



13<sup>th</sup> January 2024

Dear Parent / Carer,

**Year 9 Safeguarding Drop Down Day**  
**Wednesday 27<sup>th</sup> March 2024**

Over recent years, we have been proud to deliver our Year 9 Safeguarding 'Drop Down' Day. These events have been extremely successful in the past and have evolved to having inspiring external speakers delivering important messages around overcoming adversity, developing resilience and learning from mistakes. This year will be equally inspiring for our students.

With so many external pressures influencing our young people, it is hard for them to sometimes understand what is the correct choice or way to behave. Online interactions, community pressures and peer influences all impact on young people's mental health, wellbeing and understanding of how to keep themselves safe.

Friendships and relationships can be difficult for young people to navigate. There has been lots in the media regarding sexual violence and online sexual harassment. All these inevitably raise lots of questions and young people may not know the answers to lots of these, or may be looking in the wrong places, or may not even know where to begin.

As a result of all this, we feel it's important to educate our young people so that they are able to make informed choices regarding their safety in the community, online and in relationships. We appreciate that some of the subjects being covered may be uncomfortable and sensitive, but we can't shy away from the fact that our young people are experiencing so many different things, that may be very different to our own upbringing and experiences of being young.

All Year 9 students will be off timetable for the day and our Student First Team are excited to be bringing a whole day of activities and workshops to our Year 9 students in what will be a fun and informative day! Please find below the overview of the day.

Yours faithfully,

**The Buckingham School Student First Team**  
[studentfirst@buckinghamschool.org](mailto:studentfirst@buckinghamschool.org)

## Year 9 Drop down – Objectives of the day

Each session is 40 minutes long and every group will go round each workshop on a rotational basis

### Breaking Boundaries - Tyler Clark

The day will begin with the whole of Year 9 attending a talk by Tyler Clark.

Tyler will talk about her journey from rock bottom to great success. Tyler was sent to prison and consumed by obesity, drugs and mental health. She is now a business owner, author, BBC Contributor and semi-professional athlete. Change is possible!

Tyler will speak to Year 9 about: How to take back control of your life, regain control of yourself and your emotions and create the greatest version of yourself. Build an unstoppable mindset and get rid of any limiting beliefs, she incorporates:

- Tyler's journey, from suicidal to Alpha Female.
- An evaluation of how she transformed her life for the better.
- How to overcome fear, anxiety, self-doubt and mental health.
- Several motivational and inspirational techniques to create a never quit attitude and learn to believe in yourself + abilities. (The Champion Mindset)

Tyler says "The past doesn't need to define you, in fact learn to become grateful for the tough times, they develop strength and spirit. Anything can be achieved once you find that fire to be something better, commit to positive change. Do not give up!"

We expect Tyler's talk to have a great impact on all of our students and staff!

### Mixing Fluids - Mrs Wallace and Mr Wise

This workshop is looking at the effects of safe sex and will be demonstrating to the students how easily sexually transmitted infections can be passed between people. With the clever use of iodine and dyes, Mr Wise and Mrs Wallace will demonstrate the impact of having no sex, having protected sex, and having unprotected sex has when making important decisions.

### Amy Winehouse Foundation

***In Amy's memory, we work to inspire children and young people to build their self-esteem and resilience, so they can flourish.***

*Our work is inspired by Amy's spirit, her love of children and the challenges that she faced in her own life.*

In this workshop, they will help the students feel supported and informed, so that they are better able to manage their emotional wellbeing and make informed choices around things that can affect their lives.

### **Dwayne Nathan Jack**

Dwayne is an inspirational speaker who has overcome his own life adversities. Dwayne's mission is to help and support young people and vulnerable adults using trauma informed methodology.

*From growing up on a council estate, single parent family, being homeless, addicted to Class A drugs at the age of 13 and spending 17 years in and out of prison, being chopped, stabbed and shot, nearly losing his life on several occasions.*

Dwayne has worked with a wide range of people from all walks of life and he has the ability to inspire and engage students to help them see the best in themselves and make positive choices

### **Mindset and Resilience - Carl Moreton, from My Future Self Matters**

In this workshop, Carl will work with the students to look at crucial early intervention that strengthens young people's mindsets, increases their resilience and equips them to handle the pressures of day to day life. Carl will help the students to develop skills to live happy, healthy lives and to reach their full potential.

### **Sexual Health - Katherine Priem – Brooke Advisory Service**

In this workshop, Katherine will be discussing all aspects of sexual health and wellbeing, including contraceptives.