

Dear Headteacher,

## **Introducing Dignify Workshops – Equipping Students and Their Parents to Thrive in Healthy Relationships**

As children prepare to transition to secondary schools and gain access to technology such as smartphones, the risk of unhealthy relationships, both online and in person, increases.

Dignify's [research](#) involving 7,748 students, as featured on *Good Morning Britain*, revealed the average age children first view porn is 12 years old, with a third of these first viewing porn at Primary School age. This is often leading to harmful sexual behaviours, as highlighted in our [Sky News feature](#) on 2<sup>nd</sup> January 2026. The [latest RSE guidance](#) has highlighted the need for such topics to be addressed at an earlier age.

One YMCA's Dignify Project exists to help Primary schools meet this challenge head-on. Our experience shows that early intervention along with a whole-community approach is critical, and we have designed [age-appropriate workshops](#) for those in Years 5 and 6 along with their families.

### **What do our workshops involve?**

- Informative introduction for parents/carers, helping them to be digitally aware and confident in supporting their children
- Engaging Family Workshops where parents and their children in Years 5 and 6 can co-create a family approach to digital activity.

### **Why Partner with One YMCA's Dignify Project?**

- Gain insight from our national research into student's experience of sexual harassment and online harms, and how to address this
- Involve parents to increase the impact of your online safety curriculum, and in line with the latest RSE and OFSTED guidance
- Grow student engagement through our highly experienced team who can tackle questions that staff may find trickier to answer
- We have been trusted by over 30 local schools, with [incredibly positive feedback](#) from parents, teachers, and students.
- Discounted price of £300 for combined parent and family workshops

Email [education@dignify.org](mailto:education@dignify.org) to explore how our workshops could support your students to thrive in healthy relationships.

Best regards,



**Chris Moffat**

Dignify Programme Manager

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Here for young people  
Here for communities  
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

## YMCA

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HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE