

6 January 2026

Dear Parent/Carer

Welcome to your termly Personal Development Learning (PDL) letter. Each term you will receive information about what your child(ren) will be learning about in the PDL sessions.

This term, in PDL lessons, Year 9 will be learning about:

- Substance addiction and classification
- The dangers of smoking E-Cigs and vaping
- The effects of drinking energy drinks and caffeine
- Consumer and employment rights and responsibilities
- How to use social media safely
- Employment and consumer rights

The PDL learning journeys for the academic year are also available to view on the [school website](#).

Please be assured that during our PDL sessions the topics are covered with an age-appropriate approach and that we have ground rules embedded as part of the session to ensure that it is seen as a safe space to ask questions, whilst ensuring the safeguarding of all.

You may find the following link(s) helpful if you wish to discuss these topic areas with your child(ren).

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

<https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/young-people-and-vaping/#:~:text=Vaping%20is%20substantially%20less%20harmful%20than%20smoking%20but%20that%20does,using%20once%20you%20have%20started.>

<https://www.bda.uk.com/resource/energy-drinks-and-young-people.html>

Yours sincerely



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