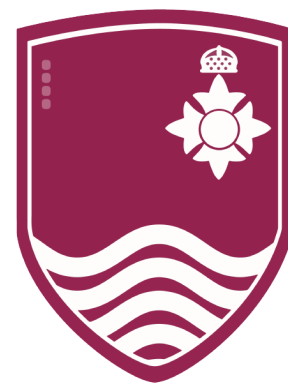


Our Ref: CS/KS/Y8 PSHE – Loudmouth ‘Safe & Sound’

Date: Wednesday 9th September 2026

Dear Parent/Carer,



**Dame Elizabeth
Cadbury School**
www.decschool.co.uk

Year 8 PSHE – Loudmouth ‘Safe & Sound’

On Tuesday 8th September 2026, as part of our Personal, Social, Health and Economic (PSHE) education programme, we welcomed Loudmouth Education & Training to Dame Elizabeth Cadbury School to deliver their ‘Safe & Sound’ programme to pupils in Year 8.

The programme supports pupils to learn about healthy and unhealthy relationships, consent, power and control, and relationship abuse in an engaging, age-appropriate and sensitive way.

Through a combination of live drama and an interactive discussion workshop, pupils followed the story of a young couple as their relationship developed. This enabled pupils to recognise the characteristics of both healthy and unhealthy relationships and explore important concepts including:

- respect, trust and healthy boundaries;
- privacy and consent;
- power and control within relationships;
- abusive and coercive behaviours;
- the pressures and risks associated with sharing intimate images; and
- how and where to seek help if they are worried about themselves or someone else.

The session forms part of our wider statutory Relationships, Sex and Health Education (RSHE) curriculum and supports pupils in developing the knowledge and confidence they need to recognise safe, respectful relationships and identify behaviours that may be harmful or abusive.

The Department for Education’s statutory RSHE guidance requires secondary pupils to learn about the characteristics of positive and healthy relationships, including trust, mutual respect, honesty, boundaries, privacy and consent. Pupils also learn about coercive and controlling behaviour, relationship and domestic abuse, sexual consent, and how consent can be communicated and withdrawn.

We recognise that these are sensitive but important topics. They are taught in an age-appropriate and safeguarding-focused way, helping our pupils to understand healthy relationships, recognise when something is not right and know how to access trusted support.



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Dame Elizabeth Cadbury School



[dameelizabethcadbury](https://www.facebook.com/dameelizabethcadbury)



enquiry@decschool.co.uk



If you have any questions about the performance, workshop or our wider PSHE/RSHE curriculum, please contact us at enquiry@decschool.co.uk

Many thanks for your continued support.

Yours sincerely



Mr C Seager
Head of School



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