



Rickmansworth School is delighted to be hosting a suite of Workshops for Parents/Carers, delivered by HfL Wellbeing consultants Karin Hutchinson, Kate Stockdale and Jayne Wright in the Spring and Summer terms. Please read on for further detail and make sure to book early to avoid disappointment! All workshops take place in the School Hall.

Safe use of the internet
Monday 15 January, 2018
19.00-20.00

The internet is an inspiring and positive place that is changing the way that we live our lives, do our work and enjoy our recreation. It can be a challenge to keep up to date with your child's use of technology but it is vital that we support children and young people to use the internet responsibly and safely. This session will help parents to consider how best to support their child/ren to manage their online lives. It will cover how to reduce the risk of harmful or hurtful content and contact, and will focus on supporting positive and responsible online conduct. To book your free place, click [here](#).

Drug & Alcohol Workshop
Monday 12 March, 2018
19.00-20.00

This workshop aims to improve parent/carer confidence in having conversations with their children about issues surrounding drugs and alcohol, including health and the legal implications. It will also provide parents with an insight into signs and symptoms of drug use and its associated paraphernalia. It will include relevant information about the national and the Hertfordshire situation and signpost parents/carers to help services. To book your free place, click [here](#).

Positive approaches to emotional health and mental health
Tuesday 24 April, 2018
19.00-20.00

Growing levels of mental health problems among children and young people are a very real concern. This session explores the sources of pressure on children and identifies core strategies to build into daily life to help build and retain positive mental health in the face of life's ups and downs. Strategies will include ensuring that young people know how and when to get help. To book your free place, click [here](#).

Talking about sex and relationships
Thursday 7 June, 2018
19.00-20.00

Children and young people are curious about their bodies, puberty changes and what it means to be in love. They want to understand where they come from and what part sex plays in a relationship. They have a human right to understand their bodies, how they mature, sexual relationships, sexuality and how to practice safer sex when the time is right for them. This workshop will support parents to have the confidence to approach conversations using factually accurate language to talk about sex and relationships in an age appropriate way. To book your free place, click [here](#).