

23 April 2026

Dear Parent/Carer

Welcome to your termly Personal Development Learning (PDL) letter. Each term you will receive information about what your child(ren) will be learning about in the PDL sessions.

This term, in PDL lessons Year 10 will be looking at:

- Looking at online relationships and what to be wary of so they can navigate the digital world safely and respectfully
- The family structure and family related issues fostering respect for diversity
- Misogyny and its definition in order to promote gender equality
- Exploring the risks of drugs and alcohol
- The importance of looking after mental health during a busy exam season

The PDL learning journeys for the academic year are also available to view on the [school website](#).

Please be assured that during our PDL sessions the topics are covered with an age-appropriate approach and that we have ground rules embedded as part of the session to ensure that it is seen as a safe space to ask questions, whilst ensuring the safeguarding of all.

You may find the following link(s) helpful if you wish to discuss these topic areas with your child(ren).

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

<https://www.talktofrank.com/>

Yours sincerely



Mrs Mandrill
Curriculum Leader for PDL (RSHE and Citizenship)