



MALVERN COLLEGE

Dear Parents and Guardians

I am writing to inform you that we will be running a Webinar on Friday 12 November 2021 delivered by Zoe Shuttleworth a Director of It Happens Education, a leading RSHE (Relationships, Sex and Health Education) provider. Further details will follow w/c 8th November 2021 regarding joining information for the Webinar. Full details on the topics included in the webinar are below:

Parent Webinar on the Substances element of RSHE Guidelines (specifically alcohol, tobacco & drugs)

We will focus on the new statutory guidance for teaching about drugs, alcohol and tobacco, put substance use into a social context, explore the teenage brain, look at the difference between a habit and addiction and harm reduction. The session will look at potential protective factors and where to get reliable, evidence-based information and help if needed.

- The current landscape
- Where young people get their information
- Adolescent brain
- Risk taking behaviour
- Importance of Peer bonds
- Habit forming and Addiction
- Harm reduction
- How to talk to your children about substances & where to get good information.

TIME: 18.30-19.30hrs GMT.

Presenter Information:

Zoe Shuttleworth is a Director of It Happens Education, a leading RSHE provider, which delivers sessions at Malvern College across the RSHE (Life Skills) curriculum, around relationships, bodies and puberty, consent, sexual health, drugs and alcohol and preparing students for the next chapter in their lives. Zoe is a drug and alcohol specialist and has over 15 years' experience working with people experiencing drug and alcohol issues. She has worked with people in a variety of settings, from the community to police stations, courts and prisons and she has supported individuals' recoveries in both one-to-one and group settings. As the manager of a community drug and alcohol service in Hackney, she was responsible for 600 service users, child safeguarding and a team of 20 staff. Zoe is passionate about sharing good, honest, evidence-based information with students, teachers and parents with the aim of having a long-term impact on the choices and decisions young people go on to make.

Yours sincerely
Michelle Nardone
Housemistress & Head of Life Skills