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- Talk to Us (Samaritans)

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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

- 7th May - Right to Withdraw

Bitesize Practice Development Webinars

- Addressing risks and themes associated with misogyny, harmful influences on teenagers

UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

Join us for the last meeting of this academic year where we are joined by the JCB Academy talking about their UK Feminista: Action Award and Peerstroller join us to talk about their new resource (see page 23)

- 24th June 2025 - 4-5pm

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

BOOK NOW



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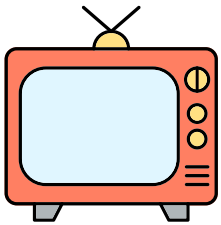
Has this Digest been forwarded to you. If you would like to receive our monthly newsletter directly please email:

natalie@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.

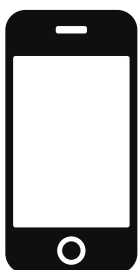
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- Blind Date is returning on Disney+
- The 12th season of the reality TV dating series, Love Island, is set to return next week
- Clarkson's Farm returned to Amazon where Jeremy Clarkson learnt that pigs have clitorises.
- Eastenders are showing the impact of peer influence and pornography through the friendship of Tommy Moon and Joel Marshall.



- As of 1st June, the sale and supply of disposable vapes in the UK is now illegal.
- The BBC shared the experiences of a women who was drugged and raped by her husband for year. Explores chemical control as part of an toolkit for domestic abusers.
- The local elections in Staffordshire means a change in the ruling political party with Reform having been elected. Education settings have guidance on teaching about political issues and being politically impartial, if children and young people are talking about this in the classroom.
- 1 in 10 have no savings financial regulator says according to the BBC and the article also highlights the need for financial education so people have the skills to budget and save.
- A man from Burton upon Trent has been jailed following a county lines investigation. He was jailed for 10 years, after he pleaded guilty to using teenagers to transport drugs on the rail network.
- Students say school toilet rules create anxiety writes the BBC. PHS has published period equality research in the UK's secondary school teaching sector in relation to toilet access with a suggested best practice education guide for schools, colleges and universities to facilitate period equality and a toilet policy toolkit that they have collaborated with Irise, a menstrual health charity.



- A Guardian investigation has found that more than half of all the top trending videos offering mental health advice on TikTok contain misinformation. Please ensure that your are signposting to Staffordshire Health App Finder to enable people to use trustworthy sources.
- CMAT's Take a Sexy Picture of Me has gone viral on TikTok with many celebrities doing their own version of the dance moves. This song provides opportunities to talk to young people about gender stereotypes, and the pressures on people to be attractive.

UPDATE FROM NATALIE

PSHE LEADS DETAILS



Thank you to those who have already completed our [short form](#) about who the PSHE Lead is in your setting and sharing some basic information to help us get a better understanding of PSHE education across Staffordshire and Stoke-on-Trent and how we can support you.

To date, we have had responses from:

- 25% of primary education settings
- 36% of secondary (including middle and FE) education settings

The average response time is just 5 minutes. Your support in making sure our database is up-to-date and telling us about you and your PSHE provision so that we can make plans to best support you in your role is greatly appreciated. We know you are all busy, so if you haven't already completed the form, [you can do so here](#). For those who have already completed it we are delighted to share the winners from our prize draw:

- Primary: Violet Way Academy, East Staffordshire
- Secondary (inc. Middle and College) Sir Thomas Boughey Academy, Newcastle-under-Lyme

We will be sending out your prize in the coming weeks, so keep your eye out.

CASE STUDIES

SUBMIT ➤

Have you utilised the support available from the Pan-Staffordshire PSHE Education Service this academic year? Maybe you found a new resource via the Library, perhaps you went on a training course advertised in the PSHE Digest, established a better working relationship with your DSL and Mental Health Lead, or tweaked your curriculum. We'd love to hear how the service helps shape the development and delivery of PSHE education in your setting and so have [created this template](#) to enable you to share your experiences of the service and showcase the incredible work you are doing to help our children and young people thrive.

PUBERTY EDUCATION

We know that Summer 2 is the time many education settings deliver puberty education. We wanted to share this [blog from the School of Sexuality Education](#) that talks about the importance of teaching children and young people the right words for their anatomy from a young age, and the importance of correcting that for future generations.

DFE UPDATE

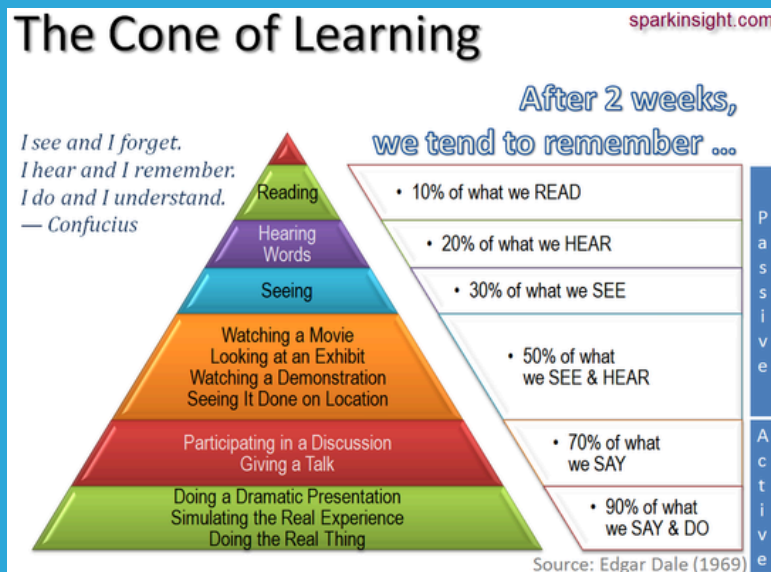
We appreciate many of you will be waiting daily to see if the DfE release the updated statutory guidance around relationships education, relationships and sex education and health education. We wanted to reassure you that any changes made in the updated guidance will not need to be implemented in the upcoming academic year and we are here to support you; identifying any changes, training needs and requirements that might be needed. We know many of you are currently working on next year's curriculum and so wanted to take the opportunity to remind you we are keeping a watchful eye and a close ear to the ground.

SPOTLIGHT ON BEST PRACTICE



Following on from our recent survey, and once again thank you to those who took time to complete it (you can still [complete it using this link](#)), we saw that a number of settings responded to say they do not utilise active-learning techniques within their setting. We wanted to highlight behind why one of our Key Principles for Effective PSHE Education (point 9) states that for PSHE education to be effective it must be:

"Utilising active skill-based learning techniques that accommodate a range of learning styles"



We believe that active engagement in learning, rather than passively receiving information, is most effective in teaching PSHE. Using a range of teaching and learning styles, involving the children and young people in activities such as discussions, role play, circle time, games, investigations and problem-solving activities, provides opportunities to clarify their values and beliefs and rehearse and develop enquiry and interpersonal skills.

This approach supports the [development of critical thinking](#), creativity, and deeper subject knowledge.



Here are some other useful resources that evidence the benefit of using active learning:

- [Department for Education](#)
- [National Children's Bureau](#)
- [Lancaster County Council](#)
- [Sex Education Forum](#)
- [Structural Learning](#)

The service has recently carried out some pupil voice activity and a reoccurring theme from these sessions is that children and young people want sessions to be more interactive.

Here are a selection of quotes from them when asked "What would make PSHE even better"

"MORE STUDENT ENGAGED WORK"

MORE PRACTICAL TASKS, MORE TIME/LESSONS, REAL LIFE SCENARIOS MORE OFTEN, MORE LOCAL STATISTICS

"IF WE DID MORE FUN STUFF LIKE PRACTICALS"

"LESS WRITING"

UPDATE FROM NATIONAL PARTNERS

SAFEGUARDING

PSHE plays a vital role in safeguarding children and young people. By teaching children about healthy relationships, online safety, consent, and how to seek help, PSHE helps prevent harm and builds a culture of safety and respect. It's more than a subject—it's a key part of any education setting's safeguarding strategy. This is why the Pan-Staffordshire Education Service works closely with the Education Safeguarding Leads in both the County and the City and why we encourage PSHE Leads to develop close working relationships with their DSL and Mental Health Lead (assuming that more than 1 person holds these roles).

One of our key principles for effective PSHE education is that children and young people are aware of their rights, including the right to access confidential advice and support services within the boundaries of safeguarding.

The [Department for Education](#) has published an illustrated guide, animated video and details of a toolkit for children, young people and their families, and practitioners working with them. Practitioners who would like to use the toolkit can email workingtogether.statutoryguidance@education.gov.uk to request this.

TES has published their [Safeguarding Report, 2025](#), which provides insights from nearly 2,000 school staff and governors which states that in response to the safeguarding challenges schools face many schools nationwide have responded by strengthening relationships, sex and health education and the report also recommends the integration of robust online safety within the PSHE curriculum.

GENDER

The [Conversation's Jessica Ringrose](#) has published an article following the UK Supreme Court's ruling that when the Equality Act refers to "sex" it means biological sex, not gender identity.

The article describes some of the worries and challenges facing education settings following this ruling. It also reminds settings that a key way to support trans and gender diverse young people is through the provision of RSE that addresses LGBTQ+ identities. There is a link to a [UCL Institute of Education guide to good practice](#) that sets out key principles to ensure high quality RSE.

We are still waiting for guidance from the Department for Education and will share this with settings via our Social Media channels and a future edition of the PSHE Digest.

SOCIAL AND EMOTIONAL LEARNING

The Education Endowment Foundation (EEF) has updated its '[Teaching and Learning Toolkit](#)' and the news for social-emotional learning in secondary schools is incredibly positive, with interventions enabling the equivalent of an additional 5 months of academic progress over the course of a year, for primary schools, it is also positive news with interventions enabling the equivalent of 2 months.

Alongside academic outcomes, the EEF also reports a valuable impact on attitudes to learning and social relationships. On top of that, importantly, building social-emotional skills empowers disadvantaged young people to engage in healthy relationships and emotional self-regulation, helping to close the attainment gap.

The EEF says that sessions up to 45 minutes twice a week appear to be the most successful - evidence for those who are having their timetabled space squeezed to share with their SLTs.

DATA TO INFORM CURRICULUM PLANNING

It is important that the PSHE curriculum works from a data-led perspective so that any information shared with children and young people is accurate and consistent, and from reliable and credible sources.

To ensure that our children and young people's needs are being met; that what and how they are being taught in PSHE is suitable and relevant for them, we need to utilise available data. There are many ways to find out about pupil needs, and one of the most robust and valid ways is to use national and local data.

One source is the [Local Authority Interactive Tool \(LAIT\)](#) this compares data about children and young people across all local authorities in England and has added a new version of the children's services statistical neighbour benchmarking tool, plus an update note and a technical report.

The Office for National Statistics (ONS) has updated their [local housing prices tool](#) to cover the whole of the UK. The tool allows you to see the latest average house prices and monthly private rental prices for your local area (district/borough). So when delivering sessions on budgeting, financial education, and parenthood you can ensure that you are using accurate figures for housing costs.

SUICIDE DATA

As mentioned previously, one of our fundamental principles of PSHE education is that it is relevant, accurate and factual.

The Office of National Statistics (ONS) is a great resource to support PSHE Leads in ensuring the provide up-to-date statistics.

Last month, for the first time, the ONS has published suicide and self-harm statistics by sexual orientation in England and Wales.

The 2021 Census of England and Wales included a voluntary question on sexual orientation for the first time. ONS have linked census data to death registrations and administrative NHS hospital records to estimate how the risk of intentional self-harm and suicide differs by sexual orientation.

It shows that people from minoritised sexual orientations face a much higher risk of suicide and self-harm. Some of the key findings are:

- The risk of intentional self-harm was 2.5 times higher for people identifying as LGB+
- Risk of suicide was estimated to be 2.2 times greater for people identifying as LGB+
- Females identifying as LGBT+ had a larger relative increase in the risk of both intentional self-harm and suicide than males.

Having clearer data on suicide and self-harm by sexual orientation is a crucial foundation for more effective prevention.

The Support systems for self-harm and Suicide (4s) study is a research project investigating how secondary schools, colleges and youth organisations in England deliver self-harm and suicide prevention, as well as support after a death by suicide. They have published an infographic from their survey findings from phase 1. They have also created a guidance review infographic, to summarise what exists in current guidance and what their advisory groups feel is currently missing, and in what ways future self-harm and suicide guidance could be improved.

The Samaritans has recently created a new suicide prevention communications guide.

Professionals can access the Papyrus Spark 45 minute training session on (SPARK) suicide prevention, awareness, resource and knowledge. Various dates are available.

Remember to consider when planning your curriculum if it is more beneficial to be strengths-based and explore help-seeking strategies with your young people rather than delivering sessions specifically on suicide.

YOUTH VIOLENCE

The Youth Endowment Fund has published its latest guidance, Education Policy, Children and Violence. This guidance provides education policymakers across England and Wales with 8 recommendations on how to prevent children and young people's involvement in violence.

The recommendation most relevant for PSHE Leads is number 5:

"pilot and scale up a violence against women and girls (VAWG) lead training grant in secondary schools, colleges and AP/EOTAS. This recommendation has been made due to the large number of children experiencing relationship violence, the number of children reporting receiving lessons on consent, harassment and healthy relationships and the number of teachers who stated they lack the confidence and expertise to teach children about relationship violence.

There are other recommendations that DSLs may wish to know about.

The London Assembly Police and Crime Committee has published its report – "A New Era: The impact of violence against women and girls (VAWG) on young people", which calls for a Toolkit to support parents in teaching their children about healthy relationships from a young age and an information campaign uplifting and championing relatable and 'everyday' positive male role models.

Expect Respect is a free training programme offered by Women's Aid to schools and universities to educate children and young people about unhealthy relationships.

DOMESTIC ABUSE

The Domestic Abuse Commissioner for England and Wales has released a new report focusing on the experiences of children affected by domestic abuse and the growing financial strain on specialist support services.

The report draws on a survey of 266 domestic abuse services supporting children, as well as 168 statutory agencies involved in commissioning these services. Key findings include:

- 27% of services had to turn children away due to lack of capacity and funding.
- 45% of children faced a wait of over a month before accessing support.

The report also outlines the serious impact domestic abuse has on children's mental and physical health. It calls for:

- Greater inclusion of children's voices in service design and delivery.
- Stronger cross-departmental collaboration and strategic leadership.
- Sustainable, holistic funding for services.

VIOLENCE AGAINST WOMEN AND GIRLS

The Public Accounts Committee (PAC) has released a new report urging the government to take a more coordinated and preventative approach to tackling violence against women and girls (VAWG) in England and Wales.

Key recommendations include:

- Cross-government collaboration to address VAWG
- Greater focus on prevention and early intervention
- Engaging boys to challenge harmful attitudes
- Improving online safety for children and young people
- Learning from successful local initiatives and frontline services

The report also stresses the need for a clearer understanding of the scale and complexity of VAWG.

Our webinar, part of Staffordshire's Festival of Practice provides an overview of Addressing the themes and Risks Associated with Misogyny, Harmful Influences of Young People.

TODAY ONLY

SUPPORTING BEREAVED PUPILS-SURVEY

Winston's Wish is inviting professionals to complete a short survey that will help them to better understand how confident and equipped schools are in supporting bereaved pupils. This insight will help them to shape future bereavement training and support in the education sector.

The survey takes less than 10 minutes to complete and as a thank you, you'll be entered into a prize draw to win a FREE bereavement training session for your school worth £300. Please note that the deadline to complete the survey is today (6th June 2025)

Watch this short video to hear directly from young people about their hopes and experiences of bereavement in education - which includes a plea to PSHE Leads about curriculum content!



ONLINE SAFETY

The Children's Commissioner for England has published a new report examining Generative Artificial Intelligence (GenAI), with a particular focus on nudification tools and sexually explicit deepfake technology.

The research included focus groups with 22 young people aged 16–17. Key findings include:

- Women and girls are the primary targets of sexually explicit deepfakes and nudification tools.
- The existence of this technology is discouraging girls from participating freely in online spaces.
- Young people are calling for stronger action to prevent the misuse of AI.

In response, the Commissioner is urging the Government to ban apps that use AI to create sexually explicit deepfake images of children.

LGfL has some video resources What is Gen AI? (primary) and the teenage perspective of Gen AI (secondary) that can be useful conversation starters or used as part of a wider lesson.

New research from NSPCC Learning reveals how the design of popular online platforms can enable abusive communication with young female users. The study examined ten video-sharing, social media, gaming, and messaging platforms using a fictitious 14-year-old girl's account, expert interviews, and user journey mapping. Findings show: online service design can be exploited to identify, target and abuse girls; risky design features are built into the entire user journey; and platforms place the onus on girls to protect themselves online. The report proposes solutions and urges the Government and technology companies to put measures in place to mitigate unsafe design features and protect girls on digital platforms.

It is essential that our PSHE education is supporting children and young people to navigate this ever-changing world. Signposting is an essential component of any session and young people should not only have an awareness of organisations who can provide support but also how to access them.

This video from Childline on their Report Remove tool is a great resource that shows not only the name of the resource but also where it can be found.

CEOP RESOURCE UPDATE

After careful consideration CEOP's resource #LifeSkills has now been retired. This means it is no longer permitted for use with children and young people.

CEOP regularly review their education resources to ensure that they align to their values and remain relevant to the online experiences of children and young people. #LifeSkills was published over ten years ago in light of a National Crime Agency investigation and when livestreaming was a relatively new feature. However, the ability to 'go live' is now an embedded feature of most apps and platforms and no longer requires a standalone resource in this way.

They have a number of other resources that explore the benefits and risks associated within other CEOP education resources including the relevant age Online Safety Toolkits.

Please ensure you have deleted all copied of #LifeSkills from your devices.

SOCIAL MEDIA AND MENTAL HEALTH

A new study from the Oxford Internet Institute found that UK adolescents with mental health conditions—especially anxiety and depression—use social media differently. They reported spending more time online, engaging in more social comparison, being more affected by feedback, and feeling less satisfied with online friendships.

VOICE OF THE CHILD

Internet Matters has published a report drawing on interviews with teenagers who would be affected by any ban on social media for under-16s.

Children's own words highlight the key findings, and reveal:

- Social media is entrenched in children's lives from an early age.
- Children acknowledged some benefits of a social media ban, but felt the negatives would outweigh the positives
- Children feel that online safety is a responsibility that should be shared between themselves, parents and carers, social media companies, and schools and the government.

Some of the statements from young people in the report could be utilised within the classroom as conversation starters.

EARLY YEARS ONLINE SAFETY AUDIT

With digital media use rising among young children, early years settings must take a proactive stance on online safety. Ofcom reports that 25% of 3-4-year-olds own a smartphone and 85% go online—underscoring the need for strong safeguarding measures both in settings and at home.

To support this, LGfL has developed a tailored online safety audit for early years providers that settings may wish to consider utilising.

👉 Download the audit to evaluate and strengthen your setting's online safety practices.

CYBER SLANG

Cyber slang is constantly evolving, creating a digital language that can be hard to keep up with. KidsOnline World has created a downloadable poster to help professionals better understand some of the coded words.

MENTAL HEALTH

The Department for Education has released new findings linking poor mental health to increased school absence among 13–16-year-olds. Drawing on data from the Longitudinal Study of Young People in England, the report highlights that mental ill health is a key factor in authorised absences, especially in Year 11.

The report calls for better support for parents, teachers, and students to help identify when a young person may be struggling with their mental health—and to intervene early.

The NSPCC has published a news story on anger issues as a mental health concern among children and young people. Data from Childline shows that in 2024/25, there were 2,895 counselling sessions delivered to young people struggling with anger issues, an increase of 6% compared to 2023/24. The news story includes tips to share with children on dealing with these emotions.

The Children's Commissioner for England has published a new report into mental health care for children. The report analyses NHS data to explore children's access to mental health services in England during 2023–24. Findings show: demand for mental health support has increased since the previous year; anxiety was the most common primary referral reason; and there was an increase in children referred for being in crisis in 2023–24, compared with the previous year. The Commissioner is calling for early access to mental health support for children through their schools and communities; greater investment in children's mental health services to reduce waiting times; and legislative reform to offer better protection for those under 16-years-old.

You may have seen the recent news story in the Guardian about Mental Health Lessons, we strongly believe in being evidence-led and so wanted to also share this research with you. and also new analysis from Anna Freud and UCL which states that whole-class mental health sessions have a small but significant effect in reducing depression and anxiety symptoms. Please make sure you have also read the information on Social and Emotional Learning on page 12.

SUBSTANCES

Research from the European School Survey Project on Alcohol and Other Drugs (ESPAD) has shown that substance use among 15–16 years old in Europe continues in long-term decline, new behavioural and health risks are on the rise.

The latest findings from the European School Survey Project on Alcohol and Other Drugs (ESPAD), flags growing concerns over increasing e-cigarette use, the non-medical use of pharmaceutical drugs, and a sharp uptick in online gaming and gambling among teenagers. The findings also reveal a noticeable increase in risky behaviours among girls across several areas.

VAPING

The ban on the sale of single-use disposable vapes came into force last Sunday (1st June). It means shops and supermarkets will no longer be able to stock them - but they can still sell rechargeable or refillable devices. Retailers in England breaching the ban face a £200 fine for the first offence with potentially unlimited fines or jail for those who repeatedly re-offend.

Staffordshire County Council welcomes the ban on single use vapes. In Staffordshire, since 2022, the service has seized more than 32,000 illegal and oversized vapes from shops across the county.

Trauma-Informed Consultancy (TICS) has written an article Beyond Punishment: What Schools Must Understand About Vaping that warns against punitive responses, emphasising that youth vaping is not just a health issue—it often reflects unmet needs for regulation, connection, and belonging.

PSHE sessions can explore not only the potential health consequences of vaping, but also look at how manufacturers have designed sleek, concealable bodies with sweet flavours and the use of digital marketing to appeal directly to children and young people.

Using research to help us understand why children and young people may vape, means we can look at opportunities across the curriculum to provide interventions, for example in peer pressure, managing emotions sessions and engage children and young people in creating healthier ways to deal with these themes.

SCHOOL EXCLUSIONS RESEARCH

The Excluded Lives Project has released a report with key recommendations to reduce school exclusions and promote inclusion. It calls for accessible, inclusive curriculum and a whole-school approach to positive culture and ethos.

Effective PSHE plays a vital role, supporting needs through evidence-based approaches like trauma-informed support, restorative practices, and relationship-building—helping all children and young people feel safe, valued, and included.

DIET AND NUTRITION

A study from Bristol University has shed light on how school lunches may influence a child's willingness to try new foods, particularly among those who are typically more hesitant eaters.

Children who usually brought packed lunches were more likely to avoid meat or fish fillings in sandwiches, opting for peanut butter or cheese spreads. However, when cautious eaters opted for a school lunch instead, they made similar choices to their peers and did not avoid meat or fish.

The Department for Education has announced a new entitlement to free school meals for all children in households on Universal Credit from the start of the 2026 school year.

A study has shown that an exercise programme for colon cancer patients can cut the risk of dying by a third. The researchers said it was "not a large amount" of exercise and any type of workout from swimming to salsa classes counted. Research has already shown that exercise can lower the risk of people developing certain cancers.

EARLY YEARS PROFESSIONAL DEVELOPMENT

Whilst as a service the PSHE Education Service does not specifically support Early Years Settings we do recognise how important the work they do is to laying strong foundations for future learning within the PSHE curriculum.

The Education Endowment Foundation commissioned CooperGibson Research to conduct a mapping exercise to identify the availability and thematic focus of professional development and support programmes used by early years settings in England. Settings in the most deprived areas were most likely to request training on Personal, Social and Emotional Development (61%)

UK YOUTH POLL 2025

The UK Youth Poll has been published and it details the key issues and themes affecting young people nowadays - some of which may come as a surprise.

[Read the findings here](#)

YOUTH VOICE CENSUS

The Youth Voice Census 2025 is asking 11-30 years old to speak up and drive change. This survey takes 20-40 minutes to complete and has an accessible version too.

Please share with your young people to ensure local voices are heard.

NHS ENGLAND SURVEY

NHS England is asking for feedback on how they can improve the recruitment rate and the content of the reports for their Smoking, Drinking and Drugs in Young People survey. If you would like to share your views and thoughts please email them directly - surveys.queries@nhs.net

They are also looking for a small number of volunteers with experience of teaching PSHE in secondary school to support in shaping and implementing the Smoking, Drinking and Drug Use in Young People Survey (SDD) as part of our Schools Advisory Group. You can declare your interest by emailing your name, role, email address and school name to surveys.queries@nhs.net

This survey is the government's main source of information on alcohol, drug and tobacco use among young people and so it is really important they collect enough data that accurately reflect the experiences of young people today. We really encourage all secondary setting to take part.

The survey is open to all mainstream secondary school with students in years 7-11. You can [register your settings interest](#) in taking part in the survey now.

ANTI-BULLYING ALLIANCE TRAINING UPDATE

The Anti-Bullying Alliance's free CPD online training will be moving platforms on 11th August 2025. Any progress you make on courses will no longer be accessible after this date. This includes any CPD certificates/

All courses will remain available to complete on their new platform and [this webpage](#) will stay up-to-date with the correct links, we will also ensure our training page is kept updated.

If you begin any course, the advice is that you aim to complete it before the move date to avoid having to repeat lessons. If you do complete any of the courses, please download your CPD certificate before 11th August 2025.

Don't forget you can see what issues me and my friends face in our town-Oatcake, through our comic book series available on the [resource library](#). Including how bullying impacted Matilda



UPDATE FROM LOCAL PARTNERS

STAFFORDSHIRE POLICE'S CAMPAIGN

Staffordshire Police has launched a new campaign, Break the Silence, to raise awareness about the signs of intra-familial child sexual abuse.

Intra-familial abuse is child sexual abuse that takes place within the family environment. Abusers may be relatives, guardians, carers or people that victims feel are part of their family network.

NSPCC's Why Language Matters blog explores how we talk about sibling sexual behaviour and abuse. Staffordshire Safeguarding Children Partnership has also provided guidance on this safeguarding topic.

WHERE WILL IT END CAMPAIGN

The Where Will It End campaign, co-produced with young people and frontline professionals, aims to raise awareness of how emotions influence behaviour and involvement in violence. The Violence Reduction Alliance (VRA), working with Dizzy Heights, engaged young people affected by violence to shape the campaign's goals. They recognised how emotions could lead to negative behaviours, including avoiding school, getting into trouble, and causing problems in the community.



The campaign:

- Highlights how emotions impact behaviour
- Raises awareness of how low-level violence can escalate
- Provides coping mechanisms for managing emotions
- Signposts support services for young people

In partnership with Midlands Partnership Foundation Trust (MPFT), the VRA has developed a guide on Understanding Emotions and Feelings. Additionally, an animation has been created to help younger children recognise how emotions affect behaviour and encourage them to seek help for themselves or a friend.

All resources including resources for children and young people and campaign assets can be found on the website.

STAFFORDSHIRE POLICE'S OPEN DAY

The event is taking place at Staffordshire County Showground on Weston Road, Stafford, ST18 0BD from 11am until 4pm on Saturday 14 June, and entry and parking is free for everyone. Please display this poster in your setting.

STAFFORDSHIRE FIRE AND RESCUE SERVICE UPDATE

Staffordshire Fire and Rescue Service (SFaRS) has seen an increase in the number of deliberate fires being started.

Of the 335 outdoor fires in April, 72% were believed to have been started deliberately, SFaRS said.

It added that the number of fires in April was a 189% increase on the same period in 2024.

The BBC reported how SFaRS and Staffordshire Police were urging parents and carers to speak to their children to help them understand the dangers and seriousness of starting a fire deliberately.

SFaRS have now organised next academic year's dates for their popular Safe+Sound live events that are offered to all Year 5 children in Staffordshire and Stoke-on-Trent. Children take part in a number of safety, wellbeing and life skills workshops at their local fire station.

The service will be emailing schools with more details, including when the programme will be available in your local area. Please ensure they have the correct details on file by emailing safeandsound@staffordshirefire.gov.uk

CHILDREN AND YOUNG PEOPLE MENTAL HEALTH PARTICIPATION SERVICE - MPFT

The team has asked us to share their summer term newsletter. This has been produced with young people for children and young people. They hope you enjoy it.

Please promote to children, young people, parents, carers, and colleagues as appropriate.

ACCIDENTAL DROWNINGS

[Midlands Air Ambulance](#) is urging people to respect the water, after there were 18 accidental drowning deaths in the region last year.

Data from the National Water Safety Forum (NWSF) showed that May 2024 saw the most accidental water-related fatalities, with 193 people dying in the UK in total. Inland waterways accounted for 61 per cent of the deaths. Please see our [Water Safety Resources](#) to support your curriculum.

CHILD DEATH OVERVIEW PANEL COMMUNICATIONS

The latest edition of the [CDOP Newsletter](#) promotes awareness of CDOP's booklet 'Protect Your Little Bundle' 2025, designed to be given to all new parents and carers. The booklet can also be accessed on the Safeguarding Children Partnership website for [Staffordshire](#).

The Child Death Overview Panel Newsletter is circulated to all partners within Staffordshire and Stoke-on-Trent with public health messages relevant to learning from local child death reviews.

The panel know that the way they communicate has changed massively during the last couple of years so they would like to take the opportunity to encourage this information to be shared as widely as possible, including with families, children and young people.

LITTLE HEROES

Staffordshire County Council is delighted to announce that Little Heroes round 2 is launching in September, with brand new resources designed to help even more primary-aged pupils attend school every day.

To receive your new kit and continue being part of the Little Heroes campaign, [please complete the sign-up form](#) by no later than Thursday 20 June. If you weren't part of this year's campaign but would like to join they will make sure you receive all previous campaign materials so that you are ready to launch in September.

If you have any questions please email danielle.taylor2@staffordshire.gov.uk



MENTAL HEALTH CAMPAIGN

We recently informed you about a fantastic signposting opportunity for young people to be able to access a range of [apps to support mental wellbeing](#). In the last 2 months over 4,000 people have accessed the tool - thank you for promoting this resource.

Evelyn, from [Staffordshire Youth Union](#) has created a video on how useful it was to her to find health apps that help her focus on her exams. This would be a great resource to use in assemblies or form time, or as part of the signposting section of a PSHE session.

[Vertical video](#)

[Landscape video](#)

Staffordshire County Council has also put together an [updated pack of resources](#) to help organisations share information about the Young Person's Mental Health App Finder, including posters, graphics, digital screen slides, pre written social media posts and more.

SEND AND AP CONSULTATION

Education settings across Staffordshire are being [encouraged to participate in and advertise a survey](#) for children and young people to help improve the way children with SEND are supported in future.

Feedback will shape a new SEND and Alternative Provision strategy for Staffordshire, building on the improvements already started, and setting out Staffordshire's local response to national challenges.

The survey will be open until 4 July.

Feedback will be used to create a joint strategy that will guide the way professionals across education, health and social care support children and young people in the future.

Children may have different views about what the strategy should include, so we need to hear from as many children, both with and without SEND, as possible.

The children's survey is part of an engagement exercise by Staffordshire County Council working in partnership with Staffordshire and Stoke on Trent Integrated Care Board. There will also be community conversation events and a digital post-it not

Your setting has an important role to play in helping children, parents, carers and professionals have their say. Find out more and [access resources including a presentation and surveys for EYFS/KS1, KS2, KS3 and school leavers here](#).

Cyber Prevent

Growing up in a digital world, many young people are incredibly comfortable with technology. This can lead to curiosity about how it all works – and sometimes, how it can be manipulated. What might start as harmless fun, like hacking into a game, can easily escalate into illegal activities such as data theft, ransomware, or Distributed Denial of Service (DDoS) attacks.

The Cyber Choices programme was created to help people make informed choices and to use their cyber skills in a legal way.

The aims of the programme are:

- Explaining the difference between legal and illegal cyber activity
- Encouraging individuals to make informed choices in their use of technology
- Increasing awareness of the Computer Misuse Act 1990
- Promoting positive, legal cyber opportunities

The Regional Cyber Prevent Team can deliver bespoke Cyber Choices training sessions to safeguarding leads in schools, colleges and local Policing teams across the region to help them understand the risk and threat posed by the unethical / illegal use of technology by young persons. The average age of a cyber criminal currently is just 16 years old. We also have a referral system and can work on a one to one basis with a person to help turn their activities away from the risk of cyber crime and into positive pathways.

Contact us at the email address below to discuss your training needs or to have an informal chat about a person of concern.



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 next 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. Please note that to be able to fit this a 1 page document we have had to reduce the font size, if you have any issues accessing this we can send you a termly version of this document. Please [email Natalie](#) to request.

NEW

AWARENESS CALENDAR

2025-26

PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE



SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
1-30 Childhood Cancer Awareness Month	01 NSPCC Kindness Challenge	1-30 International Anti-Bullying Week	1 World AIDS Day	1-31 Veganuary	1-28 LGBT History	1-31 Women's History Month	1-30 Stress Awareness Month	1-31 Local and Community History Month	1-30 Pride Month	1-31 Plastic Free July
1-30 School Closure	1-31 Black History Month	1-30 November	2-6 National Grief Awareness Week	10-16 National Obesity Awareness Week	1-28 Heart Month	1-31 National Bed Month	1-30 Testicular Cancer Awareness Month	1-31 National Walking Month	1-30 Gypsy, Roma & Traveller History Month	1-31 Talk to Us (Samaritans)
1-7 Zero Waste Week	1-31 Breast Cancer Awareness	1-30 Mouth, Cervical, Lung Cancer Awareness Month	5 International Day of Girl Scouts	19-26 Cervical Cancer Prevention Week	2-5 Sexual Abuse and Sexual Violence Awareness Week	1-31 Ovarian Cancer Awareness Month	1 National Walking Day	1-31 Skin Cancer Awareness Month	1-7 Child Safety Week	8-12 Alcohol Awareness Week
10 World Suicide Prevention Day	1-31 ADHD Awareness	5 Bonfire Night	5 International Volunteer Day	19 Break Monday	4 World Cancer Day	1-31 Endometriosis Awareness Month	2 World Autism Day	1 Staffordshire Day	1 Global Day of ENGLAND	
13 World First Aid Day	9-15 Baby Loss Awareness Week	6 International Day Against Violence and Bullying at Schools	30 Human Rights Day	24 International Day of Education	6 Time to Talk Day	1-31 National Nutrition Month	7 World Health Day	5 World Hand Hygiene Day	5 Stoke-on-Trent Day	
8-14 Sexual Health Week	10 World Mental Health Day	10-14 Anti-Bullying Week			6 International Day of Zero Tolerance to FGM	1 Self-Injury Awareness Day	10 National Staircase Day	5 World Asthma Day	5 World Environment Day	
15 World Sepals Day	11 International Day of the Girl Child	10 Odd Socks Day			9-15 Children's Mental Health Week	1 Zero Discrimination Day	16 National Exercise Day	13-17 Mental Health Awareness Week	6 School Sustainability Day	
15-21 Green for Justice Week	11-15 Hate Crime Awareness Week	13 World Kindness Day			9 World Toothache Day	2-6 National Schools Breakfast Week	20-25 Allergy Awareness Week	15-22 Walk to School Week	8-12 My Money Week	
16-22 Travel Well Week	13-17 Cycle to School Week	14 World Diabetes Day			11 Safer Internet Day	2-7 National Cancer Week	22 International Mother Earth Day	13-15 National Smile Month	12 Women's Kids Week	
13-19 World Male Cancer Awareness Week	15 Global Handwashing Day	16 International Day for Tolerance			14 Valentine's Day	6 International Women's Day	22 National Stephen Lawrence Day	15 International Day of Families	12 Day of Welcome	
14-20 Recycle Week	16 World Food Day	18-22 Road Safety Week			14-20 Kindness Week	9-15 Friendship Week	23 World Book Day	16 International Boy's Day	8-14 Men's Health Week	
18 National Fitness Day	16 Respect a Heart Day	19 International March Day			15 International Childhood Cancer Day	11 No Smoking Day	25-5 (MAY) World Immunisation Week	17 International Day Against Homophobia, Biphobia and Transphobia	13-20 Dementia Prevention Week	
21 International Day of Peace	24 UN Day	24-30 UK Parliament Week			25-1 (MAY) Ending Childhood Abuse Awareness Week	13 World Sleep Day	30 Stop the Blood Day	20-26 World Day for Girl's Climate Action Week	14 World Blood Donor Day	
22-28 UK Sevens Week		29 International Day for the Elimination of Racism				16-22 Nutrition and Hydration Week	30 Stop Food Waste Day	21 World Day for Cultural Diversity, Dialogue & Development	15-21 Cervical Screening Awareness Week	
23-29 Organ Donation Week						18 Global Recycling Day		28 Memorial Myeloma Day	15-21 Rail Safety Week	
26 World Contraception Day						18 Stop Child Exploitation Awareness Day		31 World No Tobacco Day	15-22 National School Access Week	
						18 World Beer Day			17 Clean Air Day	
						20 International Day of Macropnea			15-24 Refugee Week	
						20 World Oral Health Day			18 International Day of Coexistence and Peace	
						21 International Day for the Elimination of Racial Discrimination			21 National Selfie Day	
						21 World Brain Syndrome Day			22-28 World Allergy Week	
						25-28 Debt Awareness Week			22-28 School Diversity Week	
						31 International Transgender Day of Visibility			25 BKE Day	

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Hosted by:
SCVYS

www.pshestaffs.com

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FREE RESOURCES- PRIMARY



Diversity Role Models has launched the next instalment of their innovative '[Building Inclusion Through Play](#)' educator resource videos.

These videos support educators to use play-based learning to educate young people about the LGBTQ+ community and to empower them to be proud of their family, their achievements and whatever makes them unique.

COMPETITION FOR 7-14 YEARS OLD

The Day is challenging all 7-14 years old to imagine a better world, where everyone belongs. Could your students create something that tackles loneliness, redesign a space so that everyone is included or find a surprising way to bring people closer to nature?

Enter by noon on 30th June for the chance to win some amazing prizes!

- x2 Build the Change LEGO® Kits for your school, with up to 10,000 LEGO bricks!
- Winning ideas published on The Day's website
- Free 3-month subscription to The Day for your school

For resources, more information and to enter please visit [The Day's website](#).

ONLINE SAFETY CHAMPION COMPETITION

Digital Matters are looking for a new Online Safety Champion and are running a competition for 9-11 years to create.

The winner will have their character designed in the Digital Matters' style and featured in a story for a new lesson launching in September. Their school will also receive a donation of £7,500 (including a £500 Tesco gift card) courtesy of Digital Matters sponsor, Tesco Mobile.

To download the competition pack click [here](#). Please note the competition closing date is 13th June 2025.

THE DAY CLASSROOM RESOURCE

We know some of our local education settings already purchase The Day - an online news resource for young people. All schools can access a free 7-day trial.

Their prices will be increasing from September, for any school that subscribes before 30th June they will receive 2 extra months free.

To find out more about this resource please visit [The Day's website](#).

BOOK TRUST

Book Trust and children's mental health charity Place2Be have compiled a new guide on the Wellbeing benefits of reading for children.

The guide is helpful for both teachers and parents/carers, including short videos, from a psychologist, talking about the impact books can have on wellbeing. There is also a "Assembly with Michael Rosen" powerpoint you can download.



Reading is a powerful tool for children's wellbeing

Sharing stories promotes empathy, communication, and a sense of belonging.



THE STORY PROJECT – FREE TRIAL PRIMARY

Using the magic of stories, The Story Project improves wellbeing and literacy by transforming PSHE education. This inclusive book-led curriculum has been created by teachers and is rooted in the latest research. Try two primary units for free.

TALK RELATIONSHIPS – NSPCC

NSPCC Learning has updated their Talk Relationships service. Talk Relationships provides free resources for all UK secondary schools to support them in confidently delivering inclusive sex and relationships education. Talk Relationships has been updated based on feedback from teachers and young people. New additions include: fully editable lesson plans; a new lesson plan on preventing gender-based violence; the Youth Voice Matters toolkit, to help engage young people in a whole-school approach; and case studies from schools already using Talk Relationships.

PEERSCROLLER

Join
Us!

Peerscroller videos for primary, secondary and college students use the same techniques to engage learners as the TikTok, Instagram, and YouTube videos they're familiar with on a range of PSHE topics.

The key difference? Peerscroller addresses crucial PSHE and study skills topics.

- Free for 12 months
- Simple supported set up
- Fits into and enhances existing schemes of work

You can hear more at our next PSHE Leads Network Meeting, where Peerscroller will be doing an introduction for Staffordshire and Stoke-on-Trent education settings.

FREE TREES FOR OUTDOOR LEARNING

Evidence shows being among trees enhances our mood, reduces stress and improves our physical and mental health. Connecting with nature is undeniably good for us, and planting trees together with classmates can give students' personal development an extra boost.

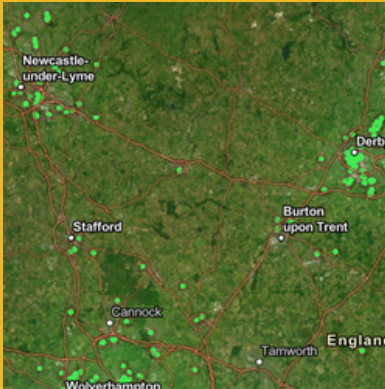
The Woodland Trust is currently taking applications for free tree packs to be delivered to schools and communities in Autumn 2025. The packs come in different sizes and species mixes to accommodate every project, and there are plenty of exciting ways for everyone to contribute and work together.

APPLY NOW



NATIONAL EDUCATION NATURE PARK

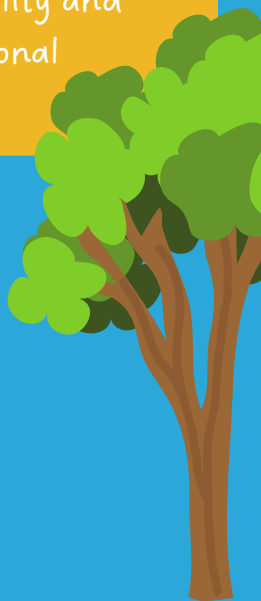
The government-funded initiative is a free curriculum-linked programme that supports pupils in England to improve the biodiversity within their school's grounds. We can see a number of our local schools have already signed up to this opportunity, as shown on the map below by the highlighted green areas, but there are some areas where no schools have signed-up, so we'd encourage you to transform the way we teach climate education and support children and young people to act and increase biodiversity across England.



In this programme pupils are encouraged to explore the habitats on their school or nursery site, connect with nature, and develop skills and scientific research.

The programme is led by the Natural History Museum working with the Royal Horticultural Society, Esri UK and supporting partners.

It has been commissioned by the Department for Education as part of its Sustainability and Climate Change Strategy. You can also watch the video to hear more about the National Education Nature Park by clicking [here](#).



PSHE EDUCATION GUIDANCE FROM SURREY

As a service, we are lucky to be connected to other local authority areas who provide a similar service to that available in Staffordshire and Stoke-on-Trent. Our colleagues from Surrey Healthy Schools have kindly shared a [guidance document](#) they have created for their local education settings. This PSHE guidance offers education settings a wealth of practical support and information on all aspects of PSHE, RSE and Health Education (including Drug Education and Responding to Drug-Related Incidents Guidelines). Other important elements of the guidance include Staying Safe, Economic Wellbeing and Financial Capability, Emotional Wellbeing and Mental Health, Healthy Lifestyles, and Digital Literacy.

The guidance is split into three sections: guidance on PSHE, Relationships & Sex Education and Health Education (comprising the statutory elements of PSHE), Effective Practice in PSHE, and Drug Education and Responding to Drug-Related Incidents Guidelines. There is also a comprehensive list of appendices to assist the effective leadership and management of PSHE in schools, including assessment guidance, external contributor guidance and sources of support. Schools will benefit from this wide-ranging and expert-led guidance. Although this document has been created for education settings in Surrey, and as such has localised information specific to them, we do think it complements our offering and reinforces the key messages we, as a service, share about effective PSHE and thought it would be a useful addition to your PSHE Toolkit.

SEXUAL HEALTH BOOKLETS

[Pasante](#) has gone digital; ensuring everyone can access the information they need to gain and maintain good sexual health. Combining this with Pasante's commitment to reducing the carbon footprint, they are now offering all sexual health booklets for free online, with the option to download.

The resources can support those provide by [Open Clinic](#).

LIBRARIES FOR PRIMARIES

The National Literacy Trust is offering a fully funded opportunity for primary schools without a library to join their Libraries for Primaries programme. Eligible schools will receive a support package worth over £6,500, including books, furniture, membership, author visits, and training.

This opportunity is available to state primary schools who don't have a school library and haven't been on the Libraries for Primaries programme previously. To express your interest please [click here](#).



BOLD VOICES AMBASSADOR PROGRAMME

Looking for ways to equip and empower young people to create change around misogyny, gender inequality and sexual harassment in your setting?

Bold Voices 2025-2026 Ambassador Programme is now taking bookings.

The Ambassador Programme is an online programme for a group of Year 12 & 13 students to build the knowledge and skills to run projects challenging gender inequality and gender-based violence within their school communities.

FUNDED FINANCIAL EDUCATION WORKSHOPS

The Money Charity is offering fully funded class-sized workshops for Key Stage 2 at Primary and Secondary (including Key Stage 5). For independent schools or colleges, the cost is £350 + VAT per Workshop hour, with a discount for bulk bookings. Other, non-educational organisations should [click here](#).

The workshops can be delivered virtually, or face to face either as part of a lesson or a drop-down day.

This is a great opportunity to hold some discreet CPD for staff in your setting and improve their confidence in delivering financial education



NEW TO THE RESOURCE LIBRARY – WWW.PSHESTAFFS.COM

DIGITAL SAFETY TEACHING AND LEARNING RESOURCE

Surrey Police's '[OK to Ask?](#)' campaign was designed to initiate thought, challenge perceptions, and empower young people to reject harmful behaviour while supporting their peers. In response to the campaign Surrey Healthy School's have developed a [suite of free teaching and learning](#) resources for KS3-5.

This has been added to the Resource Library - Appropriate Behaviours, Online Safety, Pressure, and Sharing Images.



ANTI-BULLYING WEEK 2025

The Anti-Bullying Alliance has officially launched the theme for this year's anti-bullying week (10th-14th November) as "Power for Good". This week will be aimed at empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face-to-face or online.

PLASTIC FREE JULY- 1-31 JULY

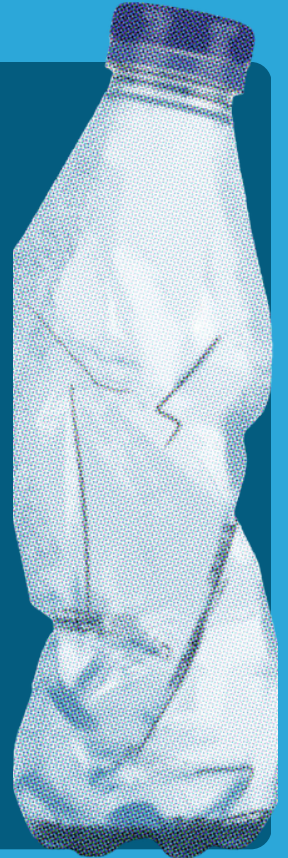
Plastic Free July® is a global movement that encourages people to be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. On their website you will find videos, posters and materials to support conversations about reducing plastic use.

This month, the ban on disposable vapes came into force. Disposable vapes pose a significant environmental threat due to their plastic casings, which are difficult to recycle and can take hundreds of years to decompose.

Check out the For Teachers area which provides ideas for bringing Plastic Free July into your classroom

BBC Bitesize explores sustainability and plastics for KS2.

Surfers Against Sewage have a Plastic Free Schools programme to equip young activists with the tools to create positive, lasting environmental change.



TALK TO US (SAMARITANS) - 1-31 JULY

Samaritans Awareness Day is on 24 July (24/7) so throughout July, they run their awareness-raising campaign Talk to Us, to remind people that they're there for anyone who needs someone to listen.

DEAL (Developing Emotional Awareness and Listening) is a set of free online teaching resources, including lesson plans, handouts, digital resources and teacher training activities. It is aimed at education professionals who work with young people aged around 14 and over.

They also have support pages for young people and parent/carers.

Find out more about The Samaritans in Stafford on their website.

Samaritans support schools, colleges, and youth settings through postvention services, lesson plans, and school talks, all available on their website.

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.

TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	NEW ERA	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	YGAM	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	CEOP	£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	<u>CEOP</u>	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
FINANCIAL LITERACY	YOUNG ENTERPRISE	<u>VARIOUS</u>	FREE	FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. ACCESS TO QUALITY FINANCIAL EDUCATION RESOURCES, SHARE BEST PRACTICE, FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.
SEXUAL PLEASURE	11 TH JUNE 3.15-4.30PM	<u>SEX EDUCATION FORUM</u>	FREE (MEMBERS ONLY)	DURING THIS SESSION HEAR FROM THE TEAM AT THE INSTITUTE FOR ADDRESSING STRANGULATION (IFAS) WHO WILL SHARE FINDINGS FROM THE IFAS PILOT SURVEY 'STRANGULATION DURING CONSENSUAL SEX IN THE UK: A REPORT ON FINDINGS FROM A PILOT SURVEY CONDUCTED IN OCTOBER 2024'. THIS KNOWLEDGE UPDATE WILL BE AN OPPORTUNITY TO SHARE INFORMATION ABOUT IFAS RESEARCH AND EXPERTISE.
DIET AND NUTRITION	11 TH JUNE 24 TH JUNE OR 8 TH JULY 4PM	<u>TASTED</u>	FREE	LEARN HOW TASTED'S EVIDENCE-BASED APPROACH HELPS CHILDREN EXPLORE FOOD USING ALL THEIR SENSES—WITHOUT PRESSURE—BUILDING CONFIDENCE AND POSITIVE EATING HABITS THAT LAST A LIFETIME. WE'LL WALK YOU THROUGH THEIR EASY-TO-USE RESOURCES AND SHOW YOU HOW YOU CAN BRING TASTED INTO YOUR CLASSROOM.
MISOGYNY	19 TH JUNE 4-5PM	<u>THE DAY</u>	FREE	HEAR FROM MICHAEL CONROY (FOUNDER, MEN AT WORK C.I.C.) AND NICOLE CAMPBELL (SENIOR PSHE LEAD, LILIAN BAYLIS TECHNOLOGY SCHOOL), AS THEY PROVIDE PROACTIVE, PRACTICAL STEPS TO ADDRESSING MISOGYNY IN THE CLASSROOM - WITHOUT ALIENATING STUDENTS OR AVOIDING DIFFICULT CONVERSATIONS.
HEALTHY RELATIONSHIPS	18 TH JUNE 4.30-6.00PM	<u>SCHOOLS IN MIND</u>	£10	HELPS THOSE WORKING WITH CHILDREN AND YOUNG PEOPLE TO SUPPORT THE DEVELOPMENT OF HEALTHY PEER RELATIONSHIPS AND IDENTIFY THE SIGNS THAT A STUDENT IS BEING NEGATIVELY AFFECTED BY THEIR PEER RELATIONSHIPS .
LGBTQ+	4 TH JULY 10AM-1PM	<u>PROJECT 93</u>	FREE TO EDUCATION STAFF OR £33.22	THIS CPD-ACCREDITED, FACE TO FACE TRAINING EQUIPS PROFESSIONALS WITH THE KNOWLEDGE AND TOOLS TO MAKE A POSITIVE DIFFERENCE IN THE LIVES OF LGBTQ+ YOUNG PEOPLE. USE THE CODE P93TEACHER TO ACTIVATE THE DISCOUNT

E-LEARNING COURSES

**NEW
UPDATE**

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

Brook has developed a [new course](#) for their Brook Learn Platform that explores the nuanced nature of relationships. This free e-learning course, will support educators delivering RSE to:

- ✓ Differentiate between healthy, unhealthy and abusive relationship behaviours.
- ✓ Help students to understand and apply boundaries, consent, and healthy views on sex/pleasure in relationships.
- ✓ Equip students to identify signs of abuse in relationships and know how to seek help.
- ✓ Ensure students know where to find reliable support resources when needed.
- ✓ Understand the impact breakups can have on young people and how they can navigate them healthily.

By enhancing your understanding of these critical areas, you'll be empowered to foster a supportive learning environment where young people can develop the skills and confidence to build positive, respectful relationships. 93% of learners would recommend the course.

NSPCC Learning has launched a [new elearning course](#) on safeguarding children and young people from county lines and exploitation. The course aims to support professionals with: understanding risks and vulnerability factors; identifying the risk factors within families; recognising, responding to and reporting concerns; and supporting children and young people. The course costs £25 and takes approximately 3 hours to complete.

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.

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.

NEXT MONTH (JULY)...

Resources & Materials for key awareness dates in September:

- 1-30 - Childhood Cancer Awareness Month
- 1-30 - Snack-tember
- 1-7 -Zero Waste Week
- 10 - World Suicide Prevention Day
- 13 - World First Aid Day
- 8-14 - Sexual Health Week
- 13 - World Sepsis Day
- 15-21 - Genes for Jeans Day
- 16-22 - Travel Wise Week
- 13-19 - Orchid Male Cancer Awareness Week
- 14-20 - Recycle Week
- 18 - National Fitness Day
- 21 - International Day of Peace
- 22-28 - UK Savings Week
- 23-29 - Organ Donation Week
- 26 - World Contraception 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:

natalie@staffscvys.org.uk



“ I really didn't have much understanding at the beginning and now I know exactly how PSHE should run. I just need to wave a magic wand so that I have time to implement it all ”

PSHE Lead, Primary School, East Staffordshire

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



Next edition publication date: 4th July 2025