The Weald
community school
and sixth form

23 October 2026

Dear Parent/Carer,

Y8 - RHPD Lessons

As part of our Personal Development Curriculum in Year 8, your son/daughter will be exploring issues around legal and illegal substances and substance misuse as part of health and drug education. The lessons will build upon lessons already taught and will be age appropriate. It is important that young people are able to use the correct language, keep safe and feel confident to ask questions and discuss in a mature and appropriate way.

We would rather be secure in the knowledge that our young people have learned about substance use and misuse in a safe environment, rather than learning through hearsay, gossip and be exposed to learning through harmful online influences and inappropriate websites.

These sessions will explore:

- attitude towards drug usage
- assessing, avoiding and managing risks
- knowing the law about drugs
- resisting pressures to take drugs
- finding information, help and advice
- devising problem-solving and coping strategies
- developing self-awareness and self-esteem

Our drug education aims to increase students' knowledge and understanding, and to clarify misconceptions. Furthermore, it enables students to explore their own and other people's attitudes towards substances, substance use and substance users, including challenging stereotypes and exploring media and social influences.

Research has shown that when parents/carers make time to talk to their child about drugs as part of their general health and safety these conversations can strongly influence the views of their child on alcohol, tobacco, and illegal substances and can help correct any misconceptions that they may have. Most young people would trust their parents out of a range of authority figures – including the Police and teachers. Your opinions do matter to them, even if it doesn't seem like it sometimes!

I have attached a drugs guidance leaflet for parents/carers which may be useful should you wish to talk to your children further about drugs and is freely downloadable here, or searchable in Google as *"does your child know more"*. If you have any concerns about substance misuse and young people or any further questions about help and support there are a number of information/helplines available.

Yours faithfully,

Station Road, Billingshurst, West Sussex RH14 9RY
T: 01403 787200 e: office@theweald.org.uk www.theweald.org.uk
Headteacher: Sarah Edwards

Mr N Everest
Head of Character and Culture