

C4L Parent Guide: How can I support my child to understand healthy relationships?

Trinity Academy Halifax believes that ensuring students understand the world around them, is equally important as students academic success. Each week our students have a Curriculum for Life lesson, where they will examine topics that fall into three strands; Healthy relationships, Health and wellbeing and Living in the Wider World. This parent guide is to support you with conversations at home, focused on students understanding the signs of a healthy relationship.

When will my child be learning about healthy relationships?		What key terms should I use when discussing healthy relationships?		What questions could I discuss with my child to support their understanding of healthy relationships?	
Year 7	Term 1: What makes a healthy friendship? What is cyber bullying? What is child-on-child abuse? What are the consequences of bullying?	Trust	Believing in the honesty and reliability of someone, which forms the foundation of any healthy relationship.	What does "respect" mean in a relationship?	Respect means treating each other kindly, listening to their thoughts and feelings, and never being mean or hurtful. Respect should exist in any type of relationship.
Year 8	Term 4: How do I maintain a healthy and safe relationship? What does a healthy partner relationship look like? What are the laws surrounding consent? What are the basic forms of contraception?	Empathy	Understanding and sharing the feelings of another person, which helps in being supportive and compassionate.	How can we establish trust in a friendship or relationship?	Trust is built by being honest, keeping promises, and showing that you can be relied upon. It's also important to trust your instincts when something doesn't feel right.
Year 9	Term 3 & 4: What is a healthy intimate relationship? What are my choices when it comes to an intimate relationship? What are the myths linking to consent? How do I protect myself from STI's and pregnancy?	Consent	A voluntary and clear agreement to do something, especially in the context of physical or emotional intimacy.	What should you do if someone makes you feel uncomfortable or pressured?	Talk to a trusted adult about it and consider setting boundaries with that person. It's important to prioritise your feelings and well-being.
Year 10	Term 1&2: How do I keep myself safe in an intimate relationship? What are the legal and ethical implications of consent? What is sexual harassment and abuse? How can pornography affect wellbeing?	Coercive Control	Continuous patterns of behaviour that are intended to exert power or control over a survivor.	What are some signs of a healthy friendship or relationship?	Signs include feeling appreciated, knowing you can rely on them, they will celebrate your successes and make you feel good about yourself.
Year 11	Term 1: What are my rights in a relationship? What are the signs of a healthy and unhealthy relationship? What is coercive control? What is harassment and stalking?	Harassment	Harassment is when someone repeatedly behaves in a way that makes you feel scared, distressed or threatened.	How can you recognise signs of an unhealthy relationship or bullying?	If someone is consistently mean, controlling, or hurting you physically or emotionally, it's not a healthy relationship. It's important to tell an adult you trust.
		Stalking	Stalking may include: regularly following someone, repeatedly going uninvited to their home, checking someone's internet use, email or other electronic communication or hanging around somewhere they know the person often visits.		

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This page contains information regarding how Trinity Academy Halifax supports students in developing healthy relationships. While students do discuss healthy relationships within the academy, we believe that strengthening their understanding and confidence in building positive connections can be further enhanced through discussions at home.

Where can my child seek support within the academy?		What other websites could I recommend to my child understand their options for further education?	
College Tutor	All students have a college group, in which they will see their college tutor every Monday, Tuesday, Thursday and Friday.	<div>Trinity Academy Halifax 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.</div> <div>https://tah.our-safety.net</div> <div></div>	
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.		
College Managers	All students are assigned to a college when they join us at Trinity Academy Halifax. Students will be in one of the following colleges: Titus, Attenborough. Hockney, Priestley, Redgrave, Stewart or Whiteley. Each college has its own College Manager and these are the first point of contact for students and parents.		
Phase Leaders	Our Phase Leader team are available to support students: Years 7 & 8 – Miss Parkinson Years 9 & 10 – Miss Gaukrodger Year 11 – Mr Bennett	The NSPCC can provide valuable support to your child in exploring more information about healthy and unhealthy relationships. They offer resources, guidance, and advice tailored to different age groups, helping children and young people understand the dynamics of relationships, recognise signs of unhealthy ones, and seek help if needed.	Childline is a confidential support service provided by the NSPCC. It offers a safe and private space for children and young people to talk about their concerns, worries, or problems. Trained counsellors are available 24/7 via phone, chat, or email to provide emotional support, guidance, and advice on a wide range of issues, including abuse and mental health.
Student Wellbeing 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.	<div>At Trinity Academy Halifax, 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.</div> <div>Miss H Tuffnell – Vice Principal Miss K Smithson - Curriculum For Life Lead</div>	
Any other staff member	Your child may feel more comfortable speaking to a specific teacher. All our staff members are trained in safeguarding pupils & supporting with any concerns they may have.		