaces to talk, and building a culture of open discussion at home can reduce potential challenges as they grow.



## OPEN CONVERSATIONS

Talk openly with your child about what they are learning in PSHE and discuss topics before and after the lessons. Allowing your child to talk about PSHE topics at home can be a really good way for them to explore and contextualise some of the content.



## KEEP AHEAD OF THE CURRICULUM

Take time to look into the topics your child will be covering in their PSHE lessons online so you can anticipate any tricky or awkward questions they may ask. Do not worry if you do not have all the answers – nobody is expected to know everything, from first aid to online safety. What matters most is listening, being honest and exploring these areas together to support your child's learning and confidence.



## INCREASE YOUR KNOWLEDGE

There is a lot of help and support available to help you feel confident when answering your child's questions about PSHE topics. You can build your knowledge through a variety of trusted sources, so you feel equipped to guide and support your child. Please refer to our recommendations in this guide .



# RESOURCES FOR PARENTS

IF YOU'RE LOOKING FOR ADDITIONAL MATERIALS OR SUPPORT,  
HERE ARE SOME HELPFUL RESOURCES:

## WEBSITES

- [YOUNG MINDS \(MENTAL HEALTH FOR YOUNG PEOPLE\)](#)
- [NSPCC \(SAFEGUARDING CHILDREN\)](#)
- [NSPCC PARENT GUIDE FOR TALKING ABOUT DIFFICULT TOPICS](#)
  - [INTERNET MATTERS GUIDE TO ENCOURAGE DISCUSSION](#)
  - [MENTAL HEALTH UK GUIDANCE FOR PARENTS](#)
  - [BROOK LEARN \(RELATIONSHIPS AND SEXUAL HEALTH\)](#)
- [PARENT TALK GUIDE FOR PARENTS FOR CHILDREN AGED 0-19](#)

## WORKSHOPS AND SUPPORT GROUPS:

Some organisations offer workshops for parents to help them support their child's mental and emotional health, as well as social and academic development. Please look out for updates in the Weald Weekly throughout the school year.

