

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 Year 8, in PDL lessons will be looking at:

- What a protected characteristic is (a personal trait (age, disability, race, sex, sexual orientation, religion/belief, gender reassignment, marriage/civil partnership and pregnancy/maternity) legally protected from discrimination under the UK Equality Act 2010)
- Challenging abuse against protected characteristics
- What a healthy relationship looks like
- How to deal with conflict within relationships
- The concept of love
- An introduction to contraception
- A look at finance including credit, debt and work-related finance
- The tax system and the purpose and types of insurance available

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.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>

Yours sincerely



Mrs Mandrill
Curriculum Leader for PDL (RSHE and Citizenship)

Springfield School
Central Road, Drayton, Portsmouth, PO6 1QY

Headteacher Ms S F Spivey BSc, MA

Tel (023) 9237 9119

Email contact@springfield.uk.net

Web www.springfield.uk.net

Twitter [@SpfldUK](https://twitter.com/SpfldUK)