



## COVERED IN THIS MONTH'S EDITION:

### Meeting Recordings

Upcoming Dates for your Diaries

What's Out There; Social Media, TV & News

PSHE conference - BOOK NOW

Update from National Partners

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- CEOP update
- Online Safety Resources
- First Aid
- Bullying v Banter
- Knife Crime
- SEND resources
- Pride Month Toolkit
- NPSCC - SEND Resource Hub
- Exploitation
- Harmful Sexual Behaviour
- Bullying in Schools Report
- Health & Wellbeing and Low Income
- Pornography and Child Sexual Abuse
- Consultation - Healthy Eating
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Update from Local Partners

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- Space
- Local Newsletters/Updates
- Neurodiversity Consultation
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- Summer Safety
- Reading and PSHE
- Free Period Products
- Ask for Angela Campaign
- Sleeping Positions for Babies
- Vaccination Clinics in Summer Holidays

Resources

- Awareness Calendar 24-25
- Road Safety
- New & PSHE pack - Sexual Choices
- Childhood Cancer Awareness Month 1-30 Sept
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- UK Savings Week 9-15 Sept
- World Suicide Prevention Day 10 Sept
- National Schools Breakfast Week 9-13 Sept
- Sexual Health Week 9-15 Sept
- World Sepsis Day 13 Sept
- World First Aid Day 14 Sept
- International Day of Peace 21 Sept
- Bi Visibility Day 23 Sept
- World Contraception Day 26 Sept

Training Opportunities

## MEETING RECORDINGS:

We have our own YouTube channel and all our recordings from our events can now be found on our website from last academic year.

[PSHE Leads Meetings](#)

[Role of the PSHE Lead](#)

[Bitesize Practice Development](#)

[Webinars](#)

[Jobs and Careers](#)

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 11th July 2024 4-5pm - Planning a PSHE Curriculum

Bitesize Practice Development Sessions:

- 9th July 2024 4-5pm Supporting Boys and Young Men (Men at Work CIC)
- 13th November 2024 10am - 4pm - Pan-Staffordshire PSHE Conference

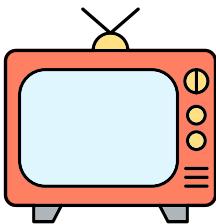
An MS Teams invite will then be sent to you

Please let us know what our priorities should be for the 2024-2025 Autumn Term

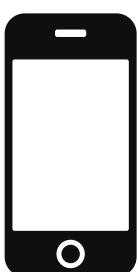
# WHAT'S OUT THERE...

Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them.

We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- Inside Out 2 opened in the cinemas and soared to the top of the Box Office. The film brings audiences back to Riley and her emotions as she turns 13. Themes of friendship, puberty, mental health are all explored through this film. We'd recommend going to see it as there are lots of opportunities to tie it into your PSHE curriculum.
- Eastenders have announced a spiking storyline for Anna Knight (episode to be aired 16th July). The storyline will also be featured in a five-part mini-series that will air on the show's TikTok, Instagram and Facebook channels, giving a unique inside to the topic, presenting the incident from Anna's perspective and the perspectives of her friends. The [Staffordshire & Stoke-on-Trent Violence Reduction Alliance](#) has information about training that is being delivered to those working in the night-time economy
- The work of [Concrete](#) a charity working across Staffordshire and Stoke-on-Trent featured on [BBC News](#) exploring the support available to LGBT+ homeless people
- [Newcastle-under-Lyme Council](#) has brought in new licensing rules to limit the number of late-night takeaways in and around the town centre.
- [Channel 4 made secret recordings](#) that showed a canvasser working to get Reform UK leader Nigel Farage elected as the MP for Clacton using a racial slur to refer to the prime minister.
- On [LBC's smaller parties' election hustings](#) the leader of the Heritage Party David Kurten spoke about Sex Education and his belief that children should not be placed for adoption with homosexual couples.
- The University Hospital of North Midlands NHS Trust has reintroduced masks in their hospitals after they had 108 inpatients with COVID last week. This is a timely reminder to utilise our [Hygiene & PSHE pack](#) and ensure children and young people are aware of hand hygiene.
- Labour has won the 2024 General Election, they made a slew of gains across Staffordshire and Stoke-on-Trent.
- [Newsbeat](#) explores the role of virtual camera operators within esports.
- "I'm looking for a man in finance..." if you can finish the sentence you've likely heard the [TikTok earworm](#) by Megan Boni about the concept of the ideal man.
- Dr Disrespect has been axed by his gaming company, [reports the BBC](#), four years after being banned by Twitch.
- [Dustborn](#), a comic-book-inspired videogame that takes place in a dystopian USA is drawing attention because of its diverse cast





**PSHE Education**  
STOKE-ON-TRENT & STAFFORDSHIRE

# Conference

SUBJECT  
SPECIALIST  
GUEST  
SPEAKERS

NETWORKING  
OPPORTUNITIES  
AND PROVIDER  
MARKETPLACE

BEST PRACTICE  
WORKSHOPS AND  
TABLE TOP  
ACTIVITIES

WEDNESDAY 13TH NOVEMBER  
10AM-4PM



BOOK NOW



SCAN THE QR CODE  
TO BOOK YOUR  
SPACE

STAFFORDSHIRE COUNTY SHOWGROUND  
WESTON ROAD, STAFFORD ST18 0BD

£35 TICKET (INC LUNCH)

# UPDATE FROM NATIONAL PARTNERS

## DRAFT RSHE GUIDANCE - LAST FEW DAYS TO ENGAGE

As shared previously, we encourage you to read the [Department for Education Draft RSHE guidance](#), consider its implications and share your thoughts and views via the DfE's [consultation page](#) which is open until 11th July.

We also ask that you encourage parents, carers and other stakeholders to engage with the consultation process.

The current guidance was introduced in 2020 and is based on robust evidence of what is required from education to keep children safe. It had support from across the political spectrum and consensus from national safeguarding bodies, medical colleges, parents, teachers and young people on its value.

We have been working to create a [comparison document](#) in which we have reviewed the current guidance against the proposed guidance. Please note there are separate tabs for Key Stages 1-3 and 3-4.

Learning outcomes are highlighted:

Green - where there are no changes

Amber - where there are some changes to wording or there is a recommendation about age suitability

Red - where the outcome is new

It's important to highlight that the existing statutory RSHE guidance remains in force until the updated guidance has been finalised and published post-consultation, and (as with any statutory guidance) schools are given an appropriate period in which to reflect the guidance in their updated RSHE curricula.

The draft introduces, for the first time, age limits over when pupils can be taught about sex education.

As expected, several national organisations have shared responses which we have linked to below:

[PSHE Association's analysis of the draft guidance](#)

[Sex Education Guide to the RSHE Consultation](#)

[Sex Education Forum's Easy Read Guide](#)

[Sexpression's Guide for Young People](#)

This could have big implications on how RSHE is delivered in your school, therefore it is so important to engage with the consultation using your experience and expertise.

**IMPORTANT**



# CEOP UPDATE

CEOP Education has released training dates for the new academic term covering;

- Understanding Online Child Sexual Abuse
- CEOP Ambassador

Please note that to train as a CEOP Ambassador the Understanding Online Child Sexual Abuse training course must be completed, and the acceptance criteria met.

A new series of four lessons for children and young people aged 9-12 years has been published to help them develop online independence and safer connections:

- Respectful Relationships
- Socialising Online
- Healthy Online Relationships
- Responding to Harmful Online Behaviour

These have been added to the Resource Library under the topic headings Online Safety, Healthy Relationships, and Grooming. The resources have been awarded the PSHE Association's Quality Mark.

## ONLINE SAFETY RESOURCES

In collaboration with the Childnet Youth Advisory Board, the UK Safer Internet Centre has created an interactive resource about online safety called "Reliability Online".

The tool is designed to educate children to recognise trustworthy online content and addresses various risks including AI-generated imagery, scams and body image concerns.

The tool has been designed for aged 13-16 years but can be customised for use with older and younger people.

Internet Matters has created two new lesson packs - identifying fake images and online hate. The online hate can be linked to our locally produced Hate Crime resources which can be found in our Resource Library - Similarities and Differences (inc. Hate Crime)

The UK Safer Internet Centre has published a blog for parents and carers about online chats in games, highlighting some of the risks to children and young people and practical suggestions to help keep them safe.

WeProtect Global Alliance has published a blog post on limiting the risks of Artificial Intelligence (AI) being used to create child sexual abuse material online.



# FIRST AID



The Resuscitation Council UK has released [new guidance on Resuscitation in the Field of Play](#).

Sudden cardiac arrest on the field-of-play is a rare but devastating event, with approx. 1 in 217,000 people per year suffering a sports-related sudden death.

Resuscitation on the Field of Play best practice guidelines aim to improve the response to a sudden cardiac arrest on the field-of-play and increase the chances of a full recovery.

The guidelines are designed for medical teams who need to respond to an athlete having a cardiac arrest during or shortly after sporting activity, across all community and professional sports - such as football, swimming and tennis. The guidelines were created in association with British Heart Foundation, Centre for Sports Cardiology, UW Medicine, The FA, St John Ambulance and Sudden Cardiac Arrest UK.

## BULLYING V BANTER

The National Children's Bureau has published a blog for schools and youth organisations on distinguishing between banter and bullying. The blog explores when banter is appropriate, empowers young people to set personal boundaries and how to implement an organisational-wide approach.

The blog also introduces a new online CPD opportunity from the Anti-Bullying Alliance and Nottingham Trent University Psychology - [Banter or Bullying? Navigating the line of acceptability](#). The course helps professionals to recognise the difference between banter and bullying and prepares them to take a whole-school anti-bulling approach to prevent the misuse of banter, identify bullying and harmful behaviours when they might be disguised as banter, and equip children and young people with the skills to navigate the line of acceptability between banter and intentional unkind behaviour.

The course takes approximately 60-90 minutes to complete. Once all the modules have been completed participants will receive a CPD certificate.

This has been added to the training section of this Digest and our [website's training page](#).

# KNIFE CRIME

The Youth Endowment Fund (YEF) published an article exploring why children carry knives.

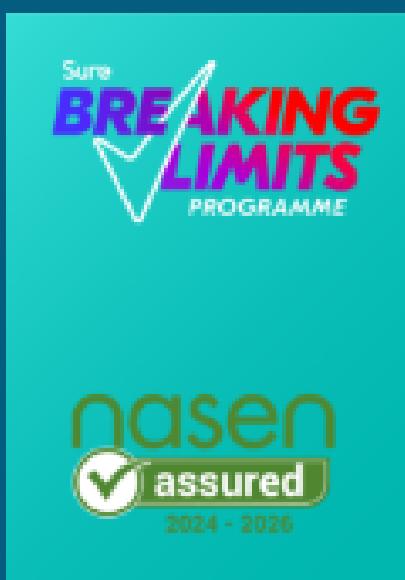
Using data from the [YEF Children, Violence and Vulnerability Survey](#) which highlighted key insights about children and young people who said they'd carried or used a weapon, including:

- They were part of a small but vulnerable minority
- They were less likely to feel safe at home or at school
- They were more likely to have seen weapons on social media
- They were significantly more likely to have been personally affected by violence
- The majority had actually used a weapon to threaten or hurt someone.

As shared previously, YEF's [Education, Children and Violence Guidance](#) provides school, college and alternative provision (AP) leaders across England and Wales with five evidence-based recommendations on how to help prevent children's involvement in violence.

This guidance includes the recommendation to cautiously consider unproven strategies and avoid harmful approaches. We are aware that some external providers use shock, fear and guilt tactics within their delivery which is not in line with best practice guidance. Please remember to utilise the [Using External Providers Guidance Pack](#) when considering booking external providers - even if you have used them previously or [contact the service](#) for support and advice.

## SEND RESOURCES



The Sure Breaking Limits Programme resources have now been assured by nasen. This means these PE and PSHE resources are now triple confirmed by nasen, the afPE and PSHE Association as curriculum-ready and inclusive of all SEND children and young people. Our Resource Library has been updated to reflect this new accreditation.

The programme is designed to give children and young people aged 9-14 years old the confidence to move by making it fun, inclusive and accessible to all.

[Primary Resources](#)

[Secondary Resources](#)

This can be found in our Being Healthy and Physical Activity topic headings within the Resource Library.

# PRIDE MONTH TOOLKIT

The DfE Statutory guidance reminds us that teaching about LGBTQ+ should not be a stand-alone lesson or module but embedded within our teaching, curriculum and school culture.

Whilst Pride Month is celebrated in June, we should ensure that inclusive PSHE is embedded throughout the year and curriculum. Research shows that children and young people from the LGBTQ+ community are statistically more likely to have mental health problems than their heterosexual peers.

Mentally Healthy Schools have launched two new toolkits - one for primary schools, one for secondary schools and FE settings - full of resources to celebrate and support those who identify as LGBTQ+ not just in Pride Month but beyond.

[Primary Toolkit](#)

[Secondary Toolkit](#)

Our [Sexuality and Sexual Orientation & PSHE](#) pack also has tips, information and advice to support education settings.

## NSPCC - SEND RESOURCE HUB

Children with special educational needs and disabilities (SEND) may be more vulnerable to abuse or neglect. They may also be less able to speak out if something isn't right.

Colleagues from the NSPCC's Together for Childhood Stoke-on-Trent have been involved in the development of a [new hub of resources, information and guidance](#) to help improve awareness and understanding of the additional barriers that may affect the safety of children and young people with additional needs, and to keep them safe from harm.

## EXPLOITATION

NSPCC Learning has published a blog as part of their [Why Language Matters](#) series considering the importance of using language when talking about child criminal exploitation. The blog explores how the terms 'recruited' and 'working' minimise children and young people's experiences of criminal exploitation.

Catch22 are the local commissioned provider to support children and young people either at risk, or affected by child criminal exploitation.

Staff should be aware of this service to signpost and refer children and young people to.

Find out more about the service on their [website](#), or contact them directly 07834341602 or [catch22cce@catch-22.org.uk](mailto:catch22cce@catch-22.org.uk)

## HARMFUL SEXUAL BEHAVIOUR

The Association for Child and Adolescent Mental Health (ACAMH) has [published a blog](#) post about sexual abuse and harmful sexual behaviour among children and young people. The blog looks at evidence-based approaches and prevention strategies such as comprehensive sexual education and community-based programmes.

This once again highlights the value of PSHE education and teaching about body autonomy, consent and recognising inappropriate behaviours.

# BULLYING IN SCHOOLS REPORT

Diversity Role Models have published their Embracing Difference Ending Bullying Impact Report following the conclusion of their DfE project. This report found that sexuality and gender are the most common reasons given by secondary-aged young people for bullying.

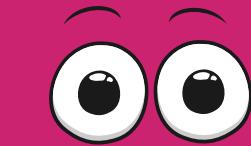
Around a third of secondary students (32 per cent) said the most prevalent form of bullying was based on sexuality or gender expression (31 per cent), a report from Diversity Role Models and the National Council for Voluntary Organisations shows.

The most common forms of bullying reported by primary pupils were related to people's appearance (15 per cent) and perceived differences (14 per cent).

The report also highlights the curriculum's impact on bullying incidents as additional analysis demonstrated that where schools focus on diverse curricula, students are less likely to report bullying related to protected characteristics.

The report follows the culmination of a three-year DfE-funded project. The report also helps to inform a best practice guide for educators providing an research-backed approach to preventing bullying.

Our Bullying & PSHE pack provides more information, tips and advice on delivering sessions on this topic.



## Bullying

and PSHE Education

Professionals' Pack

2023

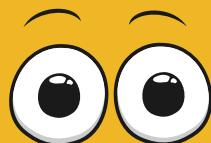
Ellie Chesterton & Natalie McGrath

# HEALTH AND WELLBEING AND LOW INCOME

This report from the Association for Young People's Health (AYPH) demonstrates a clear link between low income and poor outcomes and highlights the importance of policy and commissioning decisions in addressing inequalities.

Using PSHE to explore the challenges young people face to access support services can be vital, both for the wider partnership to better understand but also to help young people create possible solutions.

Our Being Healthy & PSHE pack provides information about accessing health services



## Being Healthy

and PSHE Education

Professionals' Pack

2024

Ellie Chesterton & Natalie McGrath

# PORNOGRAPHY AND CHILD SEXUAL ABUSE

The Lucy Faithfull Foundation has published a paper on the links between adult pornography and online child sexual abuse. The paper shares case examples of adult pornography contributing to the viewing of illegal sexual images of children. The paper looks at some of the reasons behind pornography use and discusses how to prevent online child sexual abuse.

Our Pornography & PSHE pack provides professionals with the knowledge to be able to deliver sessions on this topic with confidence.



## Pornography

and PSHE Education

Professionals' Pack

2024

Ellie Chesterton & Natalie McGrath

# CONSULTATION - HEALTHY EATING

Food - a fact for life programme is seeking feedback to help better understand the use and impact of their resources.

The survey will take approximately 5-10 minutes to complete, and all of answers will be anonymised.

You do not need to complete the survey in one go, but the tab/browser window will need to left open if you wish for the answers to be kept.

For those who take part there is an opportunity to enter an optional prize draw to win a £50 Amazon gift voucher.

Your  
VOICE  
MATTERS

# CONSULTATION - EXPLOITATION

In April 2024, the NCA issued an alert to education settings across the UK to raise awareness of financially motivated sexual extortion (often known in the media as 'sextortion').

CEOP Education are asking professionals to complete a ten-minute survey that explores the impact of that alert. The aim is to use the findings from the survey to better inform the law enforcement, educational, and wider response to this emerging threat area.

Even if you haven't read the alert your views are still important.

The survey closes on Friday 26th July 2024.

# RESEARCH OPPORTUNITY - MENTAL HEALTH

Schools in Mind are looking for staff in pastoral roles based in mainstream secondary schools across England to take part in a research survey. Participants will receive a £10 voucher, access to resources and a chance to win a voucher worth £100.

The researchers want to hear from a member of the Senior Leadership Team with pastoral responsibility e.g., a Designated Mental Health Lead, Head of Year 7-11, from every secondary school.

# UPDATE FROM LOCAL PARTNERS

## ESCOOTERS

Staffordshire Police have created an information leaflet aimed at parents and carers for education settings to share ahead of the Summer holidays.

Our Key Stage 3 Anti-Social Behaviour resource pack explores the impact of e-scooters on local communities and ensures young people are aware of the relevant law.

This leaflet would also work as a handout at the end of the session.

You can find this resource here or under Communities (including ASB) in the Resource Library (sign-up required)



Please share this information with parents and carers



The Police, Fire & Rescue and Crime Commissioner's Office is once again finalising details for this year's Space programme.

The Space Programme provides fun, positive activities for young people to increase their skills, improve their health and well-being and create opportunities, whilst also aiming to reduce anti-social behaviour.

Activities will be added to the website soon. You can sign up to receive the Space newsletter to find out about activities in your area as soon as they are released.

## LOCAL NEWSLETTERS/UPDATES

Catch22's Research and Development Round up - General Election Special

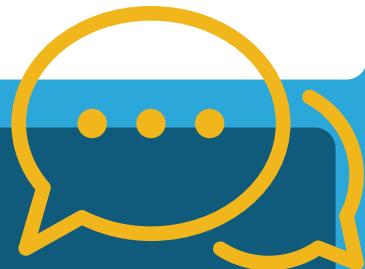
- Information on Sextortion, Exploitation, Harmful Sexual Behaviour, Mental Health, Online Safety and more....

# NEURODIVERSITY CONSULTATION

With the help of children and young people, MPFT (Midlands Partnership Foundation Trust) aim to develop the health and care support for neurodiverse children and young people (such as those children and young people with Autism Spectrum Condition or Attention Deficit Hyperactivity Disorder, care experiences or neurodiverse needs without a diagnosis).

Midlands Partnership Foundation Trust are looking to redesign the services in which children and young people with neurodiverse needs access support. To make this work we need to hear from children and young people about the experiences they have found helpful and those they would like to see developed.

Please share this questionnaire with the children and young people you work with to ensure they have the opportunity to have their voice heard.



## SEND CONSULTATION

The ICB is currently undertaking a review into the service provision for supporting children and young people with additional needs.

As part of that consultation, they are interested in giving education settings the opportunity to influence and comment on a future redesign of the health support that schools are offered and are asking you to complete a ten-minute questionnaire.

The survey will be live until the end of July.

## SUMMER SAFETY

Partners have asked us to share key safety messages for children and young people over the summer holidays.

Staffordshire Police and Staffordshire Fire and Rescue have produced a handout for you to share that covers a number of possible risks children and young people may face over the summer holidays.



## PREVENT UPDATE

The Prevent Training Team are running a number of sessions to showcase the new Face-to-Face Prevent Training Portal. Please ensure that at least one member of staff from your setting attends. This training will demonstrate how to access the training portal, the different areas and functionality of the training portal and examples of the training that will be used when delivering training. There will also be time for questions.

- Monday 8th July - 11.30-12.30 or Monday 8 July 14:00 - 15:00
- Tuesday 9th July 10.00-11.00 or Tuesday 9th July 15.00 - 16.00
- Wednesday 10th July 10.00-11.00 or Wednesday 10th July 15.00-16.00
- Thursday 11th July 10.00-11.00 or Thursday 11th July 14.00-15.00

# READING AND PSHE

Many settings use books to help support PSHE lessons and to support a whole-school approach to wellbeing.

Staffordshire Libraries and Arts Service are celebrating how brilliant children's books are through a Festival of Brilliance at Biddulph Old Hall on 12th and 13th July 2024.

The day is divided into two sessions to allow for classes from as many of the surrounding schools to attend. To register for your free tickets, simply select the age group you wish to book for - Key Stage 1 or Key Stage 2, either in the morning or the afternoon session. Programming for these sessions switches over half way through so school groups can experience age appropriate author talks, interactive sessions and workshops in several different locations on site.

Tickets are available for free for either the morning (10am-12pm) or afternoon (12.45-3.00pm).

The Reading Agency and libraries are excited to introduce the 2024 Summer Reading Challenge, Marvellous Makers: a Challenge themed around the creative arts, in partnership with Create.

Children's reading can 'dip' during the long summer holidays if they do not have regular access to books or reading and this can impact them when they return to the classroom.

The Summer Reading Challenge takes place every year during the summer holidays. Children sign up at their local library, choose a reading goal, then read any books of their choice to collect special stickers and other rewards along the way - all for FREE.

There is a digital platform too, so the fun can carry on at home! Children can take part in the Challenge at [summerreadingchallenge.org.uk](https://summerreadingchallenge.org.uk).

The challenge starts on Saturday 6th July and ends on 9th September.

Where appropriate, we include recommended books linked to the various PSHE themes within our " & PSHE " Series.



# FREE PERIOD PRODUCTS

Period Power has asked us to highlight to education settings a free app - Pick up My Period which is available and shows local organisations where free period products, that some children, young people and their families may benefit from, can be accessed.

Please ensure this information is included in your signposting information - you may also want to consider sharing the details before we break up for the Summer Holidays.

Also a reminder that the Department for Education's Period Product Scheme provides free products to those that require them in their place of study. This scheme is available to all state-maintained school and DfE-funded 16-19 education organisations in England has been extended to July 2025. This User Guide from phs Direct (the supplier) explains how to access the portal and order products.

In 2022, Action Aid estimated that one in eight people in Great Britain struggled to buy menstrual products, prior to the current cost of living crisis. Everyone should be able to access menstrual products and manage their menstruation without shame or stigma.

## ASK FOR ANGELA CAMPAIGN

The Staffordshire & Stoke-on-Trent Violence Reduction Alliance (VRA) has created an Ask for Angela Campaign Partner Pack to help raise awareness of the initiative for settings to utilise the resources to ensure people are aware of the campaign..

The Ask for Angela initiative aims to ensure that anyone feeling vulnerable or unsafe can get discreet support. This could be on a night out, on a date or while meeting friends. The initiative works by training staff in vulnerability management and what to do when someone 'Asks for Angela'. When a trained member of staff hears the code phrase they will understand the person needs support and will be able to respond in an appropriate, discreet way.

The campaign partner pack includes a range of resources to help venues to train staff and implement Ask for Angela, and national and local resources to promote the initiative to the public. Inside the partner pack you will find:

- o Local posters
- o National posters
- o Staff workbooks
- o Social media assets
- o Suggested social media posts
- o Video
- o Vulnerability training

The partner pack and further information can be found via the VRA website.

# SLEEPING POSITIONS FOR BABIES

One of the key priorities within Stoke-on-Trent is to reduce the rate of infant mortality where there are avoidance risks that may have had an impact.

Education settings can contribute to this aim by educating young people about safer sleeping positions for babies for use with siblings, when babysitting etc...

The Pan-Staffordshire PSHE Education Service developed resources to support this learning with 16-18 years old - Safer Sleeps and SIDS.

By the end of the session participants will be able to:

- Define Sudden Infant Death Syndrome (SIDS)
- Describe what is meant by safer sleep
- Recognise how to reduce the risks of SIDS
- List strategies for safer sleep.

We really value your feedback on any resources that have been created locally please feel free to share them with us.



**Safer Sleep & SIDS**



KS4  
Education  
Pack

## VACCINATION CLINICS OVER SUMMER HOLIDAYS

The School Age Immunisation Service will be holding Community Vaccination Clinics across Stoke-on-Trent and Staffordshire throughout the summer holidays,

This is a fantastic opportunity for people who have missed their school-aged immunisation to become up-to-date with them.

Clinics are booked by appointment only by calling 0300 124 0366 (Monday - Friday 8.30am-12.30pm).

The ICB are also hosting additional MMR vaccinations clinic. The clinics are open to anyone (children and adults) who haven't had their second, or any, dose of MMR vaccine. You need 2 doses for life-long protection from measles, mumps and rubella. You don't need to make an appointment at any of the below clinics.

Information on the location and times of the clinic can be found on the ICB's website.

Please share this information with parents and carers

# RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. You can view the full year calendar [here](#).

Awareness Calendar 24-25											
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	
1-30 Childhood Abuse Awareness Month	2-30 Black History Month	3-20 Domestic Violence Awareness Month	4-20-26 International Education Week	5-20-26 World AIDS Day	6-20-26 LGBT History Month	7-20-26 Women's History Month	8-20-26 Sexual Awareness Month	9-20-26 Pride Month	10-20-26 Mental Health Awareness Month	11-20-26 Plastic Free July	
2-6 Anti-Bullying Week	3-6 Breast Cancer Awareness	3-20-26 November	4-6 National Care Awareness Week	5-20 Monday	6- Time to Talk Day	7- Anti-Bullying Awareness Day	8- Anti-Bullying Awareness Day	9- Anti-Bullying Awareness Day	10- Anti-Bullying Awareness Day	11- Anti-Bullying Awareness Day	
9-20 UK Savings Week	9-9 Long Cancer Awareness	10-9 International Volunteer Day	11-9 International Mental Health Month	12-9 Baby Loss Awareness	13-9 Human Rights Day	14-9 International Day of the Girl Child	15-9 International Day of the Girl Child	16-9 International Day of the Girl Child	17-9 International Day of Families	18-9 World Environment Day	
10- World Suicide Prevention Day	11- Baby Loss Awareness	12-9 Breast Cancer Awareness	13-9 International Volunteer Day	14-9 Human Rights Day	15-9 International Day of the Girl Child	16-9 International Day of the Girl Child	17-9 International Day of the Girl Child	18-9 International Day of the Girl Child	19-9 International Day of Families	20-9 World Friendship Day	
14- World First Aid Day	15- World Mental Health Day	16- World Kindness Day	17- World Teachers Day	18-14 Nutrition and Hydration Week	19-14 National Savings Week	20-14 International Day Against Torture	21-14 International Day Against Torture	22-14 International Day Against Torture	23-14 International Day Against Torture	24-14 World Blood Donor Day	
15-18 Mental Health Week	16-18 Anti-Bullying Week	17-18 International Day of the Girl Child	18-19 Safe Internet Day	19-18 Global Recycling Day	20-18 Sleep Awareness Day	21-18 World Day for Cultural Diversity, Dialogue & Mutual Understanding	22-18 Clean Air Day	23-18 World No Tobacco Day	24-18 World Environment Day	25-18 World Refugee Week	
18-20 General for Jeans Week	19-20 Hate Crime Awareness Week	20-21 Anti-Bullying Week	21-22 Valentine's Day	22-23 National Child Protection Awareness Day	23-24 Earth Day	24-25 International Day of the Girl Child	25-26 International Day of the Girl Child	26-27 International Day of the Girl Child	27-28 International Day of the Girl Child	28-29 National Selfie Day	
21- International Day of Peace	22-25 Road Safety Week	23-26 Road Safety Week	24-27 Eating Disorders Awareness Week	25-28 Oral Health Week	26-29 International Day of the Girl Child	27-29 International Day of the Girl Child	28-29 International Day of the Girl Child	29-30 World Communications Week	30-31 World Oral Health Day	31-31 World Environment Day	
23- Visibility Day	24-25 Respect for the Elimination of Violence Against Women	25-26 International Day for the Elimination of Violence Against Women	26-27 International Day for the Elimination of Violence Against Women	27-28 International Day for the Elimination of Violence Against Women	28-29 International Day for the Elimination of Violence Against Women	29-29 International Day for the Elimination of Violence Against Women	30-30 International Day for the Elimination of Violence Against Women	31-31 International Day for the Elimination of Violence Against Women	32-32 International Day for the Elimination of Violence Against Women	33-33 International Day for the Elimination of Violence Against Women	
26- World Computer Safety Day	27-28 Recycle Week	28-29 Road Safety Week	29-30 Road Safety Week	30-31 Road Safety Week	31-31 Road Safety Week	32-32 Road Safety Week	33-33 Road Safety Week	34-34 Road Safety Week	35-35 Road Safety Week	36-36 Road Safety Week	

**SCVYS**  
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We have updated the Awareness Calendar for 2024-2025 which highlights key dates that link to PSHE.

We use this calendar for our resources section and will send you resources linked to these dates a month in advance.

## THEMES FOR UPCOMING DATES:

### ROAD SAFETY

Brake has confirmed their educational programmes for the coming academic year 2024-2025 that are linked to Road Safety:

- Road Safety Week (All ages) - 17-23 November 2024
- Beep Beep! Day (Ages 2-7) - 19 March
- Brake's Kids Walk (ages 4-11 - 12 June



WITH NEARLY 700 COLLEAGUES SIGNED UP TO THE RESOURCE LIBRARY ON OUR WEBSITE MAKE SURE YOU ARE NOT MISSING OUT ON QUALITY-ASSURED SOURCED AND LOCALLY PRODUCED PSHE RESOURCES LISTED BY TOPIC. MAKE SURE YOUR SETTING IS NOT MISSING OUT REGISTER HERE.

# NEW ...& PSHE PACKS LAUNCHED

## SEXUAL CHOICES & PSHE

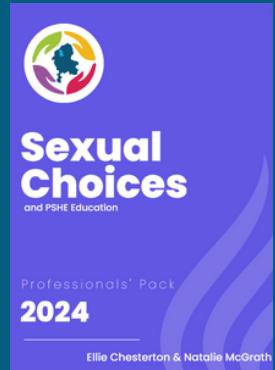
We are delighted to launch the Sexual Choices & PSHE pack to add to our growing collection.

These packs provides key information to help increase the knowledge and confidence of professionals delivering PSHE around this topic.

Earlier this month, the BBC reported that boys as young as 14 have been asking their teachers how to choke girls during sex. It is always important for partners to talk about what everyone is comfortable, for each individual, before deciding whether to engage in the activity or keep going

Nobody has the right to pressure anyone or make them feel like they have to do or continue to do something they do not want to do.

This pack provides information on talking about sex within the classroom, challenges common perceived social norms, and helps young people to understand the reasons for delaying sexual activity.



## CONTACT DETAILS

Please notify the PSHE Education Service by email of any change to your PSHE Lead contact details. It is crucial that these details are up-to-date to ensure that you receive updates, invites, funded opportunities etc..

## END OF YEAR SURVEY

Thank you to those who have already completed our End of Year Survey.

For those who haven't there is still chance for you to tell us how you have engaged with the service so far and what you believe the future priorities of the service should be.

The survey should take no more than 5 minutes to complete and will really help ensure that the Pan-Staffordshire PSHE Education Service is meeting the needs of our education colleagues, children and young people, parents/carers and local communities.



As we countdown to the final weeks of the 2023-2024 academic year, we wanted to take the opportunity to thank you. Thank you for reading the PSHE Digest, for signing up to the Resource Library, for attending the PSHE Leads Network Meetings, and/or the Bitesize Practice Development Sessions, for contacting us for support, advice and guidance and for accessing funded opportunities.

Thank you for being committed to developing and delivering consistent, age-appropriate PSHE education to your children and young people.

We hope you have a relaxing, refreshing and recharging summer holiday. We are still working during the break developing new resources, and planning based on your feedback the next steps.

# CHILDHOOD CANCER AWARENESS MONTH - 1-30 SEPT

It can be really difficult to spot the symptoms of childhood cancer. In the UK, there's much less awareness of the signs of childhood cancer versus adult cancers, and many of the symptoms of childhood cancer are also symptoms of common illnesses.

The CCLG provide an [information page](#) on their website around the signs and symptoms of Childhood Cancer.

We have written a professional's guidance pack [Self-Examination and Screening & PSHE](#) which provides information to develop subject knowledge, provides links to curriculum and key information related to this topic.



## ZERO WASTE WEEK - 2-6TH SEPT



Zero Waste Week is an environmental campaign to reduce landfill waste. The Beano for Schools: Save our Food resources are step-by-step KS1 & KS2 lessons with presentations and activities linked to the PSHE Curriculum and complete with learning objectives and outcomes that teach children about the world's food waste problem and equip them to reduce their own food waste. This resource and others linked to recycling, environmental impact and waste can be found in the Resource Library under the heading The Environment on the website, you can sign up [here](#).

## UK SAVINGS WEEK - 9-15TH SEPT

The aim of [UK Savings week](#) is to raise awareness of the benefits of saving and help everyone save if they can. There are around 11.5 million people in the UK who have less than £100 of savings to fall back on in an emergency.

The "E" of Economic in PSHE is often one that gets less time on the curriculum however it is a key component in preparing children and young people for the wider world.

Beano and the Bank of England have [12 step-by-step lessons](#) with presentations, activities and games exploring financial literacy.

Santander and Twinkl have created the [Financial Education Recognition Scheme](#) where schools pledge to provide at least 6 hours of financial education each year.



## WORLD SUICIDE PREVENTION DAY - 10TH SEPT

Every year, organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

The most [recent data](#) shows that 5284 suicides were registered in 2022. This is 65 more than in 2021.

Both YoungMinds and Samaritans, provide specialist resources to address issues around suicide, including materials to support children and young people to talk about their feelings, and where children and young people express suicidal thoughts or intentions, there are materials to support colleagues to talk about suicide responsibly.

Check out the [Parents/Carers page](#) on our website which lists support services and further information on topics covered by the PSHE curriculum.

# NATIONAL SCHOOLS BREAKFAST WEEK- 9-13TH SEPT

This week provides an opportunity for education settings to:

- Highlight the importance of breakfast in supporting health and development
- Offer "soft starts" by providing breakfast for children, young people (and parents/carers where appropriate)

Food - a fact for life will be providing ideas to support the week, including a poster, factseets and a breakfast guide.



You can register your [interest here](#).

# SEXUAL HEALTH WEEK - 9-15TH SEPT

This year, Brook have launched the theme "Are you Feeling It?" which explores the links between sexual health and mental health.

The [Big RSE Lesson Live broadcast](#) aims to empower young people (Year 9+) to take care of their mental health and, in turn, support healthy decision-making when it comes to their sexual health and wellbeing. By the end of the session, students will be able to:

- Define mental health and sexual health and how they contribute to overall wellbeing.
- Evaluate whether certain things are likely to have a positive or negative impact on our mental health.
- Understand the role of mental health in maintaining healthy relationships and good sexual health.
- Feel empowered to make healthy choices when it comes to sex and relationships.
- Understand how to look after mental and sexual health, including accessing services.
- Know where to get help and support with mental and sexual health.

# WORLD SEPSIS DAY - 13TH SEPT

2,000 children develop Sepsis each year, with 5 people dying from Sepsis in the UK every hour.

It is important that we equip children and young people with the knowledge that could potentially save lives.

The UK Sepsis Trust has produced a suite of lesson plans for all key stages (5-18 years). You need to register to access the resources via their website.

# WORLD FIRST AID DAY - 14TH SEPT



Research from St Johns Ambulance that if someone has a heart attack, each minute without first aid treatment can reduce the chance of the person surviving by as much as 10%.

Our First Aid & PSHE pack supports with increasing topic confidence and competence for professionals delivering on the topic including links to the curriculum, useful resources, key topic information and signposting. This, and other resources linked to the topic can be found under the heading First Aid in our Resource Library, sign up [here](#).

# INTERNATIONAL DAY OF PEACE - 21ST SEPT

We recognise that you may see new groups forming in your setting in the next academic year (friendship groups, class groups etc).

These are great opportunity to promote peaceful relationships, environments and communities through exploring the PSHE topic of Similarities and Differences. You can find resources on our website linked to this topic.



Similarly, you might want to explore the topic of mindfulness to support children and young people to adopt peaceful practices for self-regulation, breathing and calming. Resources linked to Mindfulness can be found [here](#). You will need to be logged in to access.

## BI VISIBILITY DAY - 23 SEPT

Bi is an umbrella term used to describe a romantic and/or sexual orientation towards more than one gender. Bi people may describe themselves using one or more of a wide variety of terms, including, but not limited to, bisexual, pan, queer, and other identities. Stonewall hosts a [Bi Visibility Hub](#) where you can access further information.



Our [Sexuality & Sexual Orientation & PSHE](#) pack supports professional's in understanding the topic including links to the curriculum, useful resources, definitions and signposting to support services and further information. This and other resources can be found in the Resource Library on the website, sign up [here](#).

## WORLD CONTRACEPTION DAY - 26 SEPT

The aim of World Contraception Day is to improve awareness of all contraceptive methods available and help young people to make informed choices on their sexual and reproductive health. It is important for young people to learn about contraception so that they are equipped with the knowledge and information to help them have healthier sexual lives.

Our Sexual Health & PSHE pack shows the curriculum learning outcomes linked to Sexual Health (including contraception), and gives information to enable professionals to build their own knowledge on the topic to competently facilitate PSHE sessions with confidence. This, and other resources to support you in delivering PSHE education on contraception can be found under the heading Contraception in the Resource Library. Sign up [here](#).

Brook Learn have a guide to all contraceptive methods featuring animations and an interactive tool, as well as activities for use with young people on their [Brook Learn](#) platform.

Open Clinic provide Sexual Health Clinics across Stoke on Trent and Staffordshire. Details of their services, opening times, locations and appointment system can be found on their [website](#).

The C-Card service is available to 13-24 years old (Staffordshire) and in Stoke on Trent for anyone aged 13 years and above. The C-Card is a service that allows quick, free and easy access to condoms from a range of places e.g. some schools, colleges, shops, clinics and pharmacies. Details of registration and distribution sites can be found [here](#).

# TRAINING OPPORTUNITIES

Whilst we always try and source resources and training at no cost, we recognise that some organisations do have a small budget to support their PSHE delivery. Here are some upcoming training opportunities available both for free and a cost, both locally and nationally. Click on links for bookings and further information.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
GAMBLING	VARIOUS	<a href="#">YGAM</a>	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
SEXUAL ABUSE	VARIOUS	<a href="#">CEOP</a>	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE
ONLINE SAFETY	VARIOUS	<a href="#">CEOP</a>	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
YOUTH VIOLENCE/ONLINE SAFETY	9TH JULY 4-5PM	<a href="#">YOUTH ENDOWMENT FUND</a>	FREE	DR STUART WILL TALK THROUGH HIS CO-PARTICIPATORY RESEARCH INTO URBAN POVERTY, VIOLENCE, AND RESILIENCE
DIET AND NUTRITION	9TH JULY 4.30-5.30PM	<a href="#">FOOD - A FACT FOR LIFE</a>	FREE	INTRODUCES THE NEW ESSENTIALS ONLINE PACK TO SUPPORT THOSE LEADING (AND TEACHING) THE FOOD CURRICULUM IN PRIMARY SCHOOLS. THE SESSIONS LOOKS AT HOW TO USE THE FREE TEACHING PRIMARY FOOD AND NUTRITION SELF-DIRECTED CPD PROGRAMME.
MENTAL HEALTH	10TH JULY 10AM-4.45PM (MANCHESTER)	<a href="#">SAFEGUARDING NETWORK &amp; ANNA FREUD</a>	FROM £195	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.

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DISRUPTING EXPLOITATION	11TH JULY 10AM-12PM	<u>THE CHILDREN'S SOCIETY PREVENTION PROGRAMME</u>	FREE	THE CHILDREN'S SOCIETY ARE HOSTING THEIR LATEST #LOOKCLOSER PROGRAMME OF LEARNING TO TACKLE THE ISSUES OF CHILD EXPLOITATION AND ABUSE. ALL SESSIONS ARE FREE OF CHARGE AND DELIVERED LIVE VIA MICROSOFT TEAMS.
SAFEGUARDING CARE EXPERIENCED YOUNG PEOPLE FROM EXPLOITATION	29TH AUGUST 1-3PM	<u>THE CHILDREN'S SOCIETY PREVENTION PROGRAMME</u>	FREE	THE CHILDREN'S SOCIETY ARE HOSTING THEIR LATEST #LOOKCLOSER PROGRAMME OF LEARNING TO TACKLE THE ISSUES OF CHILD EXPLOITATION AND ABUSE. ALL SESSIONS ARE FREE OF CHARGE AND DELIVERED LIVE VIA MICROSOFT TEAMS.
FINANCIAL EXPLOITATION	16TH SEPTEMBER 10AM-12PM	<u>THE CHILDREN'S SOCIETY PREVENTION PROGRAMME</u>	FREE	THE CHILDREN'S SOCIETY ARE HOSTING THEIR LATEST #LOOKCLOSER PROGRAMME OF LEARNING TO TACKLE THE ISSUES OF CHILD EXPLOITATION AND ABUSE. ALL SESSIONS ARE FREE OF CHARGE AND DELIVERED LIVE VIA MICROSOFT TEAMS.

## TEACHING PRIMARY FOOD AND NUTRITION PROGRAMME

The Teaching Primary Food and Nutrition (TPFN) programme is a professional development programme that has been created to equip primary school teachers, trainees or teaching assistants, with the necessary knowledge and skills to teach high quality food and nutrition lessons, and champion a whole school approach to food.

A free physical 'portfolio' (folder and booklet) will be sent to the first 1,500 teachers, trainees or teaching assistants that register for the programme. Please note that portfolios will be posted during the first week of the month following registration. (Do ensure you enter your address details correctly on the registration form.)

The TPFN programme is based around two key documents:

- Food teaching in primary schools: A framework of knowledge and skills (2015) - a government checklist of key knowledge and skills;
- Characteristics of good practice in teaching food and nutrition in primary schools (2020) - a guide to exemplify what good food teaching looks like in primary schools.

[Register for the programme here.](#)

# E-LEARNING COURSES

TOPIC	PROVIDER	COST	OVERVIEW
BODY IMAGE	<a href="#"><u>DOVE/NIKE</u></a>	FREE	EQUIPS EDUCATORS WITH THE KNOWLEDGE, TOOLS AND INSPIRATION TO IMPROVE BODY CONFIDENCE IN THE YOUNG PEOPLE THEY WORK WITH
BULLYING	<a href="#"><u>EQUALITEACH</u></a>	FREE	SUPPORTS STAFF TO BE ABLE TO RECOGNISE AND RESPOND EFFECTIVELY TO INCIDENTS OF PREJUDICE AND BULLYING.
BULLYING	<a href="#"><u>ANTI-BULLYING ALLIANCE</u></a>	FREE	PROVIDES PROFESSIONALS WITH A GOOD UNDERSTANDING OF THE DIFFERENCE BETWEEN BULLYING AND BANTER. HELPS TO PREPARE THE USER TO TAKE A WHOLE-ORGANISATIONAL ANYI-BULLYING APPROACH TO PREVENT THE MISUSE OF BANTER.
CHANGE AND LOSS	<a href="#"><u>WINSTON'S WISH</u></a>	FREE	FREE BEREAVEMENT TRAINING TO HELP THEM TO UNDERSTAND HOW TO SUPPORT GRIEVING CHILDREN AND YOUNG PEOPLE IN THEIR SCHOOL
GAMBLING	<a href="#"><u>ENGLISH GAMBLING EDUCATION HUB</u></a>	FREE	PREVENTING GAMBLING HARMS IN 18-25 YEAR OLDS – NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET) AND EMPLOYED
LEADING PSHE	<a href="#"><u>NATIONAL COLLEGE</u></a>	£300 + VAT	THIS RSHE/PSHE LEAD TRAINING COURSE PROVIDES THE KNOWLEDGE AND SKILLS NEEDED TO UNDERSTAND THE STATUTORY RSHE REQUIREMENTS, RECOMMENDED PSHE EXPECTATIONS AND DRIVE LOCAL ADAPTATION IN YOUR SCHOOL OR COLLEGE
MEDIA LITERACY	<a href="#"><u>THE ECONOMIST EDUCATION FOUNDATION</u></a>	FREE	DESIGNED TO SUPPORT TEACHERS TO BRING DISCUSSIONS ABOUT THE NEWS INTO THEIR CLASSROOMS.
MENTAL HEALTH SIMILARITIES & DIFFERENCES	<a href="#"><u>ANNA FREUD</u></a>	FREE	DESIGNED TO IMPROVE EDUCATION STAFF'S UNDERSTANDING OF THE IMPACT OF RACISM AND MENTAL HELATH
RSE	<a href="#"><u>BROOK LEARN</u></a>	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	<a href="#"><u>NSPCC</u></a>	£9.50	ONLINE TRAINING TO SUPPORT SECONDARY SCHOOL TEACHERS AND LEADERS TO DELIVER INCLUSIVE SEX AND RELATIONSHIPS EDUCATION. INCLUDES ACCESS TO LESSON PLANS AND A DEDICATED SUPPORT HELPLINE.
RSE IN CATHOLIC SCHOOLS	<a href="#"><u>CATHOLIC EDUCATION SERVICE (TEN TEN)</u></a>	FREE	ONLINE TRAINING TO SUPPORT CATHOLIC EDUCATION SETTINGS TO DELIVER RSHE IN A WAY THAT IS ALIGNED TO THEIR RELIGIOUS VALUES
SEXUALISED BEHAVIOUR	<a href="#"><u>NSPCC</u></a>	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK

## NEXT MONTH (OCTOBER)...

Resources & Materials for:

- 1-31: Black History Month
- 1-31: Breast Cancer Awareness
- 1-31: ADHD Awareness
- 9-15: Baby Loss Awareness Week
- 10: World Mental Health Day
- 11: International Day of the Girl Child
- 12-19: Hate Crime Awareness Week
- 15: Global Handwashing Day
- 16: World Food Day
- 16: Restart a Heart Day
- 16-22: Recycle Week

WANT TO SHARE A RESOURCE,  
IDEA OR INFORMATION ABOUT  
YOUR SERVICE?  
LET ME KNOW AND I CAN  
INCLUDE IN UPCOMING  
EDITIONS



## Conference

[CLICK TO BOOK](#)

WEDNESDAY 13TH NOVEMBER  
10AM-4PM

STAFFORDSHIRE COUNTY SHOWGROUND  
WESTON ROAD, STAFFORD ST18 0BD

£35 TICKET (INC LUNCH)

If you would like to share any feedback or request specific support, advice or guidance please contact us directly:

[echesterton@horizonoat.co.uk](mailto:echesterton@horizonoat.co.uk)

