



South Dartmoor Community College

Executive Head teacher | Mrs J Veal

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15 September 2023

Dear Parent/carer

During September, there are a series of **online free** support sessions being launched called 'Let's Talk Teenagers'. These sessions are an opportunity for parents/carers of teenagers and pre-teens to hear about the challenges young people are facing today, and the tools that can be used to support children and community.

These sessions are funded by the South Devon and Dartmoor Community Safety Partnership. The South Devon and Dartmoor Community Safety Partnership have been working with a wide range of partners to produce a toolkit to support parents of pre-teens (9–12-year-olds). This has been developed as a result of the resounding success of the Let's Talk Teenagers programme that has seen over 2497 engagements with parents and carers.

Due to the amazing feedback of their 'Let's Talk Teenagers' sessions last year they are really pleased to be able to offer the sessions again this year.

Tuesday 19 September 2023

- Teenage development including social and emotional changes
- Healthy and unhealthy relationships, including domestic abuse
- Body image
- Toxic masculinity

Tuesday 26 September 2023

- Community risks including county lines and gang crime
- Unhealthy relationships with a focus on child sexual exploitation and grooming
- Social media
- Safety planning

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Tuesday 3rd October 2023

- Family strengthening
- How to have challenging conversations
- Role modelling
- Emotional wellbeing and self-care

Some comments from parents who have previously attended are:

“Thank you so much for these great sessions and for all the encouragement, sometimes it's so easy to blame ourselves as parents and feel like we are not doing enough for our children and feeling supported is so important.”

“I wasn't sure what to expect, as sometimes online events can be difficult to follow and not always relevant to questions I have. This one was really punchy and interesting. I was able to impress my son with things I knew better than him and we were able to compare notes! I will recommend the new one you are doing to my friends.”

“These sessions have been so helpful. Thank you for all the information and support.”

Let's Talk Teenagers - September 2023

Tuesday, 19 September 2023 at 19:00

[Let's Talk Teenagers - September 2023 Tickets, Multiple Dates | Eventbrite](#)

Kind regards,

Tamara Dixon
Designated Safeguarding Lead

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