



## COVERED IN THIS MONTH'S EDITION:

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Update from Ellie  
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- Supervised Toothbrushing Programme
- Mental Health Inc Winston's Wish Bereavement Support Service
- SWGfL Survey for 13-24 years old
- Climate Change
- Girlguiding Attitudes Survey 2025
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Resources

- New Local Resource for 11-14-year-olds - Thinking About Alcohol

Update on National Resources

- Online lesson from Economist Education Foundation
- Newswise Offer to Primary Schools
- First News Teachkit - New framework for media literacy
- Peerscroller
- Free Trees and School Award

New Resources Added to the Resource Library

Awareness Days

- Islamophobia Awareness Month
- November
- Mouth, Pancreatic, and Lung Awareness Month
- Bonfire Night
- International Day Against Violence and Bullying
- Anti-Bullying Week
- Odd Socks Day
- World Kindness Day
- World Diabetes Day
- International Day of Tolerance
- Road Safety Week
- UK Parliament Week
- International Men's Day
- International Day for the Elimination of VAWG

Training Opportunities

- Helping Kids build and manage online relationships
- Local Prevent Overview Training
- Stay Well Training Offer

Podcasts & Documentaries

Next Month & Link to Facebook Group

## MEETING RECORDINGS:

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

- PSHE Leads Meetings
  - RSHE Ready Webinar
  - Summer 2- JCB Academy, Peerscroller and being strength-based.
- Bitesize Practice Development Webinars

## 2025-2026 DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 8<sup>th</sup> October 2025 4-5 pm
- 26<sup>th</sup> November 2025 4-5 pm
- 22<sup>nd</sup> January 2026 4-5 pm
- 24<sup>th</sup> March 2026 4-5 pm
- 6<sup>th</sup> May 2026 4-5 pm
- 30<sup>th</sup> June 2026 4-5 pm

Reserve your space via our Eventbrite page, and an MS Teams invite will then be sent to you via email.

**BOOK NOW** ➞

## JOIN OUR MAILING LIST

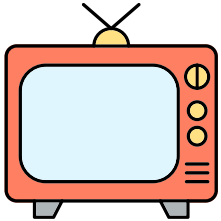
Has this Digest been forwarded to you? If you would like to receive our monthly newsletter directly, please email:

[ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk)

# 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.

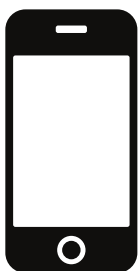
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- KPop Demon Hunters has become Netflix's most popular movie of all time. The movie follows three members of a superstar girl group who are demon hunters. They protect their fans from supernatural dangers with their powerful music. Their rival band the Saja Boys, who are demons in disguise, are their arch enemies.
- [Panorama featured secret recordings](#) in a police station in London and revealed evidence of racism, misogyny and officers revelling in the use of force.
- Politicised debates around events like the assassination of Charlie Kirk can prompt difficult questions in class. This [TES article](#) provides advice on how teachers should respond and the [Economist Education Foundation](#) has created a resource for secondary schools, as this is a Citizenship resource we have not quality assured it.



- Doctors in the US and around the world have condemned the medical misinformation [President Trump promoted in his speech](#). His personal views on vaccines and pain medication in pregnancy have been dismissed as inaccurate and harmful. The [National Autistic Society](#) has created this response to the claims made by President Trump. Please ensure you are not reinforcing misinformation by repeating it.
- This week [rules have come into force](#) preventing supermarkets, large shops and online retailers from offering multibuy discounts (such as 'buy one get one free', or 3-for-2 deals) on foods and drinks high in fat, sugar, or salt (HFSS). Restrictions include the offer of free refills of sugar-sweetened beverages, defined as HFSS or 'less healthy' in any of the qualifying businesses
- [Half of adults, and 78% of 16-24 years old, now regularly use mobile payments](#), so it is essential that our financial education reflects this method of payment.
- The UK government has issued a new order giving it the right to demand access to the personal data of Apple's British users, the [BBC reports](#).
- [Facebook and Instagram](#) are launching paid subscriptions for users who do not want to see adverts in the UK.
- This [blog shows the trends](#) of social media use in the UK for 2025, this can be utilised against OFCOM's [Media Use and Attitudes and Media Lives reports](#).
- In Tuesday's ESAS email they share [Wake-up Wednesday](#) resources that provides information for professionals and parents and carers on three core topics - online safety, mental health, and climate change and sustainability. This email is sent to your DSL so please link in with them, as there may be information you want to share again when relevant topics are being taught in the PSHE curriculum.
- [YGAM research](#) has found that boys aged 15-17 spend nearly 34 hours on average a week playing video games - more time than they spend in the classroom.



## CORRECTION PSHE LEADS SURVEY

Last month, the wrong link was shared for the PSHE Leads survey. Please accept our apologies for this. This is the correct link, which will enable us to target our support to ensure we are meeting your needs. The form should take less than 5 minutes to complete and will provide us with a baseline for this academic year.

It is really important that we have the correct information on record, so that PSHE Leads receive information from us in a timely way.

## PSHE LEADS NETWORK MEETING

We are looking forward to many of you joining us live at this half-term's PSHE Leads Network Meeting on Tuesday (8<sup>th</sup> October, 3-4pm). If you haven't already reserved your place, there is still time to book via our Eventbrite page or email [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk), and we will send you the meeting link.

## YGAM TRAINING

Thank you to those who have already booked to attend YGAM's virtual training that is taking place on Monday, 13<sup>th</sup> October 4-6pm. If you haven't, there is still time to book your place.

Gaming is one of the most popular activities for children and young people, with around 61% of children aged 3-17 partaking in it." (Ofcom, 2025). Recent research from YGAM, as highlighted in our What's Out There section, shows that boys aged 15-17 spend more time playing video games than they do in the classroom (34 hours), and the average time children spend gaming has increased to 20.4 hours per week, up from 16.8 hours in 2024. Gaming, in-game purchases and gambling are all real experiences children and young people have every day. This City & Guilds-accredited training is engaging and evidence-based and helps professionals to develop a deeper understanding of the risks associated with gaming and gambling, confidence in spotting early warning signs, and practical strategies for supporting young people. The training also includes access to YGAM's complete library of resources and teaching materials for key stages 2-5, to help settings teach in line with the updated RSHE Guidance. Book your space here.

## COPRODUCTION OPPORTUNITY

The Pan-Staffordshire PSHE Education Service has been funded for 2 exciting projects, and we are looking for local education settings of all phases to support. If you'd like to be involved or find out more information, please email [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk)

### *Consent Toolkit*

Consent education plays an essential part in preventing and addressing sexual harassment and relationship abuse. We want to develop local lesson plans and guidance that will give people the confidence to teach about consent effectively from key stage 1 right through to key stage 5/post 16.

### *Where Will It End? Lesson Plans*

Following on from the success of the VRA's Where Will it End? campaign, we are looking to expand this campaign into classrooms across Staffordshire and Stoke-on-Trent and are looking for all phases of education to help support the development of these.



We thought it would be helpful to highlight key tasks for PSHE Leads to consider when getting prepared for the year ahead.

- ☐ Watch the Pan-Staffordshire PSHE Education Service's RSHE Ready Briefing, if you didn't attend live or haven't already
- ☐ Share PSHE Lead details with PSHE Education Service and complete short survey on PSHE provision in your setting in line with the new guiding principles from the DfE. Apologies for the wrong link last month
- ☐ Contact the Pan-Staffordshire PSHE Education Service for support with your local action plan following completion of your audit - primary version / secondary version
- ☐ Ensure the setting is registered for the Resource Library - we are adding lots of content at the moment. If you can't remember your login details please email ellie@staffscvys.org.uk
- ☐ Look at the local training opportunities on page 31, including finding out about regional Prevent overview
- ☐ Work with 10-16 years old - book The Economist Educational Foundations Live Lesson (page 19) or in Primary Schools - book 52 Lives Live Assembly for World Kindness Day (page 26)
- ☐ Book to attend your local Safeguard Children's Partnership training on e-safety and the dark web (page 5)
- ☐ Secondary Education Settings - Consider being part of the Financial Times' FLIC Beacon School Evaluation Programme (page 11)
- ☐ Share details of Parentkind's blueprint framework for parent participation with SLT for consideration for your setting to complete as part of the guiding principles for RSHE and whole-school approach (page 11)



# UPDATE FROM NATIONAL PARTNERS

## SEXUAL VIOLENCE

A [recent TES article](#) highlights rising concerns about sexual violence affecting girls in and out of school. [Data from the National Police Chiefs Council](#) shows that over half of child sexual abuse perpetrators are aged 10–17, 41% related to indecent images of children, and 17% of offences are rape.

PSHE Leads play a vital role in:

- Teaching consent, boundaries, and respectful relationships
- Creating safe spaces for children and young people to speak and be heard
- Engaging boys in discussions on positive masculinity
- Supporting disclosures through whole-school safeguarding

For education settings working with 11-18-year-olds, we have developed our Online Safety and Sharing Images 30-minute lesson plans. These are in the Sharing Images page of the [Resource Library](#) or in the Locally-Produced Resources section.

The Pan-Staffordshire PSHE Education Service and NSPCC Together for Childhood Stoke are developing a toolkit to support education settings in teaching about consent and respectful relationships. If your setting would like to be involved, email [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk).

Local Safeguarding Children Partnerships are also offering training on E-Safety and the Dark Web, including content on AI and deepfakes. Visit the [Stoke-on-Trent SCP](#) websites to book.

## YOUTH VIOLENCE

The DfE has published 2 new research papers:

- “[Schools’ response to knife crime in schools](#)” highlights the role of PSHE in teaching conflict resolution, emotional regulation, and the consequences of carrying weapons. It stresses the importance of a strong school ethos and cautions against scare tactics, focusing instead on education, empowerment, and positive choices.
- “[The role of services in children’s identity formation, and how this influences children’s involvement in violence in England](#)” explores how children’s experiences shape identity and influence involvement in violence. PSHE should embed themes of identity, diversity, and resilience, helping pupils develop reflection skills, challenge stereotypes, and build self-awareness.

OFSTED’s new inspection framework includes a requirement for every school and FE provider to now be inspected on whether they protect children from involvement in violence and if they use an evidence-based approach to do so. To support this the Youth Endowment Fund will be running a webinar on what the new inspection requirements mean, and what support there is out there for education settings. You can [register your interest here](#).

# DOMESTIC ABUSE

The Government has responded to the Domestic Abuse Commissioner's report, which highlights the urgent need to recognise babies, children and young people as victims of domestic abuse in their own right. The response outlines reforms and recommendations that have direct implications for schools and PSHE provision - RSHE is mentioned 15 times in the response, so we are definitely an integral part of the report.

## Key Messages

Deliver RSHE as part of a whole-school approach

- The values and skills that children learn about in RSHE should be reflected throughout the school.

## RSHE Curriculum Update

- The government has updated the RSHE guidance to better equip pupils with the knowledge to build healthy relationships and recognise abuse. PSHE Leads should prepare to integrate new content on consent, boundaries, and domestic abuse in a carefully sequenced way.

## Safeguarding and Early Intervention

- Schools are central to identifying and responding to domestic abuse. PSHE lessons can support early intervention by helping pupils recognise unsafe behaviours and seek help.

## Multi-Agency Working

- The response calls for stronger collaboration between education, health, and social care. PSHE Leads can support this by working closely with safeguarding teams and external services.

## Specialist Training for Staff

- All professionals working with children should receive training on domestic abuse. PSHE Leads can advocate for staff CPD and ensure curriculum content reflects lived experiences.

# CHILDREN'S COMMISSIONER'S CHILDREN'S PLAN

The Children's Commissioner used their statutory power to ask all schools, and colleges, a set of questions. Thank you to all our education settings who took the time to respond and help build this national picture of children's experiences of education.

This culminated in the Children's Plan report which emphasises that schools are not just places of learning - they are safe spaces where children and young people receive emotional, social and sometimes physical support. Children and young people with SEND, mental health needs, unstable home lives, or caring responsibilities often face barriers to learning. PSHE Leads can help by ensuring inclusive, trauma-informed content and creating safe spaces for discussion and support. The Commissioner's Big Ambition survey found many children don't feel listened to. PSHE can empower pupils by encouraging student voice, debate, and reflection on real-life issues.

The report calls for better coordination between schools, children's services, and health providers. The updated statutory guidance asks for education settings to work with local partners and other bodies to understand specific local issues. The PSHE Education Service can support you to make these connections.

# PHYSICAL ACTIVITY

The World Health Organisation has published a whole-school approach to the promotion of physical activity.

Sport England has launched their This Girl Can campaign across TV, social media, radio and media site. The campaign shares unfiltered stories and images of relatable women and girls playing sport, doing exercise or simply moving in all it's sweaty, jiggly, doing-it-for-me glory. The aim of the campaign is to support women and girls who do not feel that physical activity is appealing, feasible or worthwhile, it celebrates women who are finding their own ways to move - showing that every way of getting active counts.

Education settings can support this nationwide campaign by sharing key messages and editable social assets via their own channels, e.g. TV screens in the reception area.

Research shows that girls' participation in physical activity declines sharply from primary to secondary school, with a significant portion disengaging from sports and exercise. The research makes a number of recommendations, including promoting active travel.

Sport England has also rolled out another campaign aimed at supporting those with long-term health conditions to get active. We are Undeafatable has also launched an exciting new app offering free tailored, guided exercise programmes that are accessible anytime, anywhere, available on both the App Store and Google Play.

The campaign provides case studies that show how people with long-term health conditions build being active into their lives, a great way to show inclusivity and practical, real-world examples.

## PARKRUN PRIMARY PROGRAMME LAUNCHES

A new parkrun initiative aimed at getting school children more active and better connected with their communities has just launched.

Parkrun primary will match schools with their local junior parkrun events. Schools will be able to take part in a five-step programme, running parkrun primary school assemblies and taster events before becoming an official parkrun primary school partner with their local junior parkrun event.

Junior parkrun provides an opportunity for children to apply their learning into real-world situations. It demonstrates a school's commitment to holistic education, strategic leadership, as well as promoting wellbeing, inclusivity, and active citizenship.

Register as a parkrun primary.



# FOOD EDUCATION

A new report from the School of Artisan Food explores how food education is delivered across 23 secondary schools in England. It highlights both the challenges schools face and inspiring examples of best practice.

Set against the backdrop of the Curriculum and Assessment Review, the report offers practical recommendations to make food education a universal foundation for health, wellbeing, and lifelong learning.

## Key Insights:

- Real-world learning matters: Children and young people learn best when classroom teaching is reinforced through experiences in the dining hall, at home, and across the school environment.
- Food education supports wellbeing: It builds independence, promotes healthy choices, and contributes to wider social and environmental goals.
- Whole-school approach is key: Progress happens when food education is embedded across subjects and supported by leadership.

With the National Food Strategy, upcoming School Food Standards update, and curriculum reforms, there's a real opportunity to strengthen food education.

# SUPERVISED TOOTHBRUSHING PROGRAMME



The government has announced that hundreds of thousands of 3 to 5-year-olds in deprived areas of England have received over 2 million toothbrushes and toothpastes in major dental health drive.

The milestone is part of the government's Plan for Change to give children the best start in life. It marks the beginning of a 5-year collaboration between the government and Colgate-Palmolive to help children develop positive toothbrushing habits and set them on a path to better oral health.

Up to 600,000 3 to 5-year-olds in early years settings will benefit from the pioneering scheme which will help to develop good toothbrushing habits.

Brilliant Brushers is our local supervised toothbrushing programme designed for children aged 3 to 5 years in targeted early years settings, including day nurseries and mainstream schools. It is also available for ages 3 and above in SEND schools. The scheme provides comprehensive staff training and essential toothbrushing resources, enabling staff to supervise daily toothbrushing in a safe, effective, and fun way. It also promotes positive oral health behaviours by encouraging children to continue brushing their teeth at home.

This video provides more information about the programme or you can email the Healthy Smile Team.



# MENTAL HEALTH

The [National Parent Survey](#) found that 1 in 5 children are rarely or never happy at school, potentially affecting around 2 million pupils. Unhappiness doubles from primary to secondary, rising from 12% to 25%.

Meanwhile, [NSPCC Learning reports](#) that 80% of young people who spoke to Childline about suicidal thoughts in 2024/25 were seeking support outside of crisis. Their experiences highlight the need for safe spaces, supportive responses, and early intervention.

To help education settings respond, Papyrus offers a guide: [Building Suicide-Safer Schools and Colleges](#). All education settings in Staffordshire and Stoke-on-Trent are encouraged to use it to strengthen their approach to suicide prevention, and to make strong links either with their Mental Health Support Team (if in their school) or [Stay Well](#).

## WINSTON'S WISH BEREAVEMENT SUPPORT SERVICE

Winston's Wish has expanded how children and young people can contact a bereavement specialist so please ensure you update your relevant signposting.

Children and young people can already contact Winston's Wish via phone, email or live chat. Now 13-25 years old will also be able to start a conversation by text or WhatsApp. The hope is that this makes the service even more accessible.

This is grief support in your pocket. Grief support on the bus, in your bedroom, between messages to your mates. A text service that allows grieving children and young people to get the support they need wherever they need it, right from their phones.

No waiting lists, no need to book appointments, no need to work up the courage to call or keep a live chat conversation open. Just send a text or WhatsApp message and speak directly to a bereavement specialist who will pick up the conversation no matter where it was left off.

 Text or WhatsApp 07418 341 800

 Open 3pm - 8pm, weekdays (excluding bank holidays)

It is designed for young people aged 13 to 25 to speak to them directly. You must be 13 or older, in the UK, to receive support via text or WhatsApp.

Adults supporting grieving young people or grieving children under the age of 13 can still contact us by calling free on 08088 020 021, emailing [ask@winstonswish.org](mailto:ask@winstonswish.org) or using the live chat on [their website](#). Please update your signposting resources.

## SURVEY FOR 13-24 YEARS OLDS

SWGfL are looking for 13-24 years olds to complete [an online survey](#) that informs 3 critical areas - support services, tools and systems for reporting and policies to make the internet safer. Please share this survey with those eligible.

# CLIMATE CHANGE

The PSHE Association is a supporter of Climate Courage Schools, a campaign from the Climate Majority Project, which calls for schools to have the support they need to promote emotional resilience, practical adaptation and collective purpose around the climate crisis.

This includes more support for you as teachers and subject leads: children and young people consistently say climate change makes them anxious and afraid — but too often, you're expected to manage these emotional responses without training or time.

Climate Courage Schools is gathering teachers' real experiences to show decision-makers what it feels like in classrooms: the successes, the struggles, and the missing support.

Your story can help make the case for schools to treat climate change as both an educational and emotional priority — and ensure you have the resources and training you need to do it well. Your roles as PSHE leads are particularly relevant, so we really encourage you to take part.

See page 20 for opportunities linked to climate change.

# GIRLGUIDING ATTITUDE SURVEY 2025

Girl Guiding has published its latest insight into the lived experiences of over 2,600 girls and young women aged 7-21 across the UK. It highlights the persistent and pervasive impact of sexism and misogyny on girls' safety, mental health, education and aspirations.

Key findings:

- 1 in 10 girls aged 11-16 have missed school to avoid sexual harassment
- 68% of girls and young women aged 11-21 have changed their everyday behaviour to avoid sexual harassment
- More than half of 11-21 years old girls and young women don't feel safe on public transport on their own. 48% say they always avoid going out when it's dark to keep themselves safe.
- More than 2 in 3 supported another girl who may have experienced sexism or misogyny
- 72% of girls aged 11-16 want more discussion in school about consent, sexism and misogyny and the impact it has on them
- More than 1 in 4 young girls feel sad most or every day compared to 1 in 10 in 2015
- Being connected with family and friends and spending time in nature helps girls to feel more positive and happy

Girlguiding is calling on safeguarding professionals, educators and policymakers to listen to girls and accept that misogynistic abuse as a real and urgent concern, publish specific plans to tackle misogyny and improve safety, deliver inclusive education around consent, sexism and healthy relationships.

# WORKING WITH PARENTS AND CARERS

The Education Secretary, Bridget Phillipson, attended the National Parent Survey launch and gave a speech, which highlighted the government's commitment to working with parents and carers, which will feature in their White Paper on schools. The updated RSHE guidance's 2<sup>nd</sup> guiding principle is engagement and transparency with parents.

The Education Endowment Foundation's Teaching and Learning Toolkit highlights that parental engagement, defined as education settings involving parents and carers in their children's academic learning, has a moderate impact for a very low cost, with an average of +4 months progress over the course of a year.

The National Parent Survey Report from Parentkind provides insight into the thoughts of parents and carers. Pages 126- 133 of the report provide information about what parents think of RSE, including that parents who say they are always informed by their child's school on content are more likely to be happy with the content taught, and the majority (65%) are happy with the content of RSE lessons in their child's school.

Parentkind has created a blueprint for parent-friendly schools, including parental participation resources. An education setting can then become an accredited parent-friendly school - standard, silver or gold. Please note there is a charge for this.

## FINANCIAL LITERACY BEACON SCHOOLS WANTED

We have recently added a free financial literacy curriculum from FLIC for secondary education settings to the Resource Library.

The curriculum includes interactive activities, videos, case studies, quizzes, and supporting teacher resources like FAQs and glossaries to ensure confident delivery. It covers a range of relevant, practical topics from making informed financial decisions, managing financial risks and preparing for the world of work.

FLIC is currently recruiting schools to join their Beacon School Evaluation Programme. Participating schools will run short student surveys before and after FLIC lessons to show how embedding financial literacy across secondary education can build knowledge, confidence and positive money habits. Each school will receive £1,000 to spend on students, with previous schools funding supported student raffles, breakfasts, and other engagement activities.

If your school would like to take part, please contact Addie at [adelaide.bowden-doyle@ftflic.com](mailto:adelaide.bowden-doyle@ftflic.com) to discuss next steps.

# UPDATE FROM LOCAL PARTNERS

## LOCAL YOUTH TRANSFORMATION PILOTS

Stoke-on-Trent has been chosen as 1 of 12 local authorities to be a local youth transformation pilot pathfinder.

The Pilot is investing £8 million over 2025/26 to support the 12 'Pathfinder' local authorities to start to rebuild a high-quality offer for young people and transition back to local youth services leadership. The pilot will test ways to rebuild local authority capability to ensure a local youth offer which addresses the needs of young people and supports government priorities.

The objectives of the Local Youth Transformation Pilot are to:

- Improve the capability in 12 local authorities to improve their local youth offer
- Build DCMS's and wider government understanding of the challenges and opportunities local authorities face, and how local authorities can best be supported to build capability to effectively meet their statutory duty and deliver effective services for young people
- Ensure longer-term sustainability in participating local authorities to deliver their youth services statutory duty

The pilot is being led by the National Youth Agency in collaboration with several other youth-focused organisations. This is a great opportunity to build relationships between formal and informal education settings and ensure consistent messaging on topics linked to the PSHE curriculum.

## NEW YOUTH GROUP – HAZELTREES

Hazeltrees Youth Group is for young people who require additional support due to their mental health needs. The Hazeltrees Youth Group will be a setting where young people can get together, relax and enjoy a safe space and will be able to access dynamic packages of support to meet the needs of the most complex children and young people in the city.

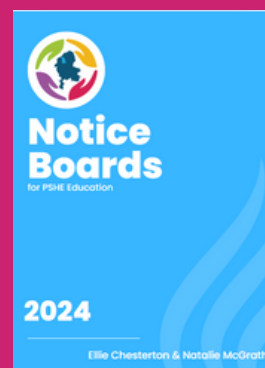
Access to the youth group is via referral in the following circumstances:

- A young person aged 13-18 years who has complex health/behavioural needs and is at risk or has been discharged from a Tier 4 provision
- The young person is assessed as needing to access a support mechanism to promote living well in the community
- Support for parents/carers and safe risk-taking
- Priority will be given to young people with an ASD diagnosis or on the ASD Pathway or Learning Disability.

For more information, please email [HazelTreesYouthGroup@stoke.gov.uk](mailto:HazelTreesYouthGroup@stoke.gov.uk)

# SIGNPOSTING SUPPORT

We have updated our [Notice Board document](#), which contains posters for children, young people and parents and carers that provide information about local and national organisations that support across a range of PSHE topics, including the School Nursing Service, Childline, Fearless, CEOP, New Era, Sexual Health Services and more.... Just click on the poster, and it will take you to the original version for you to print. If you think we've missed any that you use in your setting, please email [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk).



## CYBER CHOICES

We've seen in the news, and possibly experienced the consequences of cyber-dependent crime. Cyber Choices is a targeted intervention for young people who are at risk of, or on the cusp of committing cyber-dependent crimes. They aim to avoid criminalising and instead work to education young people around the Computer Misuse Act and ethical use of technology. Below are an information booklet and a flyer for staff to explain more about the programme and how to make a referral.



### Cyber Prevent | Referral Information

Cyber Choices is all about helping young people to make the right choices in their online behaviour. We want to support them in understanding the law and making informed decisions when using technology. We promote positive, legal cyber opportunities, both in training, skills development and in future careers.

We work with individuals who are at risk of, or on the cusp of, committing cyber-dependent crimes. We aim to avoid criminalisation of these young people, and work with them to educate around The Computer Misuse Act and the ethical use of technology.

We also offer free training for school staff and other partners about the Cyber Choices programme, including when and how to make a referral to us and how to identify & demystify the Red Flag terminology associated with 'Cyber Speak'.

What is Cyber Dependent Crime?	What is not Cyber Dependent Crime?
Offences that can only be committed by using technology. Examples include:	'Traditional' offences that can be committed both on and offline. Examples include:
<ul style="list-style-type: none"><li>• Hacking</li><li>• Cheating/modding online gaming</li><li>• Breaking IT Rules</li><li>• DDoS or DoS - use of tools/techniques that cause interference</li><li>• or impairment to systems or services</li><li>• Unauthorised access to computers/phones/networks/devices</li></ul>	<ul style="list-style-type: none"><li>• Sexting</li><li>• Sharing private sexual images without consent</li><li>• Inappropriate use of social media platforms</li><li>• Malicious communications</li><li>• Cyber bullying, trolling, stalking or harassment</li></ul>

We can be contacted via the email address below for an inform chat to discuss any concerns you may have or to discuss a possible referral.

If you wish to submit a referral to us for a Cyber Choices intervention then please use one of the two links below.

For internal Police colleagues  
<https://forms.office.com/e/FZBV0BxNM>

For external partners  
<https://forms.office.com/e/veTazj3Yg2>






[www.wmcyber.org](http://www.wmcyber.org)  
[cyberchoices@westmidlands.police.uk](mailto:cyberchoices@westmidlands.police.uk)

FOR TEACHERS/  
SAFEGUARDING  
STAFF

## HACKING IT LEGAL

Helping young people  
develop cyber skills



## CATCH22 ROUND-UP

Catch22 has published its [Research and Development Round-up](#) for September 2025.



# INSPIRE YOUNG MINDS WITH THE GREAT IMAGINING STAFFORDSHIRE



Schools across Staffordshire are invited to take part in an exciting new creative and educational programme — The Great Imagining Staffordshire — a county-wide initiative designed to spark imagination, critical thinking, and futures literacy in young people of all ages.

This inspiring programme is delivered by The House of Fairy Tales and is proudly supported by Cannock Chase Council, Stafford Borough Council and Lichfield District Council. It offers teachers and pupils the chance to explore big ideas about our planet and future — while building creative skills and supporting school climate action plans.

Through engaging Thinking Kit topics, students can investigate the Blue Planet, developing systems thinking, carbon literacy and a sense of awe and wonder about our world. They can explore the land around them by studying ecosystems, food production, conservation and rewilding, or dive into the life-giving cycles of water to understand clean water ecology, oceans and currents. They can even turn their attention skyward to discover how weather systems work, what makes up our atmosphere, and how we can all help keep the air clean for every living thing.

The creative pathways on offer are just as inspiring. Pupils can develop art and design projects such as Letters to the Earth, or connect with nature through journaling, spotter guides and rewilding projects. They might investigate the vital role of peatlands through the innovative Bog-in-a-Box project created in partnership with RE-PEAT or join the extraordinary Rivers in the Sky collaboration with the Kambebas community in the Amazon rainforest. Students can create powerful citizen-story films for international festivals, or step into the spotlight with theatre and performance opportunities — including a brand-new Staffordshire Futures play written especially for schools.

Events will be held across Staffordshire in theatres, art galleries, leisure centres, schools and universities to showcase this work.

All workshops, events and resources are completely free — making it easy for your school to get involved and bring climate literacy, creativity, and hope for the future into your classrooms.

Let's work together to inspire the next generation of changemakers — starting right here in Staffordshire



**THE GREAT IMAGINING STAFFORDSHIRE**  
IMAGINATION, CREATIVITY, FUTURES LITERACY, AND CRITICAL THINKING FOR ALL AGES

**FREE EVENTS, WORKSHOPS AND RESOURCES**

**JOIN SHARING EVENTS IN:**  
**THEATRES** such as the Lichfield Garrick  
**ART GALLERIES** such as New Art Gallery Wharf  
**LEISURE & COMMUNITY CENTRES** such as  
Burslem & Chase Leisure centres,  
**SCHOOLS AND UNIVERSITIES** such as Keele Uni,  
South Staffs, Burslem Kingsmead

**THINKING KIT TOPICS**  
**BLUE PLANET:** Big Picture & Systems Thinking, Carbon Literacy (UNODS), Awe and Wonder  
**LAND:** Ecosystems, land use, food production, conservation & rewilding  
**WATER:** Ecology of clean water systems, water cycles, oceans and currents  
**AIR:** Understanding weather, atmosphere and how to encourage clean air for all living organisms

**CREATIVE PATHWAYS INCLUDE:**  
**ART & DESIGN:** Letters to the Earth, infographics and imaginings about the future  
**NATURE & REWILDING:** Spotter Guides, Nature Journaling, Rewilding and Conservation projects  
**BOG-IN-A-BOX:** Peatlands exploration in partnership with international youth-led collective RE-PEAT  
**RIVERS IN THE SKY:** In partnership with the Kambebas community in the Amazon rainforest  
**FILM & DOCUMENTARY:** create citizen story films for international film festivals  
**THEATRE & PERFORMANCE:** including a Staffordshire Futures play designed for schools

**HELPS SUPPORT SCHOOL CLIMATE ACTION PLANS**



**THE GREAT IMAGINING**

# INFORMATION FOR PARENTS AND CARERS

This new section for the 2025-2026 academic year provides information that education settings may wish to share with their parents and carers via their usual communication methods, e.g. newsletter, ClassDoJo, class blogs etc...

## YOUNG MINDS PARENT HELPLINE



Young Minds has extended the opening hours of their [Parents Helpline](#). Their opening hours are:  
Monday, Thursday, Friday - 9:30am - 4pm, Mon-Fri.  
Tuesday, Wednesday - 9.30am-6pm

The helpline is available for free by calling 0808 802 5544.

Young Minds also runs an online chat option that is open Monday-Friday 9.30am-4pm.

The helpline and online chat support parents and carers who are concerned about their child or young person's mental health.

Someone might contact them because they're worried about how their child or young person is feeling or behaving. Or they might need advice about finding mental health support for their child or young person. Whatever the concern is, Young Mind's advisers want to understand what's happening and support parents and carers to take the next step.

Please be aware that this is not a crisis service. If a child or young person needs urgent help, we have a [list of services](#) that can support parents and carers now.

## CDOP NEWSLETTER

[September's newsletter](#) from the Child Death Overview Panel promotes awareness of [ICON](#). ICON raises awareness about infant crying and coping strategies. Stoke-on-Trent and Staffordshire have a high perinatal mortality rate compared to the national average, and one of the causes for this is abusive head trauma in babies and young children. We must raise awareness of ICON locally, not just within our organisations, but in our communities as a whole, so that everyone is aware of who to reach out to and for them to be aware of the support available if parents or carers are struggling. Please share with your families so they are aware of ICON.

## DITCH THE BLADE LETTER

Staffordshire Police is asking education settings to share this [letter with their parents and carers](#) to highlight Ditch the Blade.

Parents and carers may also find the following resources useful to help have conversations with their child(ren).

- [Guide for Parents and Carers on Knife Harm - Violence Reduction Alliance](#)
- [I'm worried about my child and knife crime - Support](#) by Action for Children
- [Staffordshire Police's podcast](#), The Beat. Listen to 'A Mother's Story' and 'Knife Crime: Tackling the Issue'

# AUTISM

## and healthy eating education in schools

Calling Parents and Carers!

We need your input to better understand the views of parents and carers on how healthy eating information is being shared with autistic children in mainstream schools.

We'd love to hear from you if:

♥ You are a parent or carer of a child aged 7 to 12 (School Years 3 to 6, or who has just completed Year 6) who has autism or is seeking a diagnosis of autism.

♥ Your child attends a mainstream school.

♥ You are aware of any lessons or information your child has received about healthy eating in school.

♥ You would like to share your experiences on this topic

To learn more or get involved, please visit the following link

<https://tinyurl.com/yc43vztk>

scan the QR code, or email me at

[Kim.Buckless@research.staffs.ac.uk](mailto:Kim.Buckless@research.staffs.ac.uk),

to register your interest in participating in an online focus group or interview.



## ONLINE SAFETY

CEOP Education and partner organisations have created a number of posters that signposts parents and carers to advice, information and tools to support them with what to do when their child is asking for their first phone, wants to join social media, they are worried about who their child is talking to whilst gaming, that their child might see something inappropriate online, that their child might share a nude image, or already has or if they want to protect their child from online blackmail. [Download the poster here](#) or check out our [Notice Board file](#).

## INFANT CPR AND SAFE SLEEP GUIDE

Staffordshire and Stoke-on-Trent Integrated Care Board (ICB), in partnership with University Hospitals North Midlands NHS Trust (UHNH), has launched a new information guide to support parents and carers with essential guidance on infant cardiopulmonary resuscitation (CPR) and safer sleep practices.

The resource aims to help families feel more confident in responding to emergencies and educate parents and carers about safer sleep environments for infants. The guide, which will be given to pregnant women at their antenatal appointments, explains:

- How to assess a baby's response in an emergency
- How to perform CPR on an infant
- Best practices for safer sleep

The information in this guide is supported by the Staffordshire and Stoke-on-Trent Child Death Overview Panel (CDOP) and has been developed in support of Rowan's Rule — a campaign launched by the family of Rowan Pepper, a baby boy who tragically died following a sudden cardiac arrest at just one week old. Rowan's parents, Rachel and Christian, didn't know how to perform infant CPR at the time. In their son's memory, they partnered with Family Hub Derby to create a powerful educational video that shares Rowan's story and teaches infant CPR in simple, clear steps.

Please share the video and guide with your parents and carers via your usual communication methods.

# LOCAL PEER SUPPORT GROUPS

Stoke-on-Trent's Family Hubs are running several peer-support groups, including:

- Parent Support (for under 25s) for young or teenage parents who may feel isolated or overwhelmed.
- Dad and Co-parent Support Group - Being a Dad or co-parent can be tough. It is a rewarding feeling, but can often be tiring and overwhelming. Finding time for yourself is not something you should feel guilty about; it may take a little planning, but taking a break can help you be the best dad or co-parent you can be.
- Teenager Hubs - This is a safe space for teenagers aged 13-19 to come together and explore their emotions, learn coping strategies and receive self-help advice.

Click the link for a poster to display in your setting and to find out venues, timings and more information.

## NEW FAMILY HUB – HANLEY

Families in Stoke-on-Trent will soon be able to access extra support in the heart of the city, with new Family Hub services launching at Hanley Indoor Market.

The new hub will officially open on Saturday, 4 October, as part of the market's Centenary celebration - Markets Time Twist. Each market is celebrating a different decade, with Hanley stepping back into the 90s. Supported by Stoke-on-Trent City Centre BID, visitors can enjoy carnival games, a movie trail, meet-and-greets with iconic 90s characters, and more.

Visit the [Family Hub website](#) for details of the help and support available, as well as the locations of the current family hubs. Please ensure that your families are aware of this information.



## 0-19 TEAM'S AUTUMN NEWSLETTER

The 0-19 Integrated Health Visiting and School Nursing has published their [Autumn newsletter](#) which features information on sleep, feeling and emotions, healthy eating, immunisations and more please share relevant information with your parents and carers, and colleagues.



# RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. The full year calendar for 24-25 can still be found [here](#) on the website.

We are pleased to share with you the [PSHE Awareness Calendar for the this academic year 25-26](#). Please note that the linked document and image below take you to a live document, which we will continue to update throughout the year.

Using engagement analytics of the Resource Library on our website, we have identified the top topics that users are visiting to look for resources. This data will help us identify further resources, support and guidance on priority topics.

## FOR SEPTEMBER

BULLYING

FRIENDSHIP

CONSENT

FEELINGS AND EMOTIONS

HARASSMENT

MENTAL HEALTH

ONLINE SAFETY

ROAD SAFETY

SELF-CONFIDENCE

TEAMWORK



There are now over 1200 accounts registered for the Resource Library which is an increase of over 70% in a year. Thank you to everyone who has registered, which represents in Stoke-on-Trent:

- 42% of Primary Schools
- 100% of Secondary Schools
- 50% All-age settings
- 83% of Independent settings

We value ongoing feedback to help us shape the service and ensure that we respond to support needs. You are welcome to share any feedback, suggestions and thoughts by emailing [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk).

## NEW LOCALLY PRODUCED RESOURCES

We are delighted to launch a new local resource, now housed in our [Resource Library](#) under Locally Produced Resources and in the topic page Alcohol.



Cannock Chase District Council funded Tom Allsopp to work with residents who had experienced alcohol misuse to develop a theatre performance and workshop. The Pan-Staffordshire PSHE Education Service were then approached to provide support, advice and guidance on how to turn this into a sustainable lesson that could be utilised across the local area. We are delighted to present [Thinking About Alcohol for 11-14-year-olds](#).



# UPDATES ON NATIONAL RESOURCES

## ONLINE LIVE LESSON - THE ECONOMIST EDUCATIONAL FOUNDATION

The Economist Educational Foundation is hosting a one-hour, online live lesson at either 10am or 2pm on Wednesday, 22<sup>nd</sup> October, for 10-16 years old.

To get the most from the live lesson, you'll need a screen, speakers and a stable internet connection. Ahead of the event, you'll receive an information sheet with all the details you need to ensure a smooth and engaging experience for you and your students.

The lesson can be a standalone event; however, it is also part of the Leadership for Change 2025 programme that we have recently added to "The Media" page of our Resource Library.

To register your class please visit the [Topical Talk website](#).



**REGISTER NOW**

## NEWSWISE PROGRAMME FOR 7-11 YEARS OLD

Newswise provides support to primary schools to help children develop their news literacy skills.

All primary (inc. first and middle) schools can access online resources and lesson plans for 7-11-year-olds, virtual journalist visits, training - including live CPD webinars and advice and guidance on creating an immersive learning experience within the classroom.

For primary schools in the UK with high rates of pupils eligible for free school meals, where teachers have completed NewsWise's training (online or in person) there is a comprehensive support package which includes all of the prior support plus integrated, free, virtual CPD: Welcome to NewsWise and how to produce authentic news reports, an interactive workshop, delivered by the NewsWise team, resources to turn your classroom into a newsroom and create an immersive experience, including posters for your displays and badges for your journalists-in-training, a Guardian newspaper for every child who takes paty, and ongoing support from the news literacy experts.



**REGISTER NOW**

## FIRST NEWS TEACHKIT: MEDIA & INFORMATION LITERACY

First News has collaborated with the Media and Information Literacy Alliance (MILA) to create a free frameworks for ages 7-11 and 11-14 years old which define what effective media and information literacy teaching looks like.

Education settings can then purchase structured, flexible schemes of work designed to fit into the timetable, this also gives access to fortnightly, dynamic teaching packs linked to current news and resources written by experts, AI tools to adapt resources and support classroom needs, access to dashboards and training and ongoing support. The price is £249 for this resource



**REGISTER NOW**

# PEERSCROLLER

It's been great to hear that many education settings across Staffordshire and Stoke-on-Trent have signed up to [Peerscroller](#). Over the summer, Peerscroller became a Home Office-approved resource, and the team are now working with the Home Office to develop new videos.

If you missed our [Summer 2 PSHE Leads Network Meeting](#), where Anne from Peerscroller joined us to explain about this FREE resource, you can either watch the Network Meeting or you can watch these short videos that explain What is Peerscroller?

[Primary edition](#)

[Secondary edition](#)



## FREE TREES & SCHOOL AWARD

The Woodland Trust's [free tree and hedge packs](#) are back for Spring 2026, so now is the perfect time to start creating your own hedge of the future or dreaming up your tree-planting plans with children and young people. This is available for all education settings and not-for-profit community groups.

Your planting project will have a positive impact on local people and nature, and there's incredible potential for learning too. Children and young people can develop valuable new skills, with lots of exciting ways to join in:

- Research the native species in our packs and choose the right trees or hedging for you.
- Plan your planting day and check out our Tree Tools for Schools website for everything you need to plan, plant and care for your trees.
- Discover nature and the joy of trees first-hand by getting stuck in on planting day – a brilliant way for youngsters to build real-life skills.
- Spread the word about your achievements and the huge benefits of your new green space.

The free tree packs also link with the [Green Tree Schools Award](#), where your education setting can earn recognition for completing environmental projects like our new '[Be a hedgerow hero](#)' challenge and lots more.

[A new report](#) led by University College London (UCL) Centre for Climate Change and Sustainability Education (CCCSE) identifies each curriculum subject's contribution and highlights ways that PSHE/RSHE can help, including by supporting children and young people to identify values and attitudes that underpin sustainability and developing resilience and agency to act on them and recognises how PSHE education builds vital skills such as empathy, critical thinking, media literacy and relationship-building, all crucial to navigating the climate and nature crisis..



# NEW TO THE RESOURCE LIBRARY - WWW.PSHESTAFFS.COM

As part of our work over the Summer, we have been adding new resources to the Resource Library on the website - register or log-in. See the table below which highlights new additions and where to find them.

Topic/Area in Resource Library	New Resources added
Exploitation	CEOP Education - Online Blackmail - ages 12-14
Managing Challenges (Resilience)	Learn Sheffield Preventative Knife Crime Education Resources - KS3 School Zone - Dealing with Change lesson plan
Managing Changes (Transition)	School Zone - Transition to Secondary School lesson plan NSPCC - Talk Relationships
Managing Risks	Learn Sheffield Effective Preventative Knife Crime Education Resources - KS2 PSHE Association: Water safety lesson plan - KS3 BBFC - What are age ratings for? - KS1 BBFC - Resisting Peer Pressure - KS2 FLIC - Learning Hub - Year 9 FLIC - Learning Hub - Year 11 CIFAS - Anti-Fraud Lesson Plans - KS3/4
Mental Health	School Zone - What is Wellbeing? - KS1/2 School Zone - Unhelpful Thoughts lesson plan School Zone - Social Media lesson plan - Year 6 BReal - KS3 FLIC - Learning Hub - Year 12
Money	Bank of England - EconoME - KS3/4 FLIC - Learning Hub - Year 7 FLIC - Learning Hub - Year 8 FLIC - Learning Hub - Year 9 FLIC - Learning Hub - Year 10 FLIC - Learning Hub - Year 11 FLIC - Learning Hub - Year 12 FLIC - Learning Hub - Year 13 CIFAS - Anti-Fraud Lesson Plans - KS3/4

Sleep	School Zone - Physical and Mental Wellbeing lesson plan - Year 6
Stereotypes	NSPCC - Talk Relationships - ages 12-14
Substances	NSPCC - Talk Relationships - SEND
Team Work	PSHE Association - Careers for Change - KS3
The Environment	PSHE Association - Careers for Change - KS3
The Law	BBFC - Pornography - KS4
The Media	NSPCC - Talk Relationships - ages 12-14 BBFC - Healthy Relationships - KS3 Media Smart - An Introduction to Advertising - ages 7-11 Media Smart - Digital Advertising - ages 9-11 Media Smart - Body Image & Advertising - ages 9-11 Media Smart - Body Image & Advertising - ages 11-14 Media Smart - Piracy: What's the Big Deal? - ages 11-14 Media Smart - Careers Workshop Media Smart - Tiktok: Adverts, Creators and You - ages 13-17 Media Smart - Manage Your Online Advert Experience - ages 13-16 Media Smart - Creating and Advert - ages 11-16 Media Smart - Influencer Marketing - ages 11-14 FLIC - Learning Hub - Year 7 FLIC - Learning Hub - Year 12 The Economist Education Foundation - Leadership for Change: Decode the News - ages 10-16 years
Transportation Safety	PSHE Association - Motor Insurers' Bureau: Staying safe on the roads - KS3-5 FLIC - Learning Hub - Year 11
Water Safety	PSHE Association: Water safety lesson plan - KS3

# ISLAMOPHOBIA AWARENESS MONTH - 1-30 NOV



The Equality Act places a duty on schools to prevent direct and indirect discrimination, harassment and victimisation because of race and ethnicity, religion or belief and other protected characteristics.

This year, Islamophobia Awareness Month aims to emphasise the importance of challenging narratives that misrepresent Muslims. The goal is to reframe conversations that are based on stereotypes or assumptions. Recent data highlights that Islamophobia remains a serious issue in UK schools, impacting the mental health and well-being of young British Muslims, as highlighted in [this factsheet](#).

Secondary education settings can [download free resources](#) from the Islamophobia Awareness Month website. The Similarities and Differences section of our [Resource Library](#), which includes our locally produced spiral curriculum resources that explore Hate Crime, offers additional resources to support this key awareness date.

## MOVEMBER - 1-30 NOV

Movember is a time to consider issues that affect mostly males, including mental health, suicide, prostate and testicular cancers.

Globally, on average, 1 man dies by suicide every minute of the day. Papyrus has developed a [guide to suicide prevention, intervention and postvention](#) in schools and colleges (registration required).

Orchid has created a [package for PSHE sessions](#) for 14-18-year-olds that increases young people's understanding of testicular cancer and gives them confidence to seek help. The lesson covers risk factors, signs and symptoms and highlights the importance of self-examination. This resource has also been quality assured by the PSHE Association.

You can also join the school's challenge. Check out the [Movember website](#) for more information and resources.

## MOUTH, PANCREATIC, LUNG CANCER AWARENESS MONTH - 1-30 NOV

HPV (Human Papillomavirus) is the name of a very common group of viruses. They do not cause problems in most people, but some types can cause genital warts or cancer.

The HPV vaccine is crucial to reducing the risk of HPV-related cancers, including oral cancer. The HPV vaccine is offered to all Year 8s.

The 2025 RSHE Guidance, for introduction from 1<sup>st</sup> September 2026 states the introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils. This [guide from the ICB](#) highlights school-aged immunisation to help you plan your curriculum.

Our Medicine Management, including Vaccinations and Smoking and Vaping pages in the [Resources Library](#), hosts resources that can support this key awareness date.



## BONFIRE NIGHT - 5 NOV



Bonfire Night is traditionally an extremely busy time for the emergency services as the demand for services rises significantly.

We want to ensure that children and young people know how to deal with emergencies, and so have developed our & PSHE pack "Dealing with Emergencies" to provide knowledge to help professionals feel more confident in their own knowledge on this topic.

Staffordshire Fire and Rescue Service have a video on their YouTube Channel showing Stop, Drop and Roll - a useful technique in case someone's clothes catch fire.

This pack can be used in conjunction with our Fire Safety, First Aid and ASB packs when delivering sessions around bonfire and firework safety to ensure staff feel confident before delivering.



## INTERNATIONAL DAY AGAINST VIOLENCE AND BULLYING AT SCHOOL - 6 NOV

This global day, led by UNESCO, focuses on creating safe, inclusive school environments and tackling bullying—including online abuse. The 2025 theme, "Promoting Mental Health: Building Safe and Supportive Environments", encourages schools to prioritise emotional wellbeing alongside safety.

The YEF's Education, Children and Violence guidance offers five evidence-based ways schools can reduce violence:

1. Keep children in education - reduce exclusions and improve attendance.
2. Provide trusted adults - mentoring and coaching build protective relationships.
3. Teach social and emotional skills - through PSHE and targeted interventions.
4. Focus on high-risk times/places - like unsupervised areas or transitions.
5. Avoid harmful approaches - invest in what works, not what's popular.

The Government Social Research has published a report, "Schools' response to knife crime in schools". The report highlights that schools increasingly see knife crime as part of their safeguarding responsibilities—not just a disciplinary matter. Prevention is multi-faceted, including educating children and young people through the PSHE curriculum, working in partnership with the Police and local voluntary organisations (this map shows SCVYS members in your local area), and delivering targeted interventions for at-risk pupils, such as mentoring and counselling.

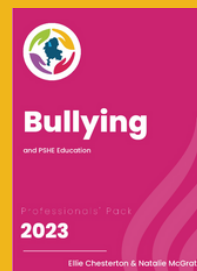
# ANTI-BULLYING WEEK - 10-14 NOV

The Anti-Bullying Alliance are the official organiser of Anti-Bullying Week and Odd Socks Day - this year's theme is Power for Good. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Education settings can download free teaching resources and themed assemblies. These focus on how we can actively use our Power for Good, and what we can do to stop bullying.

Bullying was one of the top reasons that young people from across Staffordshire and Stoke-on-Trent highlighted they felt that their peers got involved in youth violence.

There are lots of resources in our Resource Library around bullying suitable for all ages, including our Bullying & PSHE pack designed to provide those facilitating PSHE Sessions with the information to feel more confident to deliver these sessions.



Education and Youth settings will be able to download resources free of charge to support this awareness week from the Anti-Bullying Alliance Website. Settings are also encouraged to consider utilising Matilda's story and animation, from the locally created and popular Oatcake Comic Book Series, which is available from the Resource Library. There are a small number of printed versions also available on a first-come, first-served basis that can be ordered by emailing [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk).

## ODD SOCKS DAY - 10 NOV

Odd Sock Day marks the start of Anti-Bullying Week, and provides an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique.

The Anti-Bullying Alliance has shared a poster for education settings to display to support Odd Socks Day.

## WORLD KINDNESS DAY - 13 NOV

World Kindness Day is a day to celebrate and promote kindness in all its forms. Ideas for schools to get involved include:

- Creating a paper chain or tree of kind acts that people have done across the school
- Make Kindness Kites
- Read a book about being kind, examples include "[The Kindness Quilt](#)" "[Kind](#)", "[Be Kind](#)"
- Raise money for charity
- Volunteer in your local community, for example, visit the local nursing home, food bank, or go litter picking
- Create a compliment or "thank you" board that everyone in your setting can contribute to

You can request a primary or secondary Kindness Pack from [Kindness UK's website](#), or take part in 52 Lives School of Kindness' [Live 30-minute Assembly](#) or request their [Primary Kindness Day Pack](#).

BBC Bitesize has [written information](#) about the importance of kindness based on findings from the Kindness Test and other scientific research.

The British Red Cross has a [Kindness Activity Pack](#) for children and young people aged 5-14 years, which helps them to learn about the power of kindness and encourages them to do small acts of kindness each day to help their community, family and themselves.

The [School of Kindness](#) has lesson plans and activities to teach primary-aged children about the importance of kindness and the impact it can have on people's physical and mental health.

## WORLD DIABETES DAY - 14 NOV

Diabetes and well-being are the themes for World Diabetes Day 2025. Children and young people with diabetes often report that the absence of support from their school peers and staff is their greatest challenge. This is due to a lack of diabetes education.

Imagine a pupil enters the toilet and sees another pupil with a syringe - would they think "oh it's a medical condition?" or would they think that the pupil with the syringe was taking drugs?

For Type 2 Diabetes, education settings can raise awareness about how healthy lifestyle choices can prevent or delay the condition. It is important to differentiate between Type 1 and Type 2 Diabetes.

Work with your Science/Biology lead to explore cross-curricular opportunities, including understanding blood glucose and linking this to developing [first aid knowledge on responding to low blood sugar](#).

Digibete has resources for:

- [pre-school](#),
- [primary](#)
- [secondary](#)

to help support children and young people with Type 1 Diabetes, including training and guidance.

# INTERNATIONAL DAY OF TOLERANCE - 16 NOV

"Tolerance is respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and ways of being human.". It is also 1 of the 5 British Values, created by the government as a way to create social unity and prevent extremism. Teaching tolerance helps combat prejudice, reduce bullying, and build inclusive communities.

Schools in the UK have a responsibility to promote British values, as outlined in the DfE's [British Values guidance](#) (last updated in 2014). This means that teaching and learning about British Values should be woven into the fabric of school life.

For PSHE Leads, this means ensuring that teaching about British Values is not confined to one-off lessons or assemblies. Instead, it should be reflected across the curriculum, in classroom discussions, school policies, and the wider ethos of the school.

Check out our [Similarities and Differences](#) page in the [Resource Library](#) for resources from Educate Against Hate, Uniting Staffordshire Against Hate and more.....

## ROAD SAFETY WEEK - 16-22 NOV

[Staffordshire Safer Roads Partnership](#) is a partnership between public sector organisations within Stoke-on-Trent and Staffordshire who work together to make the roads safer.

Staffordshire County Council's Road Safety Team delivers road safety education across all schools in Staffordshire and Stoke-on-Trent. While materials are available and sessions run throughout the year, [Brake's Road Safety Week](#) is a great time to spotlight this vital topic.

Here's a reminder of what's available and how to access.

### Primary Schools (EYFS - KS2)

- [Access free digital and practical resources](#)

Priority schools may receive extra sessions on:

- KS1 - Seatbelt Safety
- KS2 - Stepping Out Pedestrian Training
- Year 6 - Transition to High School

### Middle Schools

- [Free resources available for all Middle Schools](#)

Priority schools may receive sessions for:

- Year 5 - Safer Journeys
- Year 8 - Stepping Up to High School

### High Schools, Sixth Forms and Colleges

- [Free resources available for all High Schools, Sixth Forms and Colleges](#)

Priority schools may receive sessions for:

- Year 7 - Distraction and Risk Taking
- Year 9 - Peer Pressure and Staying Safe
- Year 12 and 13 - Young Drive and Passenger Road Safety Awareness

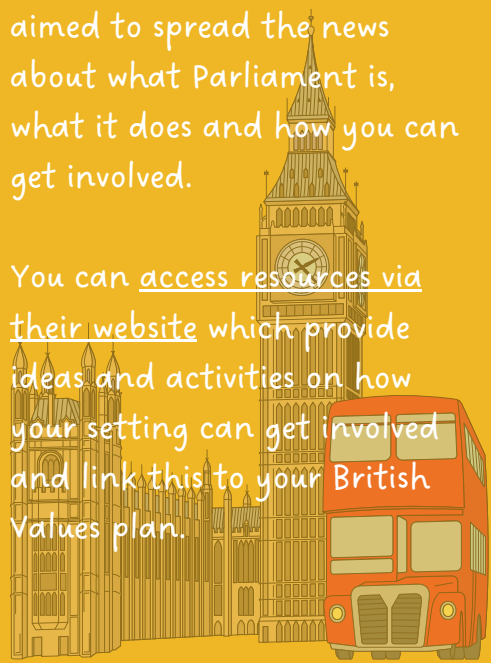
For more information or to book a session if you are a priority school email the [Road Safety Education Team](#)



## UK PARLIAMENT WEEK - 24-30 NOV

This week is an annual event aimed to spread the news about what Parliament is, what it does and how you can get involved.

You can [access resources](#) via their website which provide ideas and activities on how your setting can get involved and link this to your British Values plan.



## INTERNATIONAL MEN'S DAY - 19 NOV

Taking Boys Seriously is a longitudinal research project committed to working alongside boys and educators to promote flourishing across diverse educational settings. 10 key principles provide a framework for embedding relational work with boys. Taking these principles into practice, PSHE leads can:

- Use relational approaches in PSHE lessons—prioritise connection, trust, and dialogue.
- Include gender-conscious content that challenges stereotypes and promotes positive masculinity.
- Collaborate with pastoral teams and youth services to support boys at risk of disengagement.
- Create safe spaces for boys to explore identity, emotions, and relationships.

Page 9 of We're in this together provides guidance on how to make RSHE work for young men and boys

## INTERNATIONAL DAY FOR THE ELIMINATION OF VAWG - 25 NOV

Violence Against Women and Girls (VAWG) includes behaviours that disproportionately harm women and girls—physically, emotionally, or psychologically.

Examples:

- Domestic abuse
- Sexual violence and harassment
- Coercive control
- Stalking
- Honour-based abuse
- Misogyny and street harassment

Schools have a key role in educating pupils to recognise and challenge these behaviours.

The updated RSHE guidance reflects the urgent need to address online harms, misogyny, and VAWG. Teaching starts in primary with healthy relationships and continues into secondary with content on consent, sexual ethics, and challenging gender stereotypes. There is a new focus on helping boys identify positive role models and challenging myths about women and relationships that are spread online, including educating on the impact of AI, deepfakes and how pornography links to misogyny.

End Violence Against Women's 2023 #AboutTime research found that 80% of young girls want schools to do more to tackle sexual harassment. The Coalition has also published a report "How to engage men in ending VAWG"



The first 4 editions of the Oakcake Comic Books explore themes and topics relating to VAWG - Bullying, Personal Space, Harassment and Photo-sharing.



# 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, locally and nationally. Click on links for bookings and further information.

## Reminder

It is important to us that we signpost to any training opportunities that may enhance your CPD offer in your settings.

In addition to the PSHE Education Service webinars; and our PSHE Leads Network Meetings, detailed on Page 1 which can be booked, for free through Eventbrite, we signpost to wider training opportunities.

We signpost to training from reputable sources, nationally and locally however, are not responsible for the content. If you have any feedback to share regarding training which you attend, please feel welcome to share with us - [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk).

## TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	<a href="#">NEW ERA</a>	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
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

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
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
AI	8 & 9 <sup>TH</sup> OCTOBER 2.30-5.30PM	<a href="#">SECED</a>	FROM £149 + VAT	THE AI IN SCHOOLS ONLINE CONFERENCE INCLUDES CASE STUDIES, EXPERT ADVICE, AND CLASSROOM-READY IDEAS RELEVANT TO ALL, WHETHER YOU'RE A SCHOOL LEADER, DIGITAL LEADER, OR CLASSROOM TEACHER.
FINANCIAL LITERACY	<a href="#">VARIOUS</a>	<a href="#">YOUNG ENTERPRISE</a>	FREE	FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. , FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.
DELIVERING INCLUSION RSE IN SPECIAL SCHOOLS	15 <sup>TH</sup> OCTOBER 9.30AM-3.30PM	<a href="#">SEX EDUCATION FORUM</a>	FROM £200	A ONE-DAY COURSE FOR TEACHERS IN SPECIAL SCHOOLS, WORKING WITH LEARNERS WITH ADDITIONAL AND UNIQUE LEARNING NEEDS, SUPPORTING TEACHERS DELIVERING RSE TO FEEL CONFIDENT IN HOW TO APPROACH KEY TOPICS, INCLUDING PUBLIC AND PRIVATE, CONSENT AND TOUCH, DIFFERENT RELATIONSHIPS AND MASTURBATION, AS WELL AS WAYS TO WORK WITH PARENTS.
SUBSTANCES	16 <sup>TH</sup> OCTOBER 3.30-5PM	<a href="#">DRUG EDUCATION FORUM</a>	FREE	JOIN THE DEF AUTUMN 2025 EVENT, WHICH WILL FOCUS ON EXCELLENT, EVIDENCE-BASED, AGE-APPROPRIATE DRUG EDUCATION AND HARM REDUCTION.
SUBSTANCES	10 <sup>TH</sup> NOVEMBER 12-1.30PM	<a href="#">DRUGS EDUCATION FORUM</a>	FREE	JOIN US FOR A LUNCH & LEARN WEBINAR DISCUSSING HOW NEURODIVERGENT YOUNG PEOPLE NAVIGATE DECISIONS AROUND DRUGS.
PSHE	11 <sup>TH</sup> NOVEMBER 3.30-4.30PM	<a href="#">LIFE LESSONS AND NSPCC</a>	FREE	THIS PRACTICAL, ENGAGING WEBINAR WILL GIVE SLTS THE TOOLS AND CONFIDENCE TO EVALUATE YOUR SCHOOL 'S PSHE PROVISION AND EMPOWER YOUR TEAM TO DELIVER IT WITH IMPACT.
BULLYING	14 <sup>TH</sup> NOVEMBER 9AM-12PM	<a href="#">ANTI-BULLYING ALLIANCE</a>	FROM £116.20	THIS CPD TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING
RSE SKILLS FOR KS4 AND KS5 LEARNERS WITH SEND	26 <sup>TH</sup> NOVEMBER 1-3PM	<a href="#">SEX EDUCATION FORUM</a>	FROM £65	EXPLORE HOW RSE CAN BE DELIVERED IN SPECIAL SCHOOLS, COLLEGES AND PROVISIONS VIA THE PREPARING FOR ADULTHOOD OUTCOMES, SUPPORTING LEARNERS AGED 14-25 WITH SEND TO GAIN KNOWLEDGE, SKILLS AND VALUES TO SUPPORT THEIR INDEPENDENCE IN ADULT LIFE.

# HELPING KIDS BUILD AND MANAGE ONLINE RELATIONSHIPS

from 6<sup>th</sup> October - 12<sup>th</sup> November professionals working with children and young people can complete an online course that explores how children and young people communicate online and through technology, the benefits and risks of communicating online and strategies that can help them manage the risk and a focus on how educators can empower and support their learners to become active and positive digital citizens.

There are 4 modules to complete at your own pace. One module will be opened at the beginning of each week, and there is only one deadline for the peer-review activity that you need to take into account. Participants will gain a certificate once they have completed the course.

## LOCAL TRAINING – STOKE-ON-TRENT

### PREVENT TRAINING



BOOK NOW

West Midlands Police Counter Terrorism Unit's Prevent Partnership team presents the regional Prevent overview. This input will provide an updated overview of Prevent, including the new Prevent referral form, how to make a referral and the referral pathway from point of referral to adoption by Channel. It will also give an overview of signs and symbols that are prominent and relevant within the Prevent space, contextualising these images within their ideological origins. Finally, it will give an updated overview of the Extreme Right Wing and Al-Qaeda/ISIS Extremist ideologies, looking specifically into newly proscribed organisations.

This training will ensure that your PSHE curriculum is relevant to the local context around Prevent.

### STAY WELL TRAINING

Stay Well is the commissioned service to improve the well-being of children and young people in both Staffordshire and Stoke-on-Trent. In Staffordshire this service replaced Action for Children from 1<sup>st</sup> April 2025.

On our training page we have added links to the training provided by Stay Well. The training is a mixture of face to face and online and is suitable for professionals, volunteers and parents and carers.

- [Staffordshire](#)
- [Stoke-on-Trent](#)

# TRAINING (E-LEARNING, WEBINARS)

**NEW  
UPDATE**

Please check out the training page on our website - <https://pshestaffs.com/training/>.

This month, we have added:

- Introduction to self-harm in schools- a free 30-minute training module designed to help education staff understand, recognise, and respond to self-harm in a supportive and confident way. Mental Health-Self-harm

Please note that the Anti-Bullying Alliance (ABA) online training now has a nominal fee. Discounts are available for members of the ABA. Find out [information about their pricing here](#).

## PODCASTS

You can find podcasts to support CPD on our website - <https://pshestaffs.com/podcasts/>. This can also be found in the drop-down menu for Education Providers under the training sub-menu.

Last month we added the following podcasts:

Exploitation - This podcast from NSPCC Learning discusses how to protect boys and young males from targeted online blackmail and extortion, featuring experts from Childline and CEOP Education, part of the National Crime Agency (NCA). The episode covers: what online financial sexual extortion is; how to spot the signs of online blackmail and extortion; how to support boys who are experiencing online sexual extortion; and how to report real and AI generated images.

## DOCUMENTARIES AND DRAMAS

We have collated documentaries and dramas that we think will support CPD of professionals. We do not encourage these to be shown to children and young people within PSHE sessions. They are located at <https://pshestaffs.com/documentaries-and-dramas/> This can also be found in the drop-down menu for Education Providers under the training sub-menu.

We have recently added:

- Hunting my Sextortion Scammer: UNTOLD - Jordan Stephens gets himself sextorted, to expose the tactics criminals use to sexually blackmail young British men and boys. He tracks down his blackmailer and attempts to confront them

## NEXT MONTH (NOVEMBER)...

Resources & Materials for key awareness dates in December:

- 1 - World AIDS Day
- 2-8 - National Grief Awareness Week
- 3 - International Day of People with Disabilities
- 5 - International Volunteer Day
- 10 - Human Rights Day

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

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

[ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk)

“

Thank you for uploading the recordings onto YouTube, this is particularly useful so I can listen again/check information or watch if it clashes with staff meetings.



”

PSHE Lead,

Join our [Facebook Group](#) and join fellow PSHE Leads to share best practice, resources and be kept updated in between Digests



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