NICHOLAS CHAMBERLAINE SCHOOL

15 October 2026

Dear NCS families,

**Re: Loudmouth 'Safe and Sound' Theatre in Education Programme for Year 8**

As part of our commitment to safeguarding and our Relationships and Sex Education (RSE) curriculum, we are pleased to inform you that Year 8 students have today participated in **'Safe and Sound'**, a renowned Theatre in Education programme delivered by **Loudmouth Education and Training**.

**What is the 'Safe and Sound' Programme?**

Loudmouth is a highly respected organisation that delivers age-appropriate safeguarding and violence prevention programmes in schools. The **Safe and Sound** programme specifically focuses on issues surrounding **teenage relationships, domestic abuse, healthy relationships, consent, and identifying dynamics of power and control**.

The session consists of three main elements:

1. **A Drama Performance:** A realistic, age-appropriate drama that illustrates how a relationship can gradually change and showcase subtle signs of unhealthy behavior, power, and control.
2. **Character Q&A:** An interactive discussion with the characters to explore motives, feelings, and consequences.
3. **Interactive Workshop:** A guided discussion facilitated by safeguarding-trained professionals to help students identify warning signs, understand healthy boundaries, and learn where to seek help.

The production was delivered in a safe, trauma-informed, and supportive environment. It is designed to equip young people with the awareness and confidence to build safe relationships and recognise when support is needed.

**Where to Find More Information & Support**

We encourage parents and carers to engage in open conversations with their children about these important topics. Below are useful websites and support agencies related to this production:

- **Loudmouth Education and Training Website:**
  To learn more about the organisation and the *Safe and Sound* programme, please visit www.loudmouth.co.uk.

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GRIFFIN SCHOOLS TRUST
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Executive Head: M Scott
Head of School: N Minty

- **Support Agencies and Resources for Healthy Relationships & Domestic Abuse:**
  - **Childline:** Free, confidential helpline and online advice for young people available 24/7.
    - *Website:* www.childline.org.uk | *Phone:* 0800 1111
  - **NSPCC:** Support and advice for parents, carers, and adults worried about a child.
    - *Website:* www.nspcc.org.uk | *Phone:* 0808 800 5000
  - **Refuge / National Domestic Abuse Helpline:** Free, 24-hour support line for domestic abuse.
    - *Website:* www.nationaldahelpline.org.uk | *Phone:* 0808 2000 247
  - **Disrespect NoBody:** A government initiative providing advice on healthy relationships, consent, and relationship abuse for teens.
    - *Website:* www.disrespectnobody.co.uk
  - **The Mix:** Support and advice for under-25s on relationships, mental health, and safety.
    - *Website:* www.themix.org.uk

If you have any questions regarding the session, please feel free to contact your child's tutor or Ms Morgan, Head of Year 8 at a.morgan@nicholaschamberlaine.co.uk

Thank you for your continued support in helping us keep our students safe, informed, and confident.

Kind regards

Mr M Smith
Assistant Head - Senior Designated Safeguarding Lead