

The Warriner School

Responsible - Respectful – Ready

A member of The Warriner Multi
Academy Trust

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Dear Parents, Carers and Guardians.

Workshop to support body image, healthy relationships, and media literacy

I am writing to advise that all students in Year 10 will participate in a 1-hour workshop on whether the 29th or 30th March to support learning about Body image. The workshop will be delivered by local charity Oxford Against Cutting website: oxfordagainstcutting.org

The workshop will include learning on the influence of harmful online content and the media on body image and relationships, equipping students with the knowledge and tools to think critically about the things they are seeing on their smart phones. Routes to support for young people affected by these issues will be given during the lesson.

Please be reassured that the charity will not be sharing any explicit imagery of harmful online content and the material will be age appropriate. The workshop will end with positive ways in which young people can look after their mental health and boost their self-esteem in the digital age.

The workshop will be facilitated by highly experienced body image facilitators. You can read about all the charity's facilitators on their 'Meet the Team' page: <https://www.oxfordagainstcutting.org/meet-the-team/>

Please do contact the school if you would like advice and guidance on answering questions at home. Oxford Against Cutting is also happy to answer questions.

We believe relationship education is essential to ensure children can grow in a safe, supportive environment to reach their full potential and appreciate your support for this programme.

Yours sincerely.

Alex Greenhalgh

Amy Maggs

Senior Assistant Headteacher

Head of Year 10

