Parent and Guardian Information

What is Peach Wellness Academy (PWA)?

pwa is an innovative online digital health and wellbeing education platform developed by doctors, psychologists and other health and wellbeing experts. The content is designed specifically for the learning needs of young people aged 11-18 covering a wide range of health and wellbeing topics that affect the developing teenager and young adult.

Why should my teen use this digital Platform?

- It is a resource you or your school can use to boost health literacy.
- It was developed to help teens understand key aspects of their physical, mental, emotional and social health.
- It provides expert, evidence-based knowledge through engaging, fun, easy to follow videos, interactive learning and group discussion.

What will my teen have access to?

- Your teen will have their own login to access the programme content using a randomly generated username.
- This provides access to a moderated, age-based community space designed for safe peer group discussion about PWA topics.

Will parents have access?

- Parents or guardians do not have direct access to the platform with school subscription, but can sign up individually to access to the programme content and parent/guardian community space.
- Your teen can show you the platform content through their login or you might like to go through modules together.

Are there any personal data considerations?

- Teen accounts only require an email address and month/year of birth to place them in the correct community group and manage their account as they move through year groups.
- PWA uses this data only to provide platform access and manage user accounts. PWA will not share personal data with third parties unless required by law.

What do I need to do now?

- Visit the Peach Wellness Academy website for more information on what we offer in the Platform and to meet our experts.
- Review the programme module map in appendix 1 (below) which outlines the subjects and topics covered in the Platform content. You may also like to review our website Frequently Asked Questions.
- If your teen is accessing the Platform through School Premium Membership, you should inform the school if you wish your teen to be excluded from any of the highlighted modules. Otherwise, the school will assume full access is supported by you. PWA recommends full access in the first instance wherever possible.

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Appendix 1 – PWA Programme module map

Conversations with your body	Conversations with your self	Conversations with the world
The Interesting Parts Genital Anatomy (AMAB) Testes (and testicular cancer) External Genitalia Anatomy (AFAB) Internal Genitals (AFAB) The Menstrual cycle Menstrual products Menstrual problems (when things go wrong)	**Understanding Your Mental Health** What is lifestyle? What is mental health? Mental health - nature or nurture? The language of mental health Understanding your brain How values and beliefs shape who we are Making sense of emotions When the alarm goes off - how stress affects our brain How stress affects the way we think, feel and behave Neurodiversity - what is it? Social media and social comparison	**Substances & Addictions** - COMING SOON Introduction Substance use Substance misuse Addiction Effects on the body and mind Understanding Alcohol and its immediate effects Longterm effects of Alcohol Legal highs Inhalants and Volatiles Opiates Substances and blurred lines Smoking, vaping and shisha Vaping in depth Seeking support

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Bugs, germs and your body – COMING SOON Microorganisms Infections Antibiotics Vaccination	**Enhancing your mental health** The Science of happiness The basics - sleep, food and movement Achieving a sense of balance Creating a safe space Tackling negative thoughts Working out others Transitions Social media - staying balanced	**Digital health – COMING SOON** Cyber Talk The language of the internet Digital technology tools Cyber awareness - The Good Cyber awareness - The Bad How you behave online How to detect harmful online behaviour Social media risks Gaming, gambling and buying online Disconnecting and reconnecting
Skin, hair and looks – COMING SOON Skin as an organ Acne Rashes Hygiene UV light (and skin cancer) Aesthetics Hair and nail health	**Mental Health - Putting it all together – COMING SOON** Your personal wellbeing plan	**Relationships** Introduction Balance and imbalance Balance and being a carer or parent Healthy relationships Power and Positions of Authority

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Oral Health – COMING SOON Dental Hygiene Teeth and oral problems	**When mental health gets unhealthy – COMING SOON** Stress vs Anxiety Mood problems Eating disorders Self-harm Suicide Prevention	**Abuse & Violence - COMING SOON** A&V - types A&V - consequences A&V - patterns Power and Control Safety Consent and sexual violence
Sleep What happens when you sleep Sleep for young minds	**The Inner Peach Project** Introduction Breathing techniques Grounding Yoga Intention Setting Self-care Affirmations and Manifestation Journalling Music	**Critical Appraisal Skills – COMING SOON** What is critical appraisal? Clinical Trials Statistics and Bias Making truly informed choices

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Sexual Health Sex and consent STIs Contraception – In General Contraception – The Specifics		**Using public services – COMING SOON** First aid Different services for different situations Doctor consultations - what to expect
Nutrition The building blocks of nutrition Balance Factors that affect what and how we eat Food trends on Social media		**Managing Money** Bank Accounts Budgeting Income Savings and investments Borrowing Credit Scores

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Movement and Exercise – COMING SOON The Science of Movement Fitness Exercise types Exercise terms (sayings) Powders, pills and potions Body types Balanced exercise Wearable tech Ergonomics and posture		

Module Name

A red box outline indicates that the module can be excluded from access by your teen, if required, when either you create an account for your teen (Individual Premium Membership) or when your school allocates student accounts (School Premium Membership).

This is achieved through the Manage tab on parent/guardian accounts or by informing the school in line with their requirements before school account allocation takes place.

Please note that exclusion from module access can be reversed by you (parent/guardian accounts) or the school (school managed accounts) at any stage.

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