



1 November 2021

Dear Parents and Carers

During this academic year we will be running the Risk-Avert programme in school. The programme aims to educate, inform and reduce risk-taking amongst young people and support young people who may be experiencing difficulties with their emotional health and well-being.

The programme has been developed by The Training Effect, a consultancy service provider to councils across the UK.

The project is focused on early intervention and prevention. We do not expect many young people to be engaging in these behaviours at this age; however, the project is about supporting young people to make positive choices as they get older.

The programme will work with year 8 students from this academic year.

All students currently in year 8 will be asked to complete a short survey this week. The survey will ask them about their experience of a range of issues including internet safety, friendships, emotional health and any risk taking experience they may have been exposed to socially, including alcohol or smoking.

A percentage of young people surveyed will be offered the chance to take part in either a 6-session programme to educate them about risk-taking and offer support to help them make positive choices as they get older, or a programme focused on emotional health and well-being.

If you are not happy for your child to take part in this survey, please inform the year 8 office by 5 November 2021.

Further details for The Training Effect can be found at [www.thetrainingeffect.co.uk](http://www.thetrainingeffect.co.uk) and further details on Risk-Avert can be found at [www.risk-avert.org](http://www.risk-avert.org)

Yours sincerely

Mrs G Wilson  
**SEAL Co-Ordinator**

*Be The Best You Can Be*