



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 – Parent feedback

Monday 15 January, 2018

“New insight”

“Great practical tips”

“Relevant content”

“Speaker was excellent”

“Up to date”

92% of parents attending rated this **Excellent** or **Very Good**

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](#).