

# Ten: Ten Relationships and Sex Programme Parent Portal Details

Login: <https://www.tentenresources.co.uk/parent-portal/>  
Username: opp-jfk-01 Password: rse-parent-purple

# Year 9 PSHE

Where can I get help at school?

Your form tutor

Miss Stone

Mrs Trinder

Mrs Jevon (Pastoral Support Coordinator)

[staysafe@jfk.herts.sch.uk](mailto:staysafe@jfk.herts.sch.uk)

Any trusted adult

PSHE Contact details

Mrs Holton

[kholton@jfk.herts.sch.uk](mailto:kholton@jfk.herts.sch.uk)

Instagram @jfk.pshe

## Spring Term

### Relationships and Sex

- fertility and contraception
- consent
- healthy relationships



## Summer 1

### Physical Health

- Drugs and alcohol - law, effects



## Summer 2

### Mental Health

- coping strategies
- the importance of sleep



## Autumn 2

Whole School: Anti-Bullying Week

### Living in the wider world

First Give Project

### Useful websites

<https://barclayslifeskills.com/>

<https://natwest.mymoneysense.com/home/>

<https://www.youngminds.org.uk/>

<https://www.hertsmindnetwork.org/>

Vaping - <https://www.dsmfoundation.org.uk/>

Online safety - [www.thinkuknow.org.uk](http://www.thinkuknow.org.uk)

Whole School:  
Black History Month

## Autumn 1

### Relationships

- Healthy and unhealthy relationships
- Banter vs bullying

