



COVERED IN THIS MONTH'S EDITION:

Meeting Recordings
Upcoming Dates for Your Diaries

What's Out There

Update from National Partners

- Latest RSE Research Round-up
- Diet and Nutrition/Mental Health
- Smoking and Vaping/Road Safety
- Online Safety
- Mobile Phones in Schools/ Youth Violence
- Working with Boys and Young Men/ Domestic Abuse
- Abortion Statistics

Update from Local Partners

- Local Newsletters/New CCE Prevention Service Coming Soon
- Meet Staffy/The Sandbox Update
- Domestic Abuse Survey/Love Your Journey

Information for Parents and Carers

- Staffordshire Police letter on CCE/Connect to Work/Trading Standards Warning

Resources

- New Local Resource
- New to the Library
 - National FGM Centre/Life Lessons/BBFC/The Economist Education Foundation
 - Digital Matters/PSHE Association/RNLI
- Update on National Resources
 - Update from Talk About Trust/Mental Health Research Project/Wellbeing Education Study
 - Step into the NHS/Mental Health/NSPCC Empower Pupil Voice and RSE
 - Internal Condom Guide/RSE & Medway/RSE & SEND/Oak National Academy/Sexual Wellbeing Image Resource Library/Puberty/CEOP for FE/Sleep

Awareness Days

- Women's History Month (1-31)
- National Bed Month (1-31)
- Ovarian Cancer Month (1-31)
- Endometriosis Awareness Month (1-31)
- National Nutrition Month (1-31)
- Self-Injury Day (1)
- Zero Discrimination Day (1)
- National Schools Breakfast Week (2-6)
- National Careers Week (2-7)
- International Women's Day (8)
- Empathy Week (9-13)
- No Smoking Day (11)
- World Sleep Day (13)
- Nutrition and Hydration Week (16-22)
- Global Recycling Day (18)
- Stop Child Exploitation Day (18)
- Beep! Beep! Day (18)
- International Day of Happiness (20)
- World Oral Health Day (20)
- International Day for the Elimination of Racial Discrimination (21)
- Debt Awareness Week (23-29)
- International Transgender Day of Visibility (31)

Training Opportunities Podcasts & Documentaries

Next Month & Link to Facebook Group

MEETING RECORDINGS:

To watch any of our events and webinars back, you can access recordings via our YouTube channel.

- PSHE Leads Meetings
 - Spring 1 - Using Local Data to Ensure a Relevant and Responsive Curriculum
 - Autumn 2 - Engaging with Parents & Carers
- Bitesize Practice Development Webinars

2025-2026 DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 24th March 2026 4-5pm
- 6th May 2026 4-5pm
- 30th June 2026 4-5pm

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

BOOK NOW

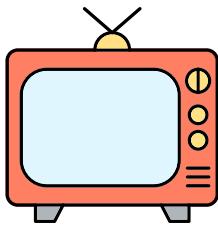
JOIN OUR MAILING LIST

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

natalie@staffscvys.org.uk

WHAT'S OUT THERE...

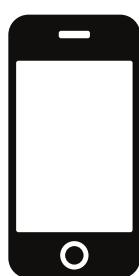
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of topics that are being covered in TV, news and social media that young people may want to discuss.



- Love Island All Stars has aired over the past month, and young people may be talking about themes from the show. These conversations can be useful opportunities to explore and reinforce ideas about healthy relationships.
- The National Deaf Children's Society, the charity for deaf children with any level of hearing loss, has partnered with Peppa Pig on a landmark new storyline that will see Peppa's brother George revealed to be moderately deaf in one ear.
- Waterloo Road has worked with the NSPCC on an upcoming storyline which tackles grooming. The BBC drama, renowned for reflecting real issues affecting young teens, families and schools, sought advice from the NSPCC to ensure that the storyline is portrayed sensitively.



- The Government says over 500 new breakfast clubs will launch as children come back from their Easter holidays. It's part of a national rollout which will eventually see a free breakfast club in every English Primary school.
- Health Minister Wes Streeting has announced that the government will pay travel costs for families of children with cancer in England starting next year.
- The Winter Olympics 2026 officially begins on Friday 6th February in Italy, with events taking place in Milan and Cortina d'Ampezzo.
- A special cancer hospital in Manchester is using Minecraft to help kids feel less nervous about their treatment. The hospital building has been constructed in a new Minecraft world, which patients can explore in-game before visiting for their treatment.
- Female pupils at a school in Barnsley are to be banned from wearing skirts.



- From Monday 2 February, people who have not previously verified their age will not be able to access explicit material on Pornhub's UK site. It was one of many sites forced to bring in robust age verification measures in July 2025 under the Online Safety Act.
- Elon Musk's X and xAI companies are under formal investigation by the UK's data protection watchdog after the Grok AI tool produced indecent deepfakes without people's consent. The Information Commissioner's Office is investigating whether the social media platform and its parent broke GDPR, the data protection law.

UPDATE FROM NATIONAL PARTNERS

LATEST RSE RESEARCH ROUND-UP

In Summer 2023, the Government Office for Science (GO-Science) organised a round-table of academic and other experts to review the evidence base on risks and benefits of teaching various RSE topics to children. A summary note has been published that represents the combined view of the participants at this roundtable.

Key points highlighted are:

- Strong evidence for the social, emotional and physical benefits of comprehensive RSE, whereas no evidence of harms, e.g. negative behavioural and health outcomes
- Evidence from surveys of young people of secondary school age reports that they feel some RSHE topics are currently being taught too late or in too little depth to be fully effective and should be taught before young people encounter these issues in their lives.
- Not teaching topics early enough can lead to harm for young people. There is limited systematic research around at what age it is most effective to teach specific topics, but evidence suggests it needs to be responsive to young people's contextual needs.
- Teaching methods that are effective include those that engage with families and communities, are culturally relevant, interactive, digital media-based, and lend themselves to skills-building rather than just information provision.

A new report featured by SecEd highlights growing calls from researchers for a major overhaul of how reproductive health is taught in schools, raising important considerations for PSHE Leads planning their curriculum for 2026 and beyond.

Researchers argue that while the RSHE statutory guidance was updated in 2025 to include key topics such as endometriosis, polycystic ovary syndrome (PCOS), and heavy menstrual bleeding, many pupils are still receiving a patchy and inconsistent education in reproductive health. This inconsistency is largely attributed to who is delivering the lessons, with many schools relying on form tutors rather than trained specialists.

The experts quoted in the article stress that students deserve high-quality, accurate and confidence-building education about their reproductive health. They note that too many young people leave school with a limited understanding of issues such as fertility and menstrual health – knowledge gaps that can have long-term consequences for wellbeing, early intervention and informed decision-making.

For PSHE Leads, this reinforces the importance of:

- Reviewing who is delivering reproductive health content
- Ensuring staff have access to high-quality, evidence-based resources
- Embedding reproductive health across the PSHE curriculum rather than limiting it to isolated lessons
- Staying informed about the upcoming RSHE statutory requirements for September 2026

As education settings prepare for the implementation of the updated RSHE guidance from 2026, there is a clear opportunity to strengthen reproductive health education. Ensuring staff feel prepared and supported will be key to giving students the knowledge they need to understand their bodies, seek help when needed, and make informed choices throughout life.

Brook has developed a Heavy Period handout, poster pack to help raise awareness of heavy periods and a free period product poster for you to utilise in your setting. We have added the posters to our Notice Board Resource for ease of access at a future date.

We will be exploring how we can support our education settings to deliver high-quality sessions of these topics with confidence.

DIET AND NUTRITION

The World Health Organisation urges education settings worldwide to promote healthy eating to children. We know that PSHE works most effectively when delivered as part of a whole-school approach (DfE Guiding Principle No. 7). One way education settings can help embed learning is through the food offered to children and young people.

Ofsted's new Common Inspection Framework includes a judgment on personal development and wellbeing, and attendance and behaviour. As part of reaching this judgment, throughout their entire inspection, inspectors will look at the extent to which schools are successfully supporting children and young people to:

- Gain knowledge of how to keep themselves healthy
- Make informed choices about healthy eating and fitness

We have collated resources, alongside existing education resources in our Resource Library (Diet and Nutrition and Physical Activity), to help ensure you are developing a culture and ethos of healthy eating for your setting:

- DfE School Food in England (June 2023)
- DfE School Food Standards: Resources for Schools (November 2025)
- NGA E-Learning Module for Governors: A Whole-School Approach to Food
- DfE Creating a Culture and Ethos of Healthy Eating (November 2025)
- The School Food Plan: What Works Well
- Applied Research Collaboration West: How Can Schools Help Prevent Childhood Overweight and Obesity (Primary)
- The School Fruit and Vegetable Scheme (SFVS) provides a free piece of fruit or veg, outside of school lunch, to every 4-6 year-old who attends a fully state-funded (academy or maintained) primary, infant or special school. To enquire, please get in touch with SFVS@supplychain.nhs.uk
- Food for Life Packed Lunch Policy Template and Audit Tool
- Food for Life Schools Award
- Biteback in Schools is a fully funded programme that empowers young people to make lunchtimes healthier for everyone (applications open 2nd March, but you can register your interest now).
- Jamie Oliver Good School Food Awards
- NHS Better Health Children's Healthier Eating Toolkit
- Pan-Staffordshire PSHE Education Service Diet & Nutrition & PSHE
- Tesco's Stronger Starts is interested in providing grants for education settings and community groups to support healthy snacks, cookery and nutrition sessions, food-growing projects that help children learn where food comes from

MENTAL HEALTH

The Children's Society and The University of Manchester have published a briefing summarising discussions and findings from a workshop on building better policies for girls' mental health. The workshop included participants from across the civil service, academia, and the third sector.

The discussion identified practices that should be sustained and strengthened, including: whole-school approaches that prioritise listening to girls; co-production with young people; and the use of shared language around girls' mental health across sectors.

The briefing highlights some of the complex challenges girls are facing, such as pressures rooted in gender stereotypes, sexism and misogyny. The girls stated they wanted action, including: stronger social media education and regulation, schools that challenge harmful gender norms, stronger responses to sexual harassment, and more safe spaces where they can just be themselves.

SMOKING AND VAPING

A [report published in the European Heart Journal](#) has found that nicotine is toxic to the heart and blood vessels. This is regardless of the method of use, such as via cigarettes, vapes, nicotine pouches or shisha. This is the first report to consider the harms of nicotine, not just smoking.

The updated RSHE guidance states that the curriculum content should include the risks of nicotine addiction, which are also caused by other nicotine products, such as nicotine pouches.

A study funded by Cancer Research UK and Behavioural Research UK has shown that [oral nicotine pouch use in Great Britain has risen](#). Worryingly, this is largely driven by young people - especially males. This news highlights the importance of implementing strength restrictions as well as age-of-sale legislation for nicotine pouches, as expected in the new Tobacco and Vapes Bill.

This [short video from the Talk About Trust](#) explains the dangers of nicotine pouches and has been added to our Bitesize Development page.

The [BBC](#) has recently commissioned a survey of teachers' views on vaping, with the following key discoveries:

- Many schools and teachers feel that they are trying to tackle the issue on their own.
- Almost 1/5 teachers who responded stated that vape detectors have been installed on school premises.
- 35% said that extra staff are monitoring the school grounds to try to prevent vaping.
- Vaping is reported as a concern in 52% of secondary schools - this is a significant reduction from 74% in June 2024.

The Department of Education have commented that new measures in the Tobacco and Vapes Bill will help prevent the marketing of vapes to children.

We also have lots of resources in our [Resource Library](#) to support your curriculum.

[Everyone Health](#) provides support to anyone who wants to quit smoking or vaping from 12+,

ROAD SAFETY

The government announced its first [Road Safety Strategy](#) in over a decade, with a plan to reduce deaths and serious injuries by 65% by 2035. In the strategy, it states in Theme 1: Supporting Road Users that the government will "publish national guidance on the development and delivery of road safety education, training and publicity".

In Staffordshire, you can help to support this strategy already by utilising the support available from the [Active Travel Team](#) and also the Safer Road Partnership:

[Safer Roads Partnership - First and Primary](#)

[Safer Roads Partnership - Middle](#)

[Safer Roads Partnership - High and Secondary](#)

Modeshift STARS helps education settings encourage cycling, walking and other active travel choices for daily trips to and from school. They have created a [new hub](#) that hosts resources to help schools progress with Modeshift STARS Education accreditation applications and link your school travel programmes to other key school priorities.

ONLINE SAFETY

Safeguarding has increasingly shifted from concerns about physical harm to the growing risks children face online. This is reflected in updated RSHE guidance, which strengthens the focus on helping young people enjoy the benefits of the digital world while managing its risks.

Harmful online groups use grooming, financial exploitation and psychological manipulation, often encouraging self-harm. These groups operate across platforms like Discord, Telegram and gaming environments such as Roblox. They frequently target young people in online spaces linked to true crime, mental health and popular games.

Rather than naming specific groups, our role is to teach young people how to stay safe online—how to recognise manipulative tactics, make safer choices and seek support when something feels wrong. Understanding these risks helps professionals spot warning signs early and respond effectively.

Read more in this TES Blog by Thomas Michael.

Resolver, an online risk consultancy, has released a new report shedding light on the rapidly evolving online harm ecosystem known as “the Com.” Drawing on global intelligence analysis, the report examines how decentralised online harm networks form, shift, and intersect across platforms—highlighting the complex digital environments young people now navigate.

The Com is reported to be largely made up of 11- to 25-year-olds, with associated harms ranging from child sexual exploitation and abuse to suicide encouragement, self-harm and severe harassment. Many of the young people drawn into these spaces have experienced adverse childhood experiences, making them more vulnerable to grooming, coercion and escalation.

The report provides real-life case studies and outlines the tactics, techniques and procedures used within these online communities. Importantly, it emphasises the need for trauma-informed support, alongside clearer and more effective signposting, to prevent children and young people from being harmed.

Internet Matters has published new findings from its annual Digital Wellbeing Survey, which gathers insights from 1,000 children aged 9–16 and their parents/carers. The data shows that the gender gap in online activity is narrowing, with girls and boys now using the internet in increasingly similar ways, particularly on social media. However, notable differences remain in gaming, where boys continue to be more active.

Overall, young people report feeling positive about the time they spend online, recognising the benefits for their wellbeing. The report also includes recommendations for government, such as introducing stronger age-assurance measures for all children and increasing support for schools in delivering high-quality media and digital literacy education.

This report can help ensure that our content is relevant to our children and young people.

The government has announced a consultation on children’s social media use, and the government will respond to the consultation in the summer. To support families, the government has also committed to producing evidence-based screen time guidance for parents and carers of children aged 5 to 16. This is in addition to guidance for parents of under-fives that will be published in April.

The NSPCC has shared their opinion on the proposed ban. SWGfL has published their response to the proposed ban.



MOBILE PHONES IN SCHOOLS

The DfE has tightened its guidance on mobile phones in schools by stating that "all schools should be mobile phone-free environments by default". From 1st April, OFSTED Inspectors will:

- Discuss with leaders what their policy is on mobile phones and how this is communicated to parents/carers and pupils.
- Evaluate whether staff and pupils understand the expectations around mobile phones
- Determine how consistently the school's mobile phone policy is being followed and its impact on pupils' learning, behaviour and wellbeing

Newsround has produced a short news report for children to explain the guidance.

To help colleagues feel more confident in explaining the rationale and benefits, we recommend watching *Swiped: The School That Banned Smartphones*, which you can find on our Documentaries and Dramas page of the website.

YOUTH VIOLENCE

The Youth Endowment Fund commissioned and funded the London School of Hygiene and Tropical Medicine to carry out the first systematic review of UK-based qualitative research capturing children and young people's own accounts of involvement in, or risk of, serious violence.

5 key narratives emerged, including:

- Difficult lives shaped by trauma and exclusion
- The role of hypermasculinity
- Financial reward
- Blurred boundaries between being "at risk" and being involved
- The complex pathways towards desistance

The findings show that effective prevention must be rooted in the real experiences of young people. They also highlight that there are no quick fixes—lasting impact relies on long-term nurture, a strong sense of belonging, and positive, strengths-based support.

Within PSHE, we can help children and young people to recognise:

- How to manage emotions like anger, frustration and disconnection
- The impact and limitations of gender stereotypes
- How to ask for help and when others need support

The Youth Endowment Fund has also published guidance around youth work and violence prevention. The YEF toolkit suggests that youth clubs can play a meaningful role in prevention, reducing reoffending by around 13%, improving school engagement by 6% and strengthening community connectedness by 15%. BERA has published a blog exploring the pedagogy behind effective youth work. Its themes closely mirror those of high-quality PSHE, relationship-based, co-produced, and grounded in trust and emotional safety. Recognising how formal and informal education settings can complement one another was a key reason SCVYS began hosting the Staffordshire PSHE Education Service in 2021, and later the whole service from December 2024. This approach creates more opportunities for children and young people to connect with Trusted Adults, access safe and supportive spaces, and reinforce the core messages taught through the PSHE curriculum.

To find out which SCVYS members are operating in your local area, please utilise our Activities Map. Be reassured that all groups and organisations in SCVYS membership are required to have appropriate minimum operating standards in place to be accepted as a member. You can also utilise Staffordshire Connects to find clubs, organisations and groups in your local area.

WORKING WITH BOYS AND YOUNG MEN

The 2nd Boys Impact Insights into Teacher Perception series was launched at the House of Commons this month. Written by Dr Alex Blower and Dr Jon Rainford, this report is based on survey responses from over 400 educators and focus discussions with 40 young men aged 12-16. The report examines a foundational element of educational practice: the quality of relationships that shape learning.

The report highlights three central insights:

- A disconnect between teacher perceptions and young men's experiences
 - While 90% of teachers believe they create environments grounded in dignity and respect, young men frequently describe respect as inconsistent, compliance-driven, and transactional.
- Misaligned definitions of respect
 - Many educators view respect as compliance with rules, while students see respect as rooted in empathy, fairness and genuine, authentic relationships.
- Boys don't always feel listened to
 - Although teachers report using strong active-listening practices, many young men experience these interactions as tokenistic or focused only on academic performance, rather than acknowledging their wider lives, identities and pressures.

These findings highlight the need to build school cultures that reflect the Taking Boys Seriously relational principles—showing boys that they are valued and worthy in themselves, not only for their academic performance.

Jigsaw Education Group has created a guide to Tackling Misogyny in Secondary Schools.

In PSHE, a rights-based, relationship-centred approach helps all children feel respected, understood and safe to participate meaningfully. This includes actively engaging boys and young men to understand their experiences of the PSHE curriculum and what supports their sense of connection and belonging.

Overall, the themes from this report reinforce that dignity, respect and meaningful engagement are not optional extras; they are essential foundations of high-quality PSHE and RSHE. By grounding lessons in strong relationships, listening to pupil voice and creating emotionally safe, inclusive environments, we strengthen both the impact of the curriculum and wider whole-school wellbeing.

Staffordshire Virtual School can support education settings in developing their relational approach via training. Please see their training catalogue for more information.

DOMESTIC ABUSE

A new joint inspectorates' report warns that children experiencing domestic abuse are still not consistently treated as victims in their own right, despite the Domestic Abuse Act 2021 requiring this.

Across six local authority areas, inspectors found significant inconsistencies in how agencies identify and support children living with domestic abuse. Many responses remain adult-focused, meaning children's experiences, risks and voices are often overlooked in assessments, police reports and referrals. Despite these concerns, inspectors praised strong practice with unborn babies and recognised that schools and early years providers play a crucial safeguarding role.

PSHE education can help children and young people to identify domestic abuse and coercive control, recognise that witnessing abuse makes them a victim in law, seek help and support and build emotional literacy needed for early disclosure.

ABORTION STATISTICS

After a long delay, the Department for Health and Social Care has published the [2023 Abortion Statistics](#) for England and Wales.

In both 2022 and 2023, the crude abortion rate (the total number of abortions in a specified population in the year divided by the number of women in the population) increased across all age groups.

There remained a general downward trend in the crude abortion rate for those aged under 18, with the 2023 rate below the rate observed in 2019. However, in recent years the crude abortion rate for those aged under 18 increased from 6.4 per 1,000 women in 2021 to 7.6 in 2022 and to 7.8 in 2023. This mirrors the rise in the under-18 conception rate in 2021 and 2022.

The West Midlands had the 2nd highest age-standardised abortion rate, exceeding the overall rate for England and Wales.



This graph, drawn from data in Table 3 of the publication, shows the ten-year trend for under-16s, 16-17s, under 18s and 18-19s, with the older teenage cohort showing the steepest increase since 2021.

A [statement from the Royal College of Obstetricians and Gynaecologists](#) and a [report in the Guardian](#) both cite economic pressures, cost of living and challenges accessing contraception as likely causes of the increase.

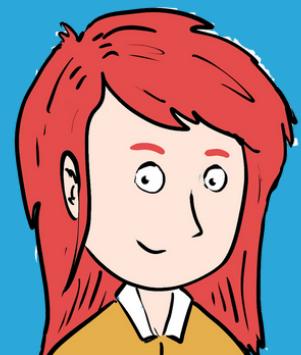
These abortion statistics have been shared with the ONS to calculate the 2023 conception data.

Reducing abortion rates ethically and sustainably is never about restricting access; it's about preventing unintended pregnancies, strengthening sexual health literacy, ensuring early access to contraception, and supporting vulnerable groups. Education settings can support this by:

- Teaching medically and legally accurate content about pregnancy choices
- Prioritise contraception education, especially Long-Acting Reversible Contraception (LARC), teaching young people about the available options, efficacy, ensuring they know where and how to access contraception in their local area (including community pharmacies that offer Emergency Hormonal Contraception (EHC), Pregnancy and STI testing and condoms)
- Improve awareness of local sexual health services and access points, consider having Open Clinic deliver awareness sessions in your setting:
 - Stoke-on-Trent, Newcastle and Staffordshire Moorlands
 - Stafford, East Staffordshire, Cannock Chase, Lichfield, Tamworth, South Staffordshire
- Consider being a C-Card venue to enable young people to easily access condoms
- Build a safe learning environment for sensitive conversations. Utilise our locally developed resource found in the Resource Library - Safe Spaces: PSHE that Empowers.
- Embed healthy relationships and consent education early as part of a spiral curriculum that is built as children and young people develop and grow.

How do you utilise the PSHE Digest in your setting?

Please share your feedback with the team



UPDATE FROM LOCAL PARTNERS

LOCAL NEWSLETTERS

Local newsletters are a great way to stay connected with our partnership and keep up to date with what's happening across the area.

We bring these newsletters together in one place to make them easy to access and to highlight the breadth of local information available. We encourage you to join the mailing lists directly so you can receive updates more quickly, rather than waiting for the PSHE Digest to arrive.

[Kind Minds Spring 2026](#)

[Children and Young People Mental Health Participation Service Spring 2026](#)

[Violence Reduction Alliance Resource Round-Up February 2026](#)

NEW CCE PREVENTION SERVICE - COMING SOON

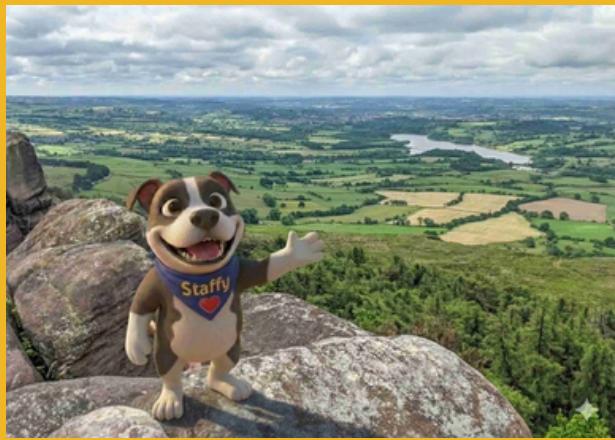


From 1st April 2026, there will be a new Staffordshire-wide Child Criminal Exploitation (CCE) Prevention Service operated by Action for Children. The service will provide free, confidential support to children and young people vulnerable to child criminal exploitation (CCE) across Staffordshire and Stoke-on-Trent. The service aims to prevent CCE and violence, safeguard young people, improve school engagement, and reduce exclusions and contact with the criminal justice system.

The service is for children aged 9-11, where attendance or risk of exclusion is a factor (including those looked after by another authority,) and for young people aged 11-16 (up to 25 for SEND) who live in Staffordshire or Stoke-on-Trent (including those looked after by another local authority, and those who are electively home educated) where there are vulnerabilities to being criminally exploited.

Referral details and more information will be shared over the coming weeks. You can read the full release from the [Staffordshire Police, Fire and Crime Commissioner and Action for Children here](#).

MEET STAFFY



We're delighted to introduce you to Staffy the new visitor mascot for Staffordshire and Stoke-on-Trent.

Created by our friends at Carse & Waterman, who help us to bring our Oatcake Universe alive, Staffy gives a fun and friendly way to show the country why Staffordshire is the nation's playground.

A public art trail, made up of large-scale Staffy sculptures across Stoke-on-Trent City Centre, Stafford and Tamworth is set to launch on 1 May (Staffordshire Day).

The 'Staffy Trail' sculptures will be designed by local artists, inspired by ideas from school children. Why not think about how Staffy can be utilised within your own setting.

THE SANDBOX - FEBRUARY UPDATE

This month, The Sandbox is focusing on Body Image and Self-Esteem. How young people see their bodies and speak to themselves can have a significant impact on their day-to-day wellbeing.

In a world filled with constant media and comparison, many young people find it difficult to feel "good enough", often more than they admit.

The Sandbox resources are designed to help them understand body image, build self-esteem, and develop healthy coping strategies. They encourage young people to practise kinder self-talk and explore new, more positive ways of thinking about themselves.

The DfE's RSHE Guiding Principle 5, states that the curriculum should be relevant and responsive, where appropriate, working with local partners and other bodies to understand specific local issues and ensure needs are met. Use this section to help - watch our latest PSHE Leads Network Meeting for more info.



DOMESTIC ABUSE SURVEY

Staffordshire Safeguarding Children Partnership (SSCP) and the Domestic Abuse Board for Staffordshire (DABS) would like your help with a short survey.

We are seeking the views of practitioners from across the partnership who directly work with, or provide support to, children and their families to help us improve how we engage with those affected by domestic abuse. This includes children who experience domestic abuse in their family home and those who display harmful behaviour in their own intimate relationships or towards parents/caregivers. Your insights will help improve practice, policy, services, and ultimately outcomes for children and families experiencing domestic abuse.

The information which you choose to share will be treated in confidence, and your responses will not be directly identifiable in any findings.

The survey takes 15-20 minutes to complete and closes on 31st March 2026.

We really appreciate your time and support with this.

LOVE YOUR JOURNEY

Air Pollution is a problem around most urban schools in Staffordshire, but all schools will see pollution levels worsen at pick-up and drop-off times.

The Active School Travel Team would like to invite you to do your bit to help improve the air quality around your education setting and increase exercise levels, both of which can reduce the risk of heart disease.

Please display this poster, before and on 14th February 2026, to help promote the campaign to parents/carers and children and young people

Some ideas for Love Your Journey 2026

- Try a Leave Your Car At Home Day the week before 14th February and for those that live too far to leave it at home, leave it away from school.
- Hold a virtual or classroom assembly to raise awareness in school.
- Visit the British Heart Foundation Website to find more information and view an interactive video showing how air pollution can affect your body.
- Try this fun and educational activity for education settings and families to discover more about Air Pollution and see what it is like in your area.

If you want to know more about what is taking place in Staffordshire to help tackle Air Pollution around our education settings, please check out this website

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...

CHILD CRIMINAL EXPLOITATION - LETTER FROM STAFFORDSHIRE POLICE

Staffordshire Police have written a letter for education settings to share with their parents and carers regarding the risk of Child Criminal Exploitation. We would be grateful if you could share the letter with your parents and carers, week commencing 2nd March, to coincide with an increased media campaign on this safeguarding risk.

The purpose of the letter is to raise awareness of this safeguarding risk, the signs that may indicate someone is involved in organised criminality or County Lines and the support available. Staffordshire Police would like to thank education settings in advance for sharing this letter.

CONNECT TO WORK - NEW SUPPORT PROGRAMME

Connect to Work is a government-funded programme covering both Staffordshire and Stoke-on-Trent that provides support to people who may struggle to work due to health conditions or other barriers.

This intensive employment support is available to people for up to 12 months and includes early access to jobs based on people's preferences, job and skill matching, on the job training and help to sustain employment, this could include job coaching at work, training, support from a workplace mentor and regular workplace reviews.

There will also be support for up to four months for people in-work but who are at risk of losing their job.

To find out more information please visit the dedicated webpage for your area:

- Stoke-on-Trent
- Staffordshire



TRADING STANDARDS WARNING

Trading Standards are advising people to watch out for banned sweets containing unauthorised and harmful ingredients. The reminder follows a warning by the Food Standards Agency about two Jolly Rancher confectionary products that failed to meet UK safety and legal standards as they contain an unauthorised additive mineral oil which is banned in the UK. This oil poses a serious risk to health if consumed over a long period of time and is linked to an increased risk of cancer.

Consumers should check labelling carefully. Items with original labelling giving American weight measurements (ounces, fluid ounces) are imports and some products may contain illegal additives or colours.

RESOURCES

Resources included in this section are linked to key dates of awareness or observation that have relevance to PSHE. Find the full year calendar for [25-26 here](#). 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 JANUARY

FAMILIES

HEALTHY RELATIONSHIPS

APPROPRIATE BEHAVIOURS

BULLYING

COMMUNICATION

CONFLICT RESOLUTION

FRIENDSHIPS

THE ENVIRONMENT



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 natalie@staffscvys.org.uk.

NEW LOCAL RESOURCES

We know many of you are currently updating your curriculum ahead of 1st September 2026 to meet the new statutory guidance. Alongside this work, it's equally important to reflect on how your setting aligns with the DfE guiding principles.

To support you, we've created a [quick-reference guide](#) that brings together the DfE principles and our evidence-based approach to effective PSHE, along with practical, locally produced resources to help you embed them across your setting.

You'll also find a self-assessment tool to help you identify your strengths and areas for development.

Embedding these principles will ensure your PSHE curriculum is both meaningful and effective.



**Supporting
the DfE
Guiding
Principles**

and PSHE Education in Staffordshire & Stoke-on-Trent

2026

Elle Chesterton & Natalie McGrath

NEW

NEW TO THE RESOURCE LIBRARY - WWW.PSHESTAFFS.COM

As part of supporting you to be RSHE-Ready for September 2026, we have been adding more new resources to the Resource Library on the website - [register](#) or [log in](#). See below, which highlights new additions, a brief overview, and where to find them.



The National FGM Centre, in partnership with the Eve Appeal, has created lesson plans to help introduce FGM to young people in Key Stages 1, 2, and 3. These age-appropriate, interactive resources are designed to be easy for teachers to use and meet both mandatory RSE requirements and PSHE Association standards.

Government RSE guidance makes teaching about Female Genital Mutilation compulsory in secondary schools. While primary schools are not required to cover FGM, they may choose to do so, and these materials ensure suitable, sensitive resources are available for settings that opt to teach this topic.

These resources have been added to the FGM page of the [Resource Library](#).

Life Lessons has produced a 15 minute session for 14-18 years old that explores why algorithms and media outlets favour doom-scrolling over hope, how negativity bias shapes our worldview, and crucially, what young people can do about it. Located in The Media page of the [Resource Library](#).

The BBFC, in partnership with the PSHE Association, has developed a 2-lesson pack, for 14-18 years olds, that contextualises the BBFC's role in regulating pornography, outlines the potential harms of online pornography and equips young people with the tools to understand how consent works online and what they can do to protect themselves and respond to age-inappropriate content. This has been added to the Pornography page of the [Resource Library](#).

Research shows political polarisation is increasing. Although social media gives everyone a voice, it often rewards speed over careful thinking - being first can matter more than being right. This lesson plan, for 10-16 years old, enables young people to consider different perspectives within a debate and listen openly, treating disagreement respectfully. This is in our The Media page of the [Resource Library](#).





Children now spend a day a week online, and at least 33% use AI tools during that time. Digital Matters has created a number of resources to help children think critically about AI - Using AI for Research (9--11 years, Fact Checking AI (19-16 years) and Find the Fake. They have been added to The Media page of our [Resource Library](#). Using AI for research has also been added to the Online Safety page.

With support from the Home Office the PSHE Association has launched a suite of free lesson plans that provide tools and strategies to educate about deepfakes and protect children and young people from AI-generated sexual imagery. We have added to the Resource Library:

- 2 x 60 minute lessons for 9-11 years designed to help children recognise that images and videos can be generated by AI and have a real-world impact
- 2 x 60 minute lessons for 11-14 years that enables analysis of the motivations young people may have for sharing deepfake images, and the consequences of sharing them.
- 2 x 60 minutes lessons for 14-16 years old explores what deepfakes are, the harms they can cause, and how someone can seek support if affected by this technology.

These have been uploaded to the Online Safety, Pornography and Sharing Images pages in the [Resource Library](#).



Lifeboats

RNLI have a suite of resources to help children and young people engage with essential, and lifesaving, water safety lessons. These have been added to the Water Safety page of the Resource Library and are summarised below:

For children aged 3-7 years we have added:

- Beach Bag a 20 minute starter activity to encourage children to think about hazardous things found at lakes, rivers, beaches or canals (Water Safety)
- Fun by the Water a 20 minute activity that encourages children to think of fun descriptive words for a waterside object of their choice (Water Safety)
- Sounds Like Fun a 20 minute task to set the scene for a lesson in water safety (Water Safety)
- Is This Safe or Unsafe a 2 part lesson plan. Each lesson takes 15-0 minutes that look at water safety (Water Safety)
- Fly the Flag a 30-45 minute session that enables children to familiarise themselves with the different beach safety flags (Water Safety)
- Real Life Rescue a 30 minute session that teaches children the important emergency message of calling 999 or 112 (Water Safety, Dealing with Emergencies)
- To the Rescue is a 30 minute session where children discover the work of the RNLI lifeboat crews and lifeguards (Water Safety, People Who Help Us)
- Stay Together a 20 minute activity that reinforces the importance of staying close to an adult when there are potential dangers nearby (Water Safety)
- Water Safety Passport enables children to collect virtual stamps as they learn about the Water Safety Code in this 30 minute session (Water Safety)

For children aged 7-11 years we have added:

- Cold Water Impact a 30 minute practical experiment designed to measure the body's response to cold water immersion (Water Safety)
- Fly the Flag a 30-45 minute session that enables children to familiarise themselves with the different beach safety flags (Water Safety)
- How Risky is That? a 20 activity to stimulate group discussion about cold water, not using the correct equipment and playing at the water's edge (Water Safety, Managing Risks)
- Emergency Instruction is a 30 minute activity that strengthens children's knowledge of what to do if they see someone in trouble in the water (Water Safety, Dealing with Emergencies)
- Is this Safe is a 2 part 30-45 minute session designed to encourage children to think about safer and less safe ways to behave near the water (Water Safety, Managing Risks)
- Making Safe Choices is a 20 minute activity that enables children to think about what they might do in 3 different scenarios (Water Safety, Managing Risks)
- Rescue Role Play is a 30 minute activity that uses role play to demonstrate the correct response practice in an emergency situation (Water Safety, Dealing with Emergencies)
- Spot the Dangers is a 30 minute activity that enables children to identify and describe dangers near the water (Water Safety, Managing Risks)
- Water Safety Passport is a 30-45 minute session that develops children's water safety knowledge by familiarising them with the Water Safety Code (Water Safety)

For young people aged 11-14 years we have added:

- Decision Making a 60 minute session where young people watch videos to decide what they could do when faced with different dilemmas near the water (Water Safety, Managing Risks)
- Hazard Scenarios a 30 minute session that enables young people to work through 4 different water hazard scenarios (Water Safety, Managing Risks)
- Interactive Quiz is a 15 minute sessions that enables young people to check their knowledge of rip currents, beach flags and cold water shock (Water Safety)
- Your Perfect Getaway is a 20 minute session that helps young people imagine their perfect getaway by the water, before they face the possibility of accidentally falling in, and decide what they would do next. (Water Safety)
- Rescue Role Play is a 30 minute session that presents 2 scenarios to choose from (one around an RNLI beach rescue and the second at a city canal or river) that utilises role play to enable young people to understand the events that could lead up to a rescue (Water Safety)
- Rescue Scene is a 30 minute session that enables young people to assume the role of detective and investigate the aftermath of a rescue scene (Water Safety)
- Research and Present is a 30 minutes session that enables young people to create their own water safety presentations (Water Safety)
- Respect the Water: Fight or Float? is a simple short 5 minute exercise that gives young people an idea of the lifesaving differences between fighting against cold water and floating to live (Water Safety)
- RNLI Passport Challenge is a 30 minute session that enables young people to collect virtual stamps as they further develop their water safety knowledge and build familiarity with the Water Safety Code (Water Safety)

- Safety Planning is a 30-45 minute session that helps reinforce the need for appropriate planning before taking a trip to a waterside location, particularly when planning to enter the water (Water Safety)
- Taking a Risk is a 30 minute session that encourages young people to think about the reasons people may take risks (Water Safety, Managing Risks)
- The Pull of the Rip helps young people to appreciate the risks associated with rip currents, and teaches them essential lifesaving information about what to do if caught in one (Water Safety)
- True or False is a 15 minute quiz to enable young people to demonstrate their knowledge about cold water shock, accidental drowning statistics and beach flags (Water Safety)

For young people aged 14-18 years we have added:

- Fight or Float a 5 minute exercise that gives young people an idea of the lifesaving difference between fighting against cold water and floating to live (Water Safety)
- Group Quiz a 20 minute session that enables young people to test their Water Safety knowledge (Water Safety)
- Your Perfect Getaway a 20 minute session that teaches young people to resist the urge to fight against cold water (Water Safety)
- Planning a Trip is a 60 minute session that enables young people to plan a trip to a waterside location (Water Safety)
- Risky Business is a 30 minute session that enables young people to discuss the pros and cons of risk taking and how it influences identity and friendships groups (Water Safety, Managing Risks)
- RNLI Tales from the Edge is a 60 minute session that further develops young people's risk management and decision making skills (Water Safety)
- Test Your Instinct is a 10 minute session that teaches young people the value of floating to live
- Water Safety Campaign is a 30 minute session that enables young people to create their own water safety campaign (Water Safety)
- Save Lives at Sea provides young people the opportunity to learn about Sir William Hillary's campaign for a national lifeboat service and to learn campaigns to run their own campaigns about the issues that affect them. Could be delivered in English or History as part of cross-curriculum learning (The Media)

**WE'D LOVE TO HEAR YOUR FEEDBACK ON THE RESOURCE LIBRARY
DO YOU USE IT? WHAT WOULD ENCOURAGE YOU TO USE IT?
HOW WELL DOES THE RESOURCE LIBRARY SUPPORT YOUR PSHE
PLANNING AND DELIVERY?
WHAT IMPROVEMENTS WOULD INCREASE YOUR LIKELIHOOD OF
USING IT REGULARLY?**



UPDATE ON NATIONAL RESOURCES



UPDATE FROM THE TALK ABOUT TRUST

Following our extraordinary communications on Tuesday, 3rd February, about inappropriate adult content being found on one of the links in the Challenge Zone of the Talk About Trust's website we have received an update from their CEO that they have asked us to share.

"Despite regular security checks across our platforms, The Talk About Trust were horrified to discover that, yesterday, a link from our TalkAboutAlcohol.com website took users to an external site which appears to have been hacked and contained inappropriate material. As a result, we suspended the link and are speaking with the owner of the site, a UK University, to safeguard young people who may be accessing it through other education providers.

Please be assured that all other games and activities on TalkAboutAlcohol.com have now been rechecked and are safe. None of them takes users away from the site. There are links to films on sites owned by the BBC, Yale University, the UK Government, and Dublin City University. Whilst we remain confident of the safety of these links, from today we will include a reminder across TalkAboutAlcohol.com, its sister site Life-Stuff.org, and our main site talkabouttrust.org, that users are leaving a Talk About Trust site and should be cautious, checking content before sharing it with children and young people.

As our current work around online safety shows, new risks appear almost daily, but it still defies understanding how a game designed to protect children would be hijacked in this way. Our thanks go out to those who alerted us so promptly to this issue. Only by working together can we keep our young people safe."

MENTAL HEALTH RESEARCH PROJECT - SECONDARY ONLY

Place2Be is working with the Education Endowment Foundation and researchers from Ipsos UK, Anna Freud, University College London, and the London School of Hygiene and Tropical Medicine to evaluate the Learning Together for Mental Health (LTMH) programme.

LTMH is a whole-school approach aimed at strengthening relationships, improving student wellbeing, reducing bullying, and fostering a positive school climate. After promising pilot results, secondary schools are now being invited to join a larger-scale trial.

We are strongly encouraging our secondary schools to [register their interest](#) to learn more and explore whether their school could join the study and help us have an evidence-based approach to mental health in school.

WELLBEING EDUCATION STUDY - SECONDARY ONLY

Join the [BrainWaves](#) Lesson Impact Study (University of Oxford and The Day) and help build a more effective, evidence-based curriculum for students aged 11-13. Your school will deliver seven research-backed wellbeing lessons in Autumn 2026, some including short wellbeing surveys. You'll receive a detailed report on your students' wellbeing trends to help guide future support. After taking part, your school can become an accredited Research Partner for free, with one complimentary conference ticket and additional benefits for staff, students and the wider school community.

To sign up or more information please email support@brainwaveshub.org.

STEP INTO THE NHS

The countdown is on for the Step into the NHS competition, as there are now 3 months left to enter!

The competition invites your school's KS3 students to explore NHS careers and showcase their creativity by designing a job advert for one of over 350 inspiring roles.

They are inviting you to join their Step into the NHS Day on Thursday 5 March, a live event packed with insights from NHS professionals. While you can begin entries before the event, it's a great opportunity to inspire your students.

Register now to secure your school's place for their livestream.

By the end of the livestream, students will:

1. Have heard from and interacted with a range of NHS staff at school
2. Be inspired to put this learning into context and submit their competition entries,
3. Have raised their career aspirations and awareness of the 350+ NHS careers

What will happen on the day?

You'll be able to join several stand-alone sessions between 9:00 am to 3 pm. There will be time in each session for your students to ask our NHS ambassadors questions live. You will be able to add questions to the chat on behalf of your students.

MENTAL HEALTH

Childline has launched a campaign to help children and young people look after their mental health when using social media. The 'Race to a Milli' campaign video shows TikTok stars compete to achieve one million 'likes' whilst tackling issues such as peer pressure, hateful comments and rage bait.

The campaign provides talking points for professionals to use with young people in their schools, clubs and organisations.

Supporting Childline data shows that between April 2024 and March 2025, 82,882 counselling sessions were delivered to young people about their mental wellbeing.

EMPOWER - PUPIL VOICE AND RSE

NSPCC Learning has published its evaluation of EMPOWER, a toolkit designed to help young people take an active role in shaping their sex and relationships education (SRE). Piloted in 24 secondary schools across the UK between January and July 2025, the evaluation highlights several key strengths.

- A strong framework for youth voice: EMPOWER gives schools a practical structure for meaningfully involving young people in decisions about their SRE provision.
- Time and tailored support matter: Schools need to invest dedicated time and create supportive conditions to ensure youth voice is authentic and effective.
- Young people value being heard: Students reported appreciating the opportunity to contribute and recognised both personal benefits and the positive impact on their wider school community.
- The EMPOWER toolkit is now available, in English and Welsh, to all UK secondary schools through the NSPCC's Talk Relationships service.

INTERNAL CONDOM

Pasante have created an [easy-to-use guide for the internal condom](#). The latex-free condom provides protection from both pregnancy and STIs like a traditional condom but can be discreetly inserted hours before sexual activity and removes potential discussions around condom use.

RSE IN MEDWAY

Our colleagues in Medway have [developed a toolkit](#), using the voices of young people to help improve the quality of RSE across Medway. They have kindly shared it with us, we hope you find it as informative as we do when considering your own provision and how you can gather the voices of children and young people.

OAK NATIONAL ACADEMY

Oak National Academy has announced they are removing resources created during the pandemic.

These resources were developed for lockdown learning and not for classroom use. This Spring they will be removing the remaining pandemic resources for art and design, computing, DT, Geography, Languages, PE, RE and RSHE (PSHE).

CEOP EDUCATION - FOR FURTHER EDUCATION

CEOP Education has released [new FE guidance on Financially Motivated Sexual Extortion \(FMSE\)](#), alongside a parent/carer letter and FE poster.

It helps staff to:

- Spot and understand FMSE
- Raise awareness and encourage help-seeking
- Give clear messages to parents/carers
- Support students affected by FMSE

RSE AND SEND

Brook has launched a [new autism and SEND-inclusive lesson pack](#). The pack has been developed in consultation with Autistic young people, this set of 9 lessons covering Years 7, 9 and 11 (3 lessons per year group) supports young people with a broad range of SEND.

Each lesson features accessible activities, bespoke easy-ready images and flexible delivery options to enable lessons to be adapted to meet the needs of the group. There is a cost of £225 to the school. A taster session (Year 9) is available to download that explores consent.

SEXUAL WELLBEING IMAGE RESOURCE LIBRARY

[SWURK.scot](#) is a new tool for professionals to support the development of accessible sexual health and wellbeing information. The images are free to use for educational purposes, but not for commercial gain. This website is really useful if you develop your own resources for use in your setting.

PUBERTY

[Always Be You](#) offers free period kits for schools and teaching resources designed to empower young people to feel confident in their bodies. Register to access your kit (one order per school per year)

SLEEP

The Sleep Charity has launched an [animation video of Professor Colin Espie's 5 Principles of Good Sleep Health](#). The 3-minute animation video, voiced by actor and screenwriter Sacha Baron Cohen, resets thinking on sleep and how to get it right.



The Sleep Charity has also developed a [Supporters Pack for Children's Sleep Awareness Month](#) (February) with a focus on schools and sleep.

UPCOMING KEY AWARENESS DATES - MARCH

WOMEN'S HISTORY MONTH (MARCH) & INTERNATIONAL WOMEN'S DAY (8 MARCH)

Women's History Month is an opportunity to recognise the contributions, achievements and lived experiences of women past and present. Within PSHE, this supports learning around equality, respect, aspiration and challenging stereotypes. It also provides space to explore women's rights, representation and barriers, helping pupils understand how social attitudes and opportunities have changed over time - and where inequalities remain.

International Women's Day provides a focused moment to explore gender equality, respect and rights. PSHE lessons can encourage discussion around representation, positive role models and challenging sexism, supporting pupils to value fairness and inclusion.



In the resource library...(Gender)

- UK Feminista - resources to combat gender stereotyping (ages 3-11)
- Childnet - developed for International Women's Day, these resources are suitable for use with young people aged 13-18 and explores life for women and girls.
- Unlocking Your Dream Job by Eon Energy is 3x 10-15 minute form time activities that explore women working in sports and media (ages 14-18)



NATIONAL BED MONTH (MARCH) & WORLD SLEEP DAY (13 MARCH)

National Bed Month highlights the importance of sleep for physical health, mental wellbeing and learning. PSHE lessons can explore healthy sleep routines, the impact of screen use, and how rest supports emotional regulation and concentration. This links closely to self-care, mental health and lifestyle choices across key stages.

World Sleep Day complements learning on wellbeing and self-care. PSHE sessions can explore routines, stress management and the impact of sleep on mood, learning and physical health.

In the resource library...(Sleep)

- Practical training materials from the Department for Education for primary and secondary schools to use to train staff to teach health and prevention, including sleep
- Resources as part of the Church of England Goodness & Mercy lesson package (ages 5-11)

OVARIAN CANCER AWARENESS MONTH (MARCH)

This awareness month supports age-appropriate learning about health, body awareness and seeking help. In PSHE, it can be used sensitively to promote understanding of illness, empathy for those affected, and the importance of noticing changes in the body without creating fear or alarm.

In the resource library...(Medicine Management including Vaccinations)

- University of Bristol: EDUCATE - a resource, co-produced by young people and researchers from the University of Bristol and London School of Hygiene and Tropical Medicine, to help you teach students about the human papillomavirus (HPV) vaccine and provide reassurance about receiving the vaccine (ages 11-14).

ENDOMETRIOSIS AWARENESS MONTH (MARCH)

Endometriosis Awareness Month offers an opportunity to normalise conversations about menstrual health and reduce stigma. In PSHE, this supports statutory learning on puberty, reproductive health and accessing healthcare, while reinforcing empathy and understanding of hidden health conditions. The new statutory RSHE guidance strengthens the visibility of women's health by requiring schools to teach clearer, more explicit content on the menstrual cycle, menstrual health, and the physical and emotional implications of menstruation. While endometriosis is not named as a mandatory standalone topic, the guidance creates a framework that strongly supports its inclusion as part of teaching about menstrual health.

In the resource library...(Puberty)

- Period Education UK guidance document on how to improve support for menstruation in education.
- Six sessions from Lil-Lets & Brook, based on slightly different topics for each year group, using softer language for the younger age group and going into more detail on wellbeing, sexual education, menstrual cycles etc for the older groups. (ages 8-14)

NATIONAL NUTRITION MONTH (MARCH), NATIONAL SCHOOLS BREAKFAST WEEK (2-6 MARCH) AND NUTRITION AND HYDRATION WEEK (16-22 MARCH)

National Nutrition Month encourages pupils to reflect on food choices, balanced diets and the link between nutrition, physical health and emotional wellbeing. PSHE lessons can focus on informed decision-making, food marketing, body image and developing lifelong healthy habits.

In the resource library...(Diet & Nutrition)

- A range of resources, training and events from The Teaching Primary Food and Nutrition (TPFN) programme to equip primary school teachers, trainees or teaching assistants, with the necessary knowledge and skills to teach high-quality food and nutrition lessons and champion a whole school approach to food.
- Interactive activities created in partnership between BBC Bitesize and the British Nutrition Foundation providing simple explanations and key vocabulary and quizzes on "What is Healthy Eating?" (ages 5-7)
- Lesson plans from STEM Learning that link to the science curriculum for KS3/4 around junk food and the science between a balanced diet and health (ages 11-16)

SELF-INJURY AWARENESS DAY (1 MARCH)

This day raises awareness of self-harm and promotes understanding, compassion and help-seeking. In PSHE, learning should be carefully planned, trauma-informed and focused on emotional literacy, coping strategies, and how to seek support for oneself or others.

In the resource library...(Self-Harm)

- Project Right Click: Builds awareness of online and community risks (ages 11-14)
 - UK Youth Toolkit (11-16): A flexible 15-hour or standalone-session programme covering emotional well-being, mental health, self-harm, stress, and coping with difficult events
- Notify your Pastoral team if you'll be discussing this topic with young people so they can be aware of any safeguarding concerns afterwards.*

NATIONAL CAREERS WEEK (2-7 MARCH)

National Careers Week supports pupils to explore future pathways, challenge stereotypes and build aspirations. PSHE learning can focus on skills development, decision-making, equality of opportunity and understanding how education links to employment. Locally, the [Stoke-on-Trent and Staffordshire Careers Hub](#) aims to bring the worlds of education and employment together to create inspirational and comprehensive careers programmes.

In the resource library...(Jobs)

- A collection of short films from BBC Teach looking at the jobs and careers people have today and the lives of significant individuals in the past who have contributed to national and international achievements (ages 5-7)
- Various lesson plans, toolkits, worksheets, interactive tools and films from Barclays covering employment, money skills, communication, wellbeing, and developing a growth mindset (ages 5-7)



EMPATHY WEEK (9-13 MARCH)

Empathy Week encourages children and young people to understand others' perspectives and emotions. This links directly to PSHE learning on relationships, kindness, communication and conflict resolution, helping to build inclusive and respectful school communities. This year's theme, "My Culture, Your Culture, Our Culture", invites students to explore identity, belonging, and what unites us across cultures. During this week, schools around the world will get access to a completely free week of storytelling, films, events, and classroom resources - all designed to help students aged 5-18 develop the skill of empathy! To register for Empathy Week materials including; Accredited Teacher CPD, Live in-person events, Ready-to-use films and lesson plan resources and On-demand speakers and pre-recorded assemblies, [register here](#).

In the resource library...(Feelings and Emotions)

- A lesson from the Department of Health & Social Care which explores why kindness is important. A supportive guidance document contains details on how to link mental wellbeing lesson plans to school-wide approaches around social and emotional learning (ages 5-11)
- Lessons from the Equality and Human Rights Commission using role model activities to develop empathy and appreciate the feelings of people involved in negative experiences (ages 11-14)

WE'D LOVE TO SEE HOW YOU USE THE PSHE NEWSLETTER TO CELEBRATE KEY DATES ACROSS THE YEAR - SHARE THEM BY [EMAIL](#) OR TO OUR [FACEBOOK GROUP](#)

NO SMOKING DAY (11 MARCH)

No Smoking Day supports learning about health risks, peer influence and informed choices. In PSHE, this day can reinforce factual information about smoking and vaping, while developing refusal skills and resilience.



In the resource library... (Smoking & Vaping)

- Game of Choices from ASH Wales, a presentation for primary-aged children which turns learning into an interactive video game of choices, where characters navigate challenges, earn rewards for making good decisions, and see the consequences of risky behaviour (ages 5-11)
- Vaping resource pack from DSM Foundation which contains a teacher training and planning document, as well as classroom activities for Years 8-13.

GLOBAL RECYCLING DAY (18 MARCH)

Global Recycling Day supports PSHE learning around environmental responsibility, community action and sustainability. Pupils can explore how everyday choices impact the planet and how collective action can make a difference.



In the resource library... (The Environment)

- Resources, including assemblies, lesson plans and home challenges from Rewcycle Now which have been developed in partnership with teachers. The materials support children to explore what it means to be an active citizen, why recycling matters, and how recycling works (ages 5-11)
- British Gas' virtual tour of a recycling plant which supports learning about the process of recycling glass with fun, interactive gameplay (ages 7-11)

STOP CHILD EXPLOITATION AWARENESS DAY (18 MARCH)

This awareness day reinforces safeguarding learning within PSHE. Age-appropriate lessons can focus on healthy relationships, consent, online safety and knowing how to seek help or report concerns.

In the resource library... (Exploitation)

- Working with Catch22 the PSHE Education Service has developed a new resource that explores Healthy Friendships (ages 10-11)
- Exploitation Awareness Toolkit from the Children's Society, with primary, secondary and SEND resources for use in schools. The toolkit contains training videos, explainers and downloadable lesson plans which help schools better understand and respond to young people affected by exploitation (ages 10-16)
- Written in partnership with the PSHE Association, Thames Valley Police's lessons which focus specifically on developing student understanding of exploitative and coercive behaviours, particularly relating to the drug trade, and strategies that young people can use to safely exit unsafe situations (ages 11-14)

BEEP! BEEP! DAY (18 MARCH)

Beep! Beep! Day promotes road safety and awareness. In PSHE, this can support learning on personal safety, risk assessment and making responsible choices as pedestrians, cyclists or passengers.

In the resource library...(Road Safety)

- Variety of lesson plans and activities suitable for different ages from Think!
- Virtual catalogue from the Pan-Staffordshire Road Safety Education Service outlining the support available from the Road Safety Education Team for high schools and colleges for those in priority areas
- Single lesson from the Motor Insurer's Bureau (MIB) focusing on road safety and managing risk, intended for use in a comprehensive PSHE programme, to be taught as part of a unit of work on personal safety.



INTERNATIONAL DAY OF HAPPINESS (20 MARCH)

This day provides a positive opportunity to explore wellbeing, gratitude and positive relationships. PSHE learning can help pupils identify what supports their happiness and how they can contribute to the wellbeing of others.

In the resource library...(Feelings & Emotions)

- A lesson from the Department of Health and Social Care which supports pupils to notice and name emotions and feelings, learn to recognise how they are feeling and express it to those around them (ages 5-7)
- Premier League Primary Stars' pack, encouraging children to identify and express the different emotions people typically experience, including around times of transition and change.

WORLD ORAL HEALTH DAY (20 MARCH)

World Oral Health Day links to PSHE learning on personal hygiene, self-care and health routines. It provides a chance to reinforce practical habits that support long-term health.)



BRUSH
YOUR
TEETH

In the resource library...(Dental Health)

- Lesson plans and activities from the Oral Health Foundation that enable anyone to deliver oral health education in the classroom (ages 3-11)
- The Aquafresh Shine Bright resources which provide a fun and engaging way to teach pupils about oral hygiene (ages 4-7)
- Operation Ouch! A 28 minute video explores teeth including why they are different shapes and sizes (ages 6-11)
- Lesson pack developed by academics at the University of Sheffield, University of Dundee and Cardiff University as part of the BRIGHT trial which aims to develop young people's understanding and knowledge about the importance of tooth brushing with fluoride toothpaste as a method to prevent dental caries (ages 11-14)

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION (21 MARCH)

This day supports PSHE learning on equality, respect and anti-racism. Lessons can encourage discussion around identity, fairness and standing up to discrimination, helping pupils develop inclusive attitudes.

In the resource library...(Similarities & Differences)

- A locally produced spiral curriculum created by USAH and the Pan-Staffordshire PSHE Education service exploring topics related to hate crime across the key stages.
- Various lessons from School Wellbeing Leeds for each key stage, exploring race and racism.

Staffordshire County Council asked the Pan-Staffordshire PSHE Education Service to address rising casual racism in schools and improve staff confidence in responding. A half-day training session was developed with Education Safeguarding colleagues and delivered in Stafford, Burton and Cannock. In the last month, the sessions have been delivered with staff from a wide range of mainstream, SEND, state and independent settings attending and rating the session 4.47 (of 5) stars on average.

“REALLY USEFUL RESOURCES AND ALSO LINKS. DISCUSSION TIME HELPFUL”

DEBT AWARENESS WEEK (23-29 MARCH)

Debt Awareness Week supports financial education within PSHE, helping pupils develop money management skills, understand borrowing and recognise where to seek help or advice.

In the resource library...(Money)

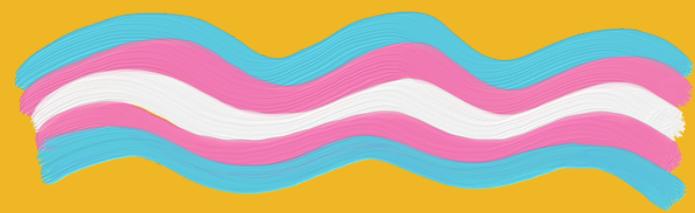
- Just Finance Foundation education programme to support schools with their financial education curriculum includes training and cross-curricular resources (ages 3-11)
- Financial Education lessons from Oak National Academy for Years 1 and 2 that can be utilised in Maths or PSHE to develop financial literacy.
- Resources from Young Enterprise which covers topics including spending and saving, borrowing, debt, insurance, student finance & future planning (ages 14-16)

INTERNATIONAL TRANSGENDER DAY OF VISIBILITY (31 MARCH)

This day celebrates transgender people and raises awareness of gender diversity. In PSHE, it supports learning on respect, identity and inclusion, helping pupils feel safe and valued.

In the resource library...(Sexuality & Sexual Orientation)

- Assembly and lesson plan ideas from Barnardos to explore diversity and Homophobic, Transphobic and Biphobic bullying (ages 11-14)
- NSPCC AGENDA - Free online toolkits to help explore ideas around equality and diversity with children and young people (ages 11-18)
- A card match activity created by the Pan-Staffordshire PSHE education service, for LGBTQ+ terminology and definitions which can be used both in lessons and with staff as part of CPD (ages 11-18)



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 free welcome to share with us - el@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 ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
FINANCIAL LITERACY	VARIOUS	<u>YOUNG ENTERPRISE</u>	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.
GENDER / CONSENT	VARIOUS 3.45-5.15PM	<u>EVERYONE'S INVITED</u>	FREE	AN EMPOWERING AND INTERACTIVE SESSION DESIGNED TO EQUIP EDUCATORS WITH THE KNOWLEDGE AND CONFIDENCE TO RECOGNISE, RESPOND TO, AND DISMANTLE RAPE CULTURE WITHIN THEIR COMMUNITIES.
PUBERTY	11 TH FEBRUARY 4-5PM	<u>LOUDMOUTH THEATRE IN EDUCATION</u>	£27.80	GET THE LATEST UPDATES FOR RSHE 26 AND LEARN SOME FLEXIBLE TECHNIQUES FOR TEACHING PUBERTY EDUCATION.
SUICIDE PREVENTION	12 TH FEBRUARY 1-4.30PM OR 4 TH MARCH 2026 9.30AM-1PM	<u>NORTH STAFFORDSHIRE MIND</u>	FREE	THIS SESSION FOCUSES ON CHILDREN AND YOUNG PEOPLE. IT COVERS AWARENESS RAISING, STIGMA AND BARRIERS TO DISCLOSURE, THEN PROVIDES A PRACTICAL INTERVENTION YOU CAN UTILISE IF YOU SUSPECT THAT A CHILD OR YOUNG PERSON IS EXPERIENCING SUICIDAL THOUGHTS OR IDEATION.
SEXUALISED BEHAVIOURS	12 TH FEBRUARY 3.30-4.30PM	<u>RABBITS: RSE</u>	£99 PER SCHOOL	THIS SESSION FOCUSES ON KEY EMERGING THEMES IN THE 2025 RSE INCLUDING PORNGRAPHY, SEXUAL STRANGULATION AND OTHER HARMFUL OR NEGATIVE SEXUAL BEHAVIOURS SEEN ONLINE
YOUTH VOICE IN RSE	12 TH FEBRUARY 4-5PM	<u>NSPCC TALK RELATIONSHIPS</u>	FREE	THIS WEBINAR EXPLORES THE IMPORTANCE OF YOUTH VOICE AS PART OF A WHOLE-SCHOOL APPROACH TO RSE, AND THE BENEFITS TO THE SCHOOL AND WIDER COMMUNITY PRACTICAL INFORMATION ON IMPLEMENTING YOUTH VOICE IN SECONDARY EDUCATION SETTINGS, INCLUDING TWO FREE TOOLKITS: EMPOWER AND YOUTH VOICE MATTERS.
MENTAL HEALTH	26 TH FEBRUARY 4.30-6.00PM	<u>SCHOOLS IN MIND</u>	£10	EXPLORE HOW ANTI-RACIST APPROACHES CAN STRENGTHEN MENTAL HEALTH AND WELLBEING IN SCHOOLS AND COLLEGES, WITH PRACTICAL REFLECTIONS AND EXAMPLES TO SUPPORT MORE INCLUSIVE LEARNING ENVIRONMENTS.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SUBSTANCES	26 TH FEBRUARY 3.30-5PM	<u>DRUGS EDUCATION FORUM</u>	FREE	A CHANCE TO LEARN, SHARE AND CONNECT ABOUT DRUG AWARENESS AND THE EMERGING TRENDS RELEVANT TO YOUNG PEOPLE
RSE	2 ND , 3 RD , 10, 16, 17 TH MARCH 10AM-4.30PM	<u>BISH TRAINING</u>	£750	THE PROCESSES OF THIS ADVANCED RSE TRAINING COURSE WILL MODEL THE CRITICAL PEDAGOGY THAT THE VERY BEST PRACTICE RSE DELIVERS. THAT IS: CONSENSUAL, PARTICIPATORY, INTERACTIVE, AND EXPERIENTIAL.
SEND & RSE	10TH MARCH 9.30AM-3.30PM	<u>SEX EDUCATION FORUM</u>	FROM £200	THIS FOUNDATION COURSE GIVES RSE LEADS AND DELIVERING TEACHERS THE OPPORTUNITY TO EXPLORE THE REQUIREMENTS OF THE STATUTORY RSHE GUIDANCE IN RESPECT OF LEARNERS WITH ADDITIONAL NEEDS, AND TO ADDRESS VALUES AND ATTITUDES TOWARDS RSE IN THE SEND LEARNING ENVIRONMENT.
PSHE	12 TH MARCH 9.30AM-1PM	<u>PSHE ASSOCIATION</u>	£115	JOIN THE PSHE ASSOCIATION MEMBER'S ONLY SPRING CONFERENCE FOR HALF A DAY FILLED WITH EXPERT KEYNOTES, PRACTICAL WORKSHOPS AND LIVE Q&A
SEND & RSE FOR KS4 &5 - PREPARING FOR ADULT RELATIONSHIPS	18 TH MARCH 1-3.30PM	<u>SEX EDUCATION FORUM</u>	FROM £80	THIS SHORT INTERACTIVE WEBINAR FOCUSES ON HOW WE CAN TEACH RSE TO KEY STAGE 4 & 5 LEARNERS WITH SEND IN AN AGE AND STAGE APPROPRIATE WAY. THROUGH THE LENS OF THE PREPARING FOR ADULTHOOD OUTCOMES WE TAKE A SKILLS FOCUSED APPROACH TO EXPLORING SOME OF THE KEY RSE TOPICS, IN LINE WITH THE EMPHASIS ON SKILLS IN THE NEW RSHE GUIDANCE.

NEW AUTISM CPD ONLINE UNITS

PSHE should be inclusive and enable all children and young people to access the curriculum. Funded by the Department for Education, Whole School SEND has added 5 new autism CPD online units to their Whole School SEND CPD Suite, alongside 20 existing Inclusive Practice units supporting teaching across a wide range of needs.

The Autism units support education professionals at every level - from practical classroom strategies to whole-school leadership.

This training should then enable professionals to feel more confident in adapting their PSHE lessons/resources for children and young people with autism.

Staffordshire Autism Inclusion Team's training offer includes a mixture of free and paid-for training that education settings can access localised expertise.

TRAINING (E-LEARNING, WEBINARS)

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

- Global Centre for Contextual Safeguarding at Durham University - Addressing Violence and Abuse in Schools. This free e-learning course is designed for those working in schools to think, feel and do safeguarding differently when addressing violence and abuse between students.
- NHS England's MindEd have launched a new e-learning programme to support education settings to embed mental health and wellbeing across their settings. This free resource offers six practical sessions covering strategy development, policy alignment, evidence-based practice, and workforce roles.

We have also added this month:

- A short video to our Bitesize Practice Development sessions from the Talk About Trust - The Dangers of Nicotine Pouches.

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.

This month, we have added:

- Anna Freud - Talking racism and mental health in schools: podcast series (Mental Health). A series of five podcast episodes featuring mental health, anti-racism and education experts.
- Youth Endowment Fund - Safe. A conversation about violence affecting children and young people with those working to stop it.

DOCUMENTARIES AND DRAMAS

We have collated documentaries and dramas that we think will support the 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.

- Deepfake Porn: Could You Be Next? Research shows around 96 per cent of deepfake videos are pornographic, with almost 100 per cent of them involving non-consenting women. This 1 hour documentary looks at the emotional and psychological consequences deepfakes had for 3 women. Added to Pornography section
- The Secret of Me - Kristi never felt at home in her body. At 19, she discovered she'd been born intersex and mistakenly raised as a girl. Kristi became Jim. This is his story, but also the story of many others.. Added to Gender section
- Drive Fast Die Young tells the story of a teenage road death by his family and first responders. Added to Road Safety section

NEXT MONTH (MARCH)...

Resources & Materials for key awareness dates in April:

- Stress Awareness Month (1-30)
- Testicular Cancer Awareness Month (1-30)
- National Walking Day (1)
- World Autism Day (2)
- World Health Day (7)
- National Siblings Day (10)
- National Exercise Day (18)
- Allergy Awareness Week (20-25)
- International Mother Earth Day (22)
- National Stephen Lawrence Day (22)
- World Book Day (23)
- World Immunisations Week (27-3 May)
- Stop the Bleed Day (30)
- Stop Food Waste Day (30)

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@staff.fscvys.org.uk

“ —

Thank you for your email and for sharing the evaluation report. It's great to see how worthwhile the session was, and I'm so pleased to hear that the team's engagement made a real difference.

I'll encourage the team to set up their accounts and make full use of the resource library as suggested—I'm glad to hear some have already started doing this. I

Thank you again for your support and for delivering such a valuable session. I look forward to continuing to work with you.

————— ”

PSHE Lead, Alternative Provider, Lichfield

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

