

8th October 2025

## Empower & Challenge Workshop

Dear Parents and Carers,

As part of our PSHE curriculum, I am pleased to let you know that our Year 7 and Year 8 students will all have a one hour 'Empower and Challenge' workshop before half term. These workshops aim to help students understand their **right to feel safe in public places** by raising their awareness of public sexual harassment. They also empower young people to **know what they can do** if they witness or experience behaviour that makes them feel unsafe.

The workshops are provided by the Safety Centre charity (which many of you may know from trips to Hazard Alley in primary school) and themes will be followed up in future PSHE lessons. You might want to chat with your child at home in order to further support what they are learning.

We appreciate that some aspects of this topic may be sensitive or upsetting, and a vital part of the workshop is signposting where young people can go for support. May I also remind you of the safeguarding section of our school website, which is a simple way to report any concerns or find more information on topics such as mental health, anti-bullying and sexual abuse:  
<https://www.princesrisborough.bucks.sch.uk/Parents/Safeguarding-Children/>

Year 8 classes have the workshops this week, and Year 7 classes will have the workshops next week; please see below for a summary of content.

Yours faithfully,

Zettie Taylor  
Head of PSHE

### Year 7 workshop:-

- Define what constitutes Public Sexual Harassment
- Look at some key statistics and who is affected
- Discuss why sexual harassment might happen and consider the impact on those who experience it
- Examine relevant laws and the importance of reporting
- Explore ways we can all help to create environments where everybody feels safe, especially by 'calling out' unacceptable behaviour amongst our peers
- Signpost students to where they can access support



## Year 8 workshop:

- Discuss the behaviours that constitute sexual harassment
- Examine in more detail what sexual harassment might look like between peers
- Deconstruct the harmful attitudes and misconceptions that underpin it
- Consider the representation of women in the media
- Explore our role as individuals - holding our friends accountable and reporting inappropriate behaviour
- Discuss the importance of bodily autonomy and enthusiastic consent in relation to making physical contact / giving a kiss
- Signposting to support.

