



COVERED IN THIS MONTH'S EDITION:

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- New HPV Website to support lesson plans
- Be a CEOP Pilot School

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- World Cancer Day
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- International Day of Zero Tolerance to FGM
- World Toothache Day
- Children's Mental Health Week
- Safer Internet Day
- Kindness Week
- Valentine's Day
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- Eating Disorder Awareness Week
- New Resources Added to the Resource Library

Training Opportunities

Podcasts

Documentaries and Dramas for CPD

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
 - Autumn 2 - Engaging with Parents & Carers
 - Autumn 1 - What the updated OFSTED Framework means for PSHE Leads
- Bitesize Practice Development Webinars

2025-2026 DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 22nd January 2026 4-5 pm
- 24th March 2026 4-5 pm
- 6th May 2026 4-5 pm
- 30th June 2026 4-5 pm

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

BOOK NOW



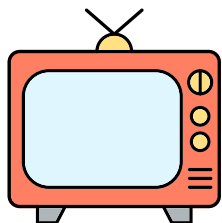
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WHAT'S OUT THERE...

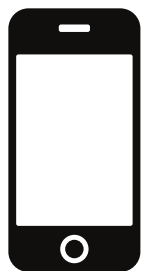
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of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



- Wild Cherry, available on BBC iPlayer is a drama in which scandal at an exclusive private school places two close friends, Lorna and Juliet, on opposing sides, prompting an examination of mother-daughter relationships, social media influences, and the dynamics within a privileged community.
- On Channel4, Protein: Everything You Need to Know explores protein use and consumer choices. Gemma Atkinson, Dr Jack Mosley and Lucy Watson examine current claims to provide a clearer understanding of today's health trends.



- The Government plans to cut the drink-drive limit, introduce breathalyser "locks" on some cars, require learners to complete a 3-6 month minimum learning period, and bring in mandatory eye tests for drivers over 70. These proposals will be consulted on as part of a new Road Safety strategy.
- A new NHS "online hospital" available through the NHS app, will launch for 9 conditions next year. These include; menopause, inflammatory bowel disease and menstrual problems which may be a sign of endometriosis. Patients in England will be able to have check-ups/follow-ups online.
- The ban on "junk food" advertising before 9pm on TV and totally online has begun.



- BBC News reported a story about a woman in Coventry who received unwanted messages from a stranger through the exercise app Strava and is now urging people to check their privacy settings.
- Snapchat has published an overview of 2025 usage trends, including a heap of data on Snap usage, and summary overviews of the major shifts that it's seeing in user activity.
- OFCOM has made urgent contact with xAI following reports that its AI tool Grok can be used to make "sexualised images of children" and undress women. X has issued a warning to its users not to use Grok to generate illegal content including child sexual abuse material.

UPDATE FROM NATALIE

HAPPY NEW YEAR

hope you had a restful and enjoyable Christmas break and are feeling refreshed for the term ahead. As we begin the new year, it's a great time to reflect on the fantastic work you've already done and look ahead to the opportunities to come.

This term offers new chances to inspire, educate and support children and young people as they develop the skills and values they need to thrive. PSHE continues to play a vital role in helping them navigate life's challenges with confidence and resilience, and your leadership ensures this learning is meaningful, inclusive and impactful.

The Pan-Staffordshire PSHE Education Service is here to support you with resources, updates and best practice throughout the year. Please do make use of our website and support offer as you prepare to be RSHE-ready for September.

Thank you for your continued dedication – it really does make a difference. Here's to a positive, productive and collaborative Spring Term.

NEW SEXUALISED BEHAVIOUR BOOK FOR SEND SETTINGS

One of the most frequent queries we receive is about sexualised behaviour, so we wanted to highlight a new book that has recently been published, which some of you may find helpful to add to your reading list.

Addressing Sexualised Behaviour in SEND Schools and Colleges explores how teachers working with SEND can deliver meaningful teaching around masturbation so that pupils can understand what it is and why people do it, the necessary rules and boundaries, and feel confident to safely explore their bodies if they want to. The book explores both proactive, discreet teaching, as well as interventions in response to problematic sexualised behaviours.

We are seeking funding to see if we can purchase this book for our local SEND schools in the area.

TO-DO

This is a new addition to the PSHE Digest for 2025-2026 highlighting key tasks for PSHE Leads to do this month.



Contact Pan-Staffordshire PSHE Education Service to discuss CPD needs as identified in audit results/staff voice



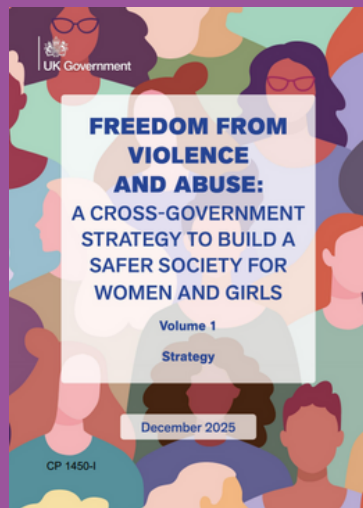
Check if setting is eligible and engaged with Bikeability (page 8)



Share NCA Alert with Safeguarding colleagues (page 11)

UPDATE FROM NATIONAL PARTNERS

VAWG STRATEGY



The government published their VAWG Strategy last month and included details of the training that was published when the RSHE update was announced in July.

£3million has been identified in a teacher training fund over the next 2 years to ensure that the new RSHE curriculum has the greatest impact, and £5million to pilot healthy relationships training delivered by external providers. We will keep you updated once further details are released regarding the training, including who is eligible to receive it.

The strategy also highlighted that the Minister for Skills is exploring the most effective route to make Relationships and Sex Education (RSE) mandatory for young people under 18 in further education colleges, and the Further Education Student Support Champion launched a comprehensive RSE toolkit to equip college staff to handle sensitive topics like coercive control and consent. Links were also made with the new National Youth Strategy.

Dr Sophie King-Hill, Associate Professor at the Health Services Management Centre, University of Birmingham, has written an article highlighting four key takeaways from a strategy aimed at changing society.

YOUNG PEOPLE'S RSE POLL 2025

The Sex Education Forum's Young People's RSE Poll 2025 offers valuable insights for PSHE Leads. Surveying 1,001 young people (aged 16-17), the result highlights key challenges and opportunities for PSHE and RSE delivery.

- 52% of respondents rated their RSE lessons as "good" or "very good", a small rise of 2% points from 2024. Despite improvements in teaching quality, satisfaction appears to have plateaued.

The poll reveals some gaps in critical RSE topics:

- 72% reported learning nothing at all or some, but not enough, about deepfakes - this forms part of the statutory content from September 2026
- 72% also lacked adequate information on the law around strangulation and suffocation
- 65% said they didn't learn enough about managing the end of friendships or relationships
- 53% reported insufficient coverage of pornography
- 52% had inadequate learning on accessing sexual health services.

Positively, school remains the most helpful source of RSE information, ahead of parents and online resources. Interestingly, young people say they feel least embarrassed discussing RSE with a friend (in person), followed by AI chatbots and health professionals. They feel most embarrassed with parents, especially dads, when broaching these subjects, but they do want to be able to have these conversations.

This highlights why pupil voice is an essential component of developing the PSHE curriculum. It highlights the strengths and areas for development to ensure that we are providing what they need most right now.

RESEARCH PAPER INTO RSE

The Institute of Child Protection Studies have shared their new OnlineFirst paper in Trauma, Violence and Abuse: What Young People Who Have Experienced Maltreatment Want from Out-of-School Sex and Relationship Education: A Qualitative Synthesis of Participatory Research with Young People.

A review of two decades of participatory research highlights what young survivors of abuse value in sex and relationship education (SRE) outside school settings.

Key messages include:

- Trauma-informed approaches that recognise links between maltreatment, risk, and relationships.
- Accessible, targeted programmes at key transition points—especially for young people in care, experiencing homelessness, or disengaged from school.
- Trusted facilitators, peer learning, and genuine participation as essential components.
- A shift from deficit-based models to approaches that help young people reclaim sexuality, dignity, agency, and safety.

This work, funded by the National Centre for Action on Child Sexual Abuse, aims to co-design principles for survivor-aware RSE.

DIET AND NUTRITION

From 5th January 2026 new regulations restricting the advertising of less healthy food or drink (also known as foods high in fat, salt or sugar (HFSS)) came into force on television and online. The restrictions include:

- A 9 pm watershed for advertising less healthy food or drink products on broadcast TV
- A 24-hour restriction on paid advertising of these products online.

The government estimates the restrictions will prevent around 20,000 cases of childhood obesity. The Department of Health and Social Care have produced facts about their junk food advertising ban on their website.

Food- A Fact For Life, has developed a free food implementation toolkit for headteachers, senior leaders and governors in primary schools. This is ideal to:

- Strengthen a whole-school approach to healthy eating
- Ensure that children develop the essential knowledge and skills to make informed, healthy food choices for life.

You can find out more information by visiting the Food - A Fact for Life website.

Staffordshire County Council are relaunching their "Just Add Veg" Campaign. The campaign is designed to inspire and motivate local adults (including families) to increase their vegetable intake by encouraging them to "just add veg" to their meals. It will be launched on 19th January, and they are asking people to sign up to the challenge, providing them with simple tips and tools to help increase their intake of vegetables.

They are looking for partners to support the campaign through the delivery of community activities that will help to bring the campaign to life and encourage adults/families to sign up to the 'just add veg' challenge. The goal is to encourage people to sign up to the challenge so we can send further information and undertake a pre and post-questionnaire to find out whether participants have increased their veg consumption. The community activities can take place between 19th January 2026 and 27th February 2026 (anytime within this timeframe to suit you). To find out more please email either Rochelle Edwards or Donna Bailey.

PHYSICAL ACTIVITY



The number of children and young people participating in sport and engaging in physical activity in England is at its highest level since the Active Lives Survey began in 2017-2018.

The latest Active Lives Children and Young People survey shows there are over half a million (580,000) more children meeting the Chief Medical Officer's (CMO) guidelines of taking part in an average of 60 minutes or more of sport or physical activity every day than there were 7 years ago - an increase of 5.8%.

However, the report also shows that less than half of all children (49.1%) meet the CMOs guidelines and that significant inequalities remain, highlighting there is still much to be done to ensure that every child and young person enjoys the physical and mental health benefits of taking part.

In Staffordshire, education settings and partners can signpost children and young people to activities run by SCVYS members - this means you can be reassured that they have the appropriate minimum operating standards in place (robust governance arrangements, policies and procedures to ensure safety and wellbeing of the children, young people and families and appropriate DBS).

SEXUALISED BEHAVIOUR

Lucy Faithfull Foundation and CEOP Education have teamed up to launch a brand-new page on the CEOP website, sharing Shore resources with young people who need advice and support about their own harmful sexual thoughts or behaviours or those of a friend.

Please include this page in your signposting information so that we can ensure that more young people can receive help anonymously and without fear.

Making Research Count is hosting an online training session, Tackling Issues of Sexual Harassment, Harmful Sexual Behaviours, Misogyny and Pornography in School Through Safe Uncertainty on Friday 30th January, 2-3.30 pm.

YOUTH VIOLENCE

The Youth Endowment Fund has published their 4th annual Children, Violence and Vulnerability Report following surveying nearly 11,000 young people aged 13-17 in England and Wales about their experiences of violence.

The results have been shared over 4 separate reports, each focusing on a different theme:

- The scale of violence affecting children
- Violence in relationships
- Mental health and experiences of violence
- Exploitation and gangs

These reports have implications for the PSHE curriculum, including the content and how we connect with local support services.

The reports remind us of the importance of ensuring that our children and young people are equipped with the skills to critically analyse online content and harmful narratives and healthy relationships and consent. We should also be ensuring that mental health is embedded into a whole-school approach with signposting to local mental health support and credible apps.

YOUTH VOICE – BULLYING

The Anti-Bullying Alliance (ABA) is looking for new members to join their Young ABA, an advisory group exclusively for young people. The purpose of this group is to influence their anti-bullying work, help them develop the messaging and campaign of Anti-Bullying Week 2026, and to provide general feedback on bullying to help us represent the views of young people to the wider ABA Membership.

They are looking for 50 pupils aged 13-18 years; a school can send 3 pupils, who represent the diversity of the county.

Young people would need to commit to 6 meetings from March to December in 2026. With one face-to-face meeting in London, and the rest online. Education settings must support their pupils to attend the sessions.

Young people who take part will:

- Learn new skills from training, including media training, social media, marketing training, and anti-bullying training
- Influence a nationwide Anti-Bullying Week Campaign
- Potential to speak at events, including an event with government Ministers
- Experience of creating content for social media, writing articles, analysing data and developing media press releases.

To nominate up to 3 pupils please complete [this form by 23rd January 2026.](#)

ONLINE SAFETY

Roblox has begun to implement one of the most significant safety upgrades yet. Children will soon be prevented in the UK from chatting with unknown adults. Accounts in Australia, New Zealand, and the Netherlands are now subject to age verification for accounts that use chat functions. This requirement will expand worldwide during January.

Roblox will have 2 verification methods to ensure safer interactions.

For Users Aged 13+

Players aged 13 or older can verify their identity using a government-issued ID. The process takes just a few minutes:

- Go to Settings — Account Info
- Select “Continue with ID”
- Scan a passport, driver's licence, residency card, or other official ID
- Take a selfie to match the ID
- Receive immediate pass/fail confirmation



Facial Age Estimation (for younger users)

For younger players, Roblox will use facial age estimation to place users into age bands (Under 9, 9–12, 13–15, 16–17, 18–20, 21+) and automatically restrict who they can chat with. Children under 13 will continue to be blocked from private messaging unless a parent or carer grants permission.

For more information about Roblox [please see this guide.](#)

Childnet has published data from research into young people's use of VPNs (Virtual Private Networks) to access online content. Surveys were conducted with 2,018 8-to-17-year-olds and 2,000 parents and carers across the UK. Findings include: 21% of children have used a VPN, with the number of children using VPNs increasing as they get older; the most popular reasons children gave for using a VPN were to stay safe online and protect their privacy; and 10% of children who used a VPN said they did so to look at content which was not age-appropriate. The surge in VPN use following the introduction of age verification last summer is not attributable to children.

DOMESTIC ABUSE

Surviving Economic Abuse (SEA) has published data on the number of children affected by economic abuse in the UK. Economic abuse is a form of domestic abuse involving coercive control. Research by Ipsos UK reveals that over a quarter of women with children under 18 have experienced economic abuse in the past year, with SEA estimating this impacts 3.9 million children. Of those mothers who experienced economic abuse last year, 1/3 reported that their ex-partner refused to pay child support or paid it unreliably despite being able to afford it. 1 in 6 reported that a current or ex-partner stole money from their child, one in six were unable to provide food, clothes or other essential items for their children; and one in five reported feeling afraid for their child's safety or wellbeing because of their current or ex-partner's economically abusive behaviour.

The Home Office has launched a campaign called ENOUGH to heighten recognition of domestic abuse and what it includes. To support the campaign, the Home Office has also developed guidance and resources for teachers and school staff, recognising the vital role you play in helping children and young people develop healthy, positive relationships.

The National Youth Agency (NYA), Refuge and Tender have published new guidance to support youth workers to tackle intimate partner abuse amongst 16-25-year-olds. The guidance includes:

- Advice on recognising and responding to abuse
- Information about technology-facilitated and intimate image abuse
- Insights into intersectionality and tailored support for diverse identities, including people who have disabilities and LGBTQ+ young people.
- Tools for trauma-informed practice and listening to the voice of the young person.

Whilst designed for youth workers it is also useful for other practitioners.

BIKEABILITY TRAINING

Nationally, 54% of eligible pupils received bicycle safety training. In Stoke-on-Trent and Staffordshire, this drops to 32%, putting us in the top 5 of local authorities in the West Midlands for the lowest uptake, as reported on the BBC website.

This training can be accessed for free by educational settings as it is funded by Active Travel England through the Bikeability Trust.

Every Year 5 or 6 in Staffordshire can access Bikeability Level 2 Training. This teaches children to:

- Start and stop with more confidence,
- Pass stationary vehicles
- Understand the road, including signals, signs and road markings
- Negotiate the road, including quiet junctions, crossroads and roundabouts
- Share the road with other vehicles

There are several other funded places available for other age groups to receive this level of training, as well as other courses. Please see the Active School Travel website page, including contact details on how to book.

PREVENT

The latest Home Office figures (November 2025) reveal that 8,778 individuals were referred to the Prevent programme between April 2024 and March 2025—the highest number since records began in 2015. This represents a 27% increase on the previous year, reflecting growing concerns around radicalisation and safeguarding. The West Midlands recorded the highest number of referrals per million population.

Education remains the leading source of referrals nationally (36%) and locally, with schools continuing to play a critical role in early identification and intervention.

Key Insights from TES Article

- Age and Gender:
 - Most referrals involve 11–15-year-olds (36% of cases with a known age), slightly down from 40% last year.
 - Males dominate referrals, accounting for 89% of cases.
- Ideological Trends:
 - Right-wing extremism referrals rose to 21%, up from 19% in 2023–24.
 - Islamist extremism referrals fell to 10%, down from 13%.
 - 56% of referrals had no clear ideological affiliation, though these cases were less likely to progress to formal support.
- Contextual Factors:
 - Concerns about right-wing extremism may be linked to the 2024 summer riots and movements such as “Raise the Colour.” It’s important to note that displaying a flag does not automatically indicate extremist affiliation.
- Other Emerging Risks:
 - “Incel”-related extremism remains low at 1% of referrals, though awareness is increasing.
- Complex Vulnerabilities:
 - Around one-third of referrals involve mental health needs or neurodiversity, with Autistic Spectrum Disorder (ASD) recorded in 14% of cases.

PSHE plays a vital role in prevention and early intervention. Schools should provide safe spaces for discussion, challenge misinformation respectfully, and promote diversity and inclusion. Embedding Digital and Media Literacy across the curriculum is essential to equip young people with the skills to navigate online content and resist harmful narratives.

SCHOOL ATTENDANCE

A recent survey of 2,000 UK secondary students found that 49% had missed school due to anxiety at least once in the past academic year. While most reported this happened less than once a month (22%), 5.5% missed school weekly, 6.7% every two to three weeks, and 8.3% monthly. Fewer than half (47.4%) said they had never missed school for this reason.

Year 13 pupils were six times more likely than Year 7 to avoid school due to stress. Gender differences were clear: female pupils averaged 26.4 absences per year, compared with 16.7 for males.

PSHE can support children and young people to develop coping strategies. Your MHST (Stoke-on-Trent/North Staffordshire or South Staffordshire) or StayWell (if your setting does not yet have a MHST) can support you in developing a whole-school approach to mental health and Staffordshire County Council have just launched the I'm Here campaign for local middle, secondary and high schools.

UPDATE FROM LOCAL PARTNERS

CHAT HEALTH RELAUNCH

This month, MPFT will be rolling out a relaunch for ChatHealth. ChatHealth is a confidential text messaging service for 11-19-year-olds: It allows young people to send a text message to ask a School Nurse for health and wellbeing advice and is available between 9am - 5pm, Monday to Friday. Outside of these times, anyone who texts the service receives a message explaining where to get help if their question is urgent, and when they can expect a response.

As part of the relaunch, we are proud to share the ChatHealth PowToon! It gives a really clear and concise summary of the type of support young people can access via ChatHealth.

This powtoon will be shared across social media, on GP reception area screens and many more places across the County in the coming weeks. You could also utilise this in assemblies.

Please ensure you include signposting to this resource in your relevant PSHE sessions. We have also added a poster to our Notice Board resource for you to display in your setting. Please note there are separate posters for city and county as the text number differs for both areas.

CELEBRATION OF THE POSSIBLE FESTIVAL

The Staffordshire and Stoke-on-Trent Celebration of the Possible (COP) Festival is taking place on Thursday, 12th March, 10am-3pm at King's Hall, Stoke-on-Trent, and booking is now open.

Young people, schools, colleges, training providers, universities, and community groups all converge in one place to develop strategies, share best practices, foster deeper connections, and explore future thinking around sustainability and broader topics. The day is set to be a morning of showcasing local community groups and their activities, as well as how people can get involved. The afternoon will have breakout rooms and more in-depth training sessions.

Across the day, there will be four broad themes running through the event:

- Energy
- Nature
- Food & Growing
- Circular Economy

These themes are intended as a helpful framework rather than a strict requirement. If your stand activity does not neatly fit within one of these areas but supports positive change or sustainability more broadly, we would still very much welcome your involvement.

Join us as a festival goer and participant:

<https://www.tickettailor.com/events/globegroup/1987944>

WATER SAFETY

Staffordshire Fire and Rescue Service would like all education settings to remind their children and young people about the risks of frozen water after a 13 year-old had to be rescued after falling through the ice at Tunstall Park.

The RNLI has resources that teach children and young people about managing cold water shock and ensuring they develop lifesaving skills, along with other resources, can be found in our Resource Library.

1Decision has made available a free editable PowerPoint about Staying Safe in Winter which enables children to explore the risks of frozen water.

We also have our Water Safety & PSHE to help ensure that professionals are equipped with the knowledge needed to deliver sessions with confidence. Once the PSHE Association has published their updated programmes of study, we will be working to update these ahead of September 2026, we are expecting this update sometime this term.

STAFFORDSHIRE FAMILIES INTEGRATED FRONT DOOR ONLINE REPORTING FORM

Staffordshire Families Integrated Front Door (SFIFD) is on a journey of improvement, which includes changes to how referrals are received and processed.

As the next step in this process, we have updated the Online Forms we use, and the platform on which they are based. This has been designed with partner engagement and should make the process more streamlined to report your concerns or worries for children. It will also support future changes to our ICT recording systems.

If you use a previously bookmarked web link, this will now stop working – please update with the below

There is no change currently to referral routes or expectations – SFIFD remains a service contactable by:

- Phone on 0300 111 8007
- Online - www.staffordshire.gov.uk/reportconcern

NCA ALERT

We have received the following safeguarding alert from NCA, NPCC and Counter-Terrorism policing for safeguarding professionals about harmful online groups called “Com groups” who may target children and young people. Please read the alert and share with relevant colleagues.



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...

ONLINE SAFETY

NSPCC Learning has published new research on parents' and carers' knowledge of the online blackmail of children and young people. Based on a survey of 2,558 UK parents and carers, the report explores knowledge of online blackmail, steps taken to keep children safe, and information and support needs.

Key Findings:

- 1 in 10 parents and carers have supported their child with online blackmail
- Most parents and carers feel responsible for protecting their child from online blackmail, but face challenges in talking to or supporting their child
- $\frac{2}{3}$ of parents and carers think that the government and technology companies are ineffective in preventing online blackmail.

The Children's Commissioner has published a guide for parents and carers, created with children, to shed light on online safety and managing digital habits, so they are confident protecting their children and having difficult conversations.

What I wish my parents or carer knew: A guide for parents on managing children's digital lives is now available and has also been added to our parents/carers page for future reference.

Many parents and carers enjoy sharing photos, videos and updates about their children online – a practice often called “sharenting”. While these posts can feel like a positive way to celebrate milestones and stay connected with family and friends, they can also contribute to a child's permanent digital footprint.

Once content is shared online, it can be difficult to remove. Over time, this may expose children to privacy risks, identity misuse, or unwanted attention. It can also raise important questions about consent, as children may not have a say in what information about them is shared.

To support families in making informed choices, Kids Online World's Sharenting Factsheet offers practical guidance on how to protect children's privacy online. It includes simple tips such as checking privacy settings on social media accounts, avoiding the sharing of sensitive personal details, and involving older children in decisions about what is posted about them.



NEW

HPV WEBSITE

There is lots of information and misinformation about vaccination and we appreciate that it can be challenging to know what is true. That is why the HPV Inform website has been launched to empower families with the information needed to make decisions.

On the website, you will find more about:

- What HPV is and the different illnesses it can cause
- How the HPV vaccine protects young people, and its safety and side effects
- How and where to get the vaccine

The website has been created by the University of Bristol and Health Protection Research Unit: Evaluation and Behavioural Science

PARENT TALKS - KIP EDUCATION

KIP (Knowledge Is Power) Education is hosting several free online sessions to support parents and carers. These have been added to our parent/carer page of the website.

- 15th January 6-7.30pm - Digital Balance & Risk: Screen Time and Social Media. - Learn practical strategies for digital safety, online risks and effective conversations with your child.
- 12th February 6-7.30pm - Navigating RSE: Understanding the Relationship and Sex Education Curriculum - Get a clear overview of the UK secondary RSE curriculum. Learn how to have informed, confident conversations about sensitive topics at home.
- 26th February 6-7.30pm - Vaping - The Facts, the Risks, and How to Talk to Your Teen - Gain practical communication strategies to support your teen around vaping.
- 12th March 6-7.30pm - Building Emotional Resilience: Mastering Regulation - Learn how to manage intense anger, build resilience and create a calmer home environment.

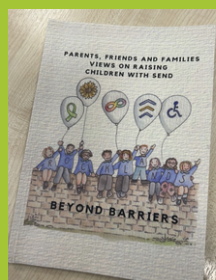
VIRTUAL SESSIONS FROM FAMILIES HEALTH AND WELLBEING SERVICE

The Families' Health and Wellbeing Service are offering virtual group sessions on a range of subjects, including 'Moving on to Solid Foods', 'Amazing Babies, Amazing Brains', 'Infant Feeding', 'Safer Sleep' and 'Toilet Training'. The sessions will be facilitated by Health Visitors, who will share information and aim to answer any questions you may have.

These friendly, informal virtual groups are open to parents and carers living in Staffordshire.

To find out details of dates and times as well as the full list of topics covered, please visit their website and view Virtual Clinics.

RAISING CHILDREN WITH SEND - NEW LOCAL BOOK



Parents, families and staff at Rocklands Primary School have collectively written a book about raising children with SEND. It is full of heartfelt stories, humour and emotion!

Copies can be ordered by emailing office@rocklands.mh.at.org.uk, priced £15. All proceeds go to Rocklands Association Staff, Parents and Friends.

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 DECEMBER



A word cloud of various PSHE topics. The words are arranged in a cluster, with some appearing more prominently than others. The topics include: Sexual Choices, Grooming, First Aid, Gender, Body Parts, Bullying, Similarities and Differences, Appropriate Behaviours, Healthy Relationships, Consent, Water Safety, Families, Substances, and Self Examination.

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@staff.fscvys.org.uk.

UPDATES ON NATIONAL RESOURCES

NEW HPV WEBSITE LAUNCHED TO SUPPORT LESSON PLANS

Many of our KS3 settings will have utilised the University of Bristol's lesson plan on the human papillomavirus (HPV). To support this resource a new website to help teenagers and parents/carers has been launched.

The [HPV Inform website](#) will contribute to overcoming HPV vaccine misinformation and empowering families with access to the information they need to make decisions which can help protect their teenage children's health.

The HPV Inform website, co-created by researchers from the University of Bristol alongside families and key stakeholders, has information and helpful resources for young people, parents/carers and professionals to find out:

- What HPV is and the different illnesses it can cause
- How the HPV vaccine protects young people, and it's safety and side effects
- How and where to get the vaccine
- Tips to help young people get the vaccine at school

CEOP LOOK FOR PILOT SCHOOLS WITH 12-14 YEARS OLD

CEOP Education is looking for expressions of interest from schools interested in taking part in testing a revision of their Respecting Me, You and IS (RMYU) resource.

RMYU is a resource for 12-14 year olds designed to be delivered as part of the RSHE curriculum.

Testing will take place between February and March 2026 and will involve delivering one RMYU lesson, observed by members of the CEOP Education team, followed by an informal focus group to a small number of students, facilitated by CEOP Education.

Why is RMYU being reviewed?

In partnership with Clinical Psychologist, Dr Elly Hanson, we have conducted a review of RMYU. The review aimed to assess how well RMYU reflects the social and digital context that young people face today, and whether the current lessons deliver what schools and students need.

As a result of the review, the RMYU lesson plans have been updated to help young people have a better understanding of the core principles of healthy relationships and how to challenge unhealthy behaviours, so that they are better protected from harm through child-on-child abuse, both off and online.

The revised lessons aim to:

- Help young people identify the core principles of healthy relationships
- Encourage them to be positive bystanders and challenge unhealthy behaviours
- Provide skills to critique and resist harmful societal messages that fuel sexual bullying
- Raise awareness of services and reporting routes if they need support

Testing will help us understand young people's experiences of attending the lesson, what they learnt and enjoyed, and how well lessons meet objectives.

What is required for testing?

To support testing, you would be required to:

1. Teach one 45-minute RMYU lesson to one class of year 8 or year 9 students (or equivalent age group, 12-14 years).
2. Facilitate members of the CEOP Education team to deliver one additional 45-minute focus group with 6 – 8 students of your choice who attended the lesson.

Please note: spaces will be offered based on location and availability of dates.

How can I express interest?

If you are interested in taking part in this lesson testing, please complete this short survey by 14th January 2026.

CEOP Education will be in touch the following week if your school has been chosen to take part.

SIGN UP

UPCOMING KEY AWARENESS DATES – FEBRUARY

LGBT HISTORY MONTH (1-28 FEBRUARY)

Evidence highlights that LGBTQ+ people are more likely to experience poorer mental health, such as depression, anxiety, PTSD and disordered eating and to experience low self-esteem, stress and suicidal ideation. MIND [provides resources](#) that explain some experiences that may affect the mental health of people who identify as LGBTQ+ and support and help.

Schools Out, the organisation that founded LGBTQ+ History Month, have launched this year's theme - Science and Innovation. Science and innovation impact our daily lives, from the technology we use to developments in healthcare, as well as helping us to address global challenges such as climate change and access to clean energy. You can [register to access resources](#) to help celebrate the month here.

Our ... & PSHE series, aimed at developing professionals' confidence in different topics explored within the PSHE curriculum, can be used to show curriculum links to the topic and create bespoke CPD for your setting. The [Sexuality and Sexual Orientation & PSHE Pack](#) can support this topic. This will be updated before September 2026 to reflect the updated RSHE guidance and PSHE Association's Programme of Study, but is still valid until 1st September 2026. We have also developed a card match activity to support using LGBTQ+ terminology and definitions. This is located in the Sexuality and Sexual Orientation page of the [Resource Library](#).

HEART MONTH (1-31 FEB)

Heart Month is a useful opportunity for PSHE Leads to reinforce key messages around physical health, wellbeing and healthy lifestyle choices.

Across key stages, Heart Month can be used to explore how everyday choices impact heart health. Lessons might focus on topics such as physical activity, balanced nutrition, managing stress and understanding the effects of smoking and vaping. These discussions help pupils recognise the role they can play in looking after their health now and in the future.

It also offers opportunities to develop pupils' knowledge and confidence around personal responsibility, goal-setting and seeking support.

SEXUAL ABUSE AND SEXUAL VIOLENCE AWARENESS WEEK (2-8 FEB)

Through carefully planned PSHE lessons, education settings can help children and young people understand their right to feel safe, what appropriate and inappropriate behaviour looks like, and the importance of speaking to a trusted adult if something makes them feel uncomfortable.

Why not have a look at our [Resource Library](#) that supports sessions around consent, relationships and trusted adults or carry out some pupil voice to see how your curriculum empowers children and young people to recognise and seek support on these topics.

WORLD CANCER DAY (4 FEB)

World Cancer Day offers PSHE Leads a valuable opportunity to explore health education in an age-appropriate and meaningful way. While cancer can be a sensitive topic, it also supports learning about healthy lifestyles, prevention, empathy and supporting others – all core elements of the PSHE curriculum.

Cancer affects many people, and children and young people may already be aware of it through personal experiences or the media. Covering this topic in PSHE can help to:

- Reduce fear and misconceptions through clear, age-appropriate information
- Promote understanding of how healthy choices can lower risk
- Encourage empathy and kindness towards those affected by illness
- Reinforce messages around wellbeing, resilience and seeking support

Acknowledging World Cancer Day can help normalise conversations about health while ensuring pupils feel supported and informed.

There are several ways cancer awareness can link to existing PSHE objectives across different key stages:

Primary

- Looking after our bodies
- Learning about healthy food, exercise and sun safety
- Identifying trusted adults and talking about feelings

Secondary

- Exploring lifestyle choices such as smoking, alcohol, diet and physical activity
- Challenging health myths and understanding risk factors and prevention
- Discussing emotional wellbeing, empathy and supporting friends or family

TIME TO TALK DAY (6 FEB)

This day is dedicated to raising awareness about mental health and encouraging people to have conversations about their feelings. By opening up, the likelihood is that a person is more likely to seek help and support if they are struggling. Explore this [website for resources](#) for schools and workplaces to help have conversations about mental health.

**time to
talk day**
05/02/26

Resources linked to mental wellbeing, can be found in the *Mental Health* page of the Resource Library, [register here](#).

INTERNATIONAL DAY OF ZERO TOLERANCE TO FGM (6 FEB)

From audits by our Education Safeguarding colleagues, we know that FGM is a topic many colleagues find difficult to deliver.

The CEO of Freedom Charity has written a [plain-English guide](#) to help professionals better understand FGM, what it is, why it continues, how the law works and what to do if you are worried about someone

WORLD TOOTHACHE DAY (9 FEB)

[The Office for Health Improvement & Disparities produces an annual report on the oral health of 5 year schoolchildren.](#) The last report published in March 2025 shows that the national prevalence of children with enamel and or dentinal decay was 26.9%





An initiative from the mental health charity Place2Be to highlight the importance of mental health within children and young people in the UK. Each year, they launch free resources for schools and families to help them to take part in the week! This year's theme is "This is My Place", and the aim is to support the systems around children and young people to help them feel they belong.

Some education settings have already registered to take part in 2026, you can add your organisation to the map. It would be great to see Staffordshire well represented.

This year, Staffordshire's Educational Psychology Service is hosting a series of free webinars for ELSA's and other school staff to access. This flyer has more details and information on how to sign up.

SAFER INTERNET DAY (10 FEB)

This year's theme is "Smart tech, safe choices - Exploring the safe and responsible use of AI". The day encourages children and young people to think critically and make safe, informed choices online.

A study by the Youth Endowment Fund found that a quarter of teenagers in England and Wales used AI chatbots for mental health support in the last year, making them more commonly used than longer-established resources such as mental health websites or telephone helplines. Young people affected by serious violence were even more likely to seek help from AI chatbots, with 38% of people who experienced serious violence and 44% of people who displayed youth violence used them.

It's important that we create safe spaces to enable children and young people to develop critical thinking and media literacy skills - a recommendation from the Curriculum and Assessment Review.

First News has partnered with MILA to produce two free, clear, practical frameworks (primary and secondary) for teaching media and information literacy in schools. Education sessions can purchase schemes of work and training for £499 (+VAT), or £199(+VAT) if you already subscribe to First News.

The Guardian is offering a free Media Literacy Ambassador Programme. This programme trains young people aged 14-18 in schools and colleges to teach their peers about fake news, enhancing media literacy skills across year groups and subjects in your school or college. This project is only available in certain geographical areas, including Staffordshire, and we would strongly encourage our education settings to register their interest.

You will also find resources in the PSHE Education Service's Resource Library under The Media and Online Safety.

KINDNESS WEEK (14-20 FEB)

Created by the Random Acts of Kindness Foundation to encourage more harmony and kindness between people by offering thoughtful gestures of kindness, no matter how big or small.

The Red Cross has produced a [kindness activity pack](#) for children and young people aged 5-14 years. It encourages them to do small acts of kindness each day to help their community, family and themselves.

Public Health England has a [lesson plan for 7-11 years](#) (KS2) to help children to learn about the effects of kindness on themselves, others and the world around them.

[The School of Kindness](#) has resources for Primary-aged children, that teach about the importance of kindness and the impact on both our physical and mental health. Sign-up to their newsletter is required to access the lesson plans.

For secondary-aged young people, [Clued Up Coaching](#) has created a lesson plan for Now & Beyond that explores empathy and how using empathy can help with relationships with others.

Other suggestions:

- Each year group chooses a charity to raise money for, raise as much money as possible and delivers an assembly about the fundraising activities and charity.
- Make a display – leave cards for pupils to write down kind deeds they have done or witnessed and pin them onto the display. This could be created from an art competition or could be something contemporary, such as graffiti wall
- Develop “Caught you being Kind” vouchers to recognise and reward children and young people for being kind and thoughtful. This could run throughout the year and be linked to current reward schemes in your setting.

VALENTINE'S DAY (14TH FEB)

Valentine's Day is often associated with cards and chocolates, but it's also a great opportunity to celebrate kindness, friendship and positive relationships. Valentine's Day can be a chance to remind pupils of the importance of showing care and consideration towards others.

Simple acts of kindness – a smile, a thank you, helping a friend, or including someone who feels left out – can have a big impact. Encouraging children and young people to reflect on how their actions affect others helps build empathy and supports emotional wellbeing.

By focusing on friendship, respect and compassion, Valentine's Day can be a meaningful moment to reinforce positive values and strengthen your setting's community.



INTERNATIONAL CHILDHOOD CANCER DAY (15 FEB)

This global awareness day is an opportunity to recognise children and young people affected by cancer and to show support for their families and those who care for them.

While it can be a sensitive subject, marking this day helps raise awareness, challenge misconceptions, and encourage empathy. It also supports age-appropriate conversations about health, kindness and emotional wellbeing.

Young Lives v Cancer has created [resources for schools](#) that provide insight and information on supporting young cancer patients in education.

EATING DISORDERS AWARENESS WEEK (23 FEB – 1 MARCH)

Eating disorders are biologically based, serious mental illnesses and are fully treatable with a combination of nutritional, medical, and therapeutic support – the sooner someone gets the treatment they need, the better the chance of a good recovery. They are NOT choices, passing fads or phases ([School Nursing Toolkit](#), Saphna, 2022).

Specialised local support is available for children and young people. For details, including how to refer, please visit the relevant areas website:

- [South Staffordshire – provided by MPFT](#)
- [Newcastle, Moorlands and Stoke-on-Trent – provided by North Staffordshire Combined NHS Trust](#)

The PSHE Education Service pack [Eating Disorders & PSHE](#) highlights the intended learning outcomes within the curriculum for this topic and also provides information to help professionals feel more confident in delivering sessions.

The updated RSHE Guidance reminds education settings that when addressing eating disorders, they should ensure that staff have the knowledge and skills to do this safely. Teachers should take care to avoid language that romanticises eating disorders and avoid discussing instructions, methods or ideas of restriction, bingeing or purging.

For educational resources, check out the Eating Disorders heading within the [Resource Library](#).

NEW TO THE RESOURCE LIBRARY – WWW.PSHESTAFFS.COM

NEW!

DOG, DUCK AND CAT

Connex Academy's PSHE Hub closed on 31st December 2025, we have removed all links to their resources from the Resource Library. Many of these resources have moved to [The Dog, Duck and Cat Trust](#). Resources that are free have been added back to the Resource Library with their new hyperlink. These include:

- Sweet, Treats, Medicines and Tables – 4-7 years old – Medicine Management
- Moggy's New Medicine – 7-9 years – Medicine Management
- Everyone Deserves a Friend – 7-9 years – Friendships/Similarities and Differences
- What is emotional wellbeing and resilience? – 9-11 years – Feelings and Emotions, Managing Challenges (Resilience)
-

To access their other resources, there is a minimum annual donation of £149. All of their learning resources are mapped to the current DfE RSHE statutory guidance requirements for primary schools within Relationships & Health Education (RHE). Each individual lesson plan also clearly states which of the individual statutory RHE curriculum requirements are covered.

We have also mapped each lesson against the PSHE Association's Programme of Study for KS1 & KS2, to promote wider best practice and coverage of topics that sit outside of statutory RHE.

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 - natalie@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.
RSHE READINESS	15 TH JANUARY 3:45-5:15PM	<u>LOUDMOUTH EDUCATION AND TRAINING</u>	£27.80	THIS ONLINE TRAINING WILL LOOK AT SOME OF THE KEY UPDATES TO THE RSHE CURRICULUM, WHICH BECOMES COMPULSORY IN SEPTEMBER 2026. THE TRAINING ALSO INTRODUCES SOME FLEXIBLE AND FUN ACTIVE LEARNING TECHNIQUES, TO EQUIP STAFF WITH THE SKILLS AND CONFIDENCE TO EXPLORE RSHE TOPICS.
PARENT ENGAGEMENT	19TH JANUARY 2026 OR 3RD FEBRUARY 2026 10AM-12PM	<u>ANNA FREUD</u>	FROM £150	LEARN HOW TO BUILD TRUST AND STRENGTHEN COLLABORATION WITH PARENTS AND CARERS. THIS INTRODUCTORY TRAINING HELPS EDUCATION STAFF IMPROVE ENGAGEMENT TO SUPPORT CHILDREN'S LEARNING AND WELLBEING.
ONLINE SAFETY (AI)	21 ST JANUARY 3.30-4.45PM	<u>SEX EDUCATION FORUM</u>	FREE FOR SEF MEMBERS	WITH AI NOW AN IMPORTANT ADDITION TO THE NEW RSHE GUIDANCE, THIS SESSION OFFERS AN OPPORTUNITY TO REFLECT ON THE ONGOING IMPACT AI IS HAVING ON YOUNG PEOPLE'S DIGITAL LIVES AND EXPLORE PRACTICAL TOOLS TO HELP THEM ENGAGE WITH THIS TECHNOLOGY SAFELY AND RESPONSIBLY.
SUBSTANCES	27 TH JANUARY 11AM-1PM	<u>DRUGS EDUCATION FORUM</u>	FREE	THIS TRAINING WILL COVER: THE LATEST DEVELOPMENTS IN THE DRUGS MARKET, EXPLORE METHODS OF CONSUMPTION, WELL-ESTABLISHED RISKS, AND SOME KEY CONSIDERATIONS TO BE MADE WHEN REDUCING POTENTIAL HARMS. THERE WILL ALSO BE AN OPPORTUNITY TO ASK QUESTIONS.
MEDIA LITERACY	29 TH JANUARY 4-5PM	<u>THE DAY</u>	FREE	IN THIS WEBINAR YOU'LL HEAR PRACTICAL APPROACHES TO HELP STUDENTS QUESTION WHAT THEY SEE AND HEAR - AND LOOK AT HOW SCHOOLS CAN EMBED MEDIA LITERACY MEANINGFULLY. ALL LIVE ATTENDEES WILL RECEIVE A FREE KS3 PSHE LESSON PLAN ON MISINFORMATION

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SEXUALISED BEHAVIOURS	30 TH JANUARY 2-3.30PM	<u>MAKING RESEARCH COUNT</u>	FREE	LEARN MORE ABOUT REIMAGINING RSE - A PARTNERSHIP BETWEEN THE UNIVERSITY OF SURREY AND UNIVERSITY OF BEDFORDSHIRE. THIS SESSION WILL ALSO PROVIDE PRACTICAL STEPS TO HELP CHALLENGE HARMFUL SEXUALISED BEHAVIOURS IN SCHOOL THROUGH A FRAMEWORK OF SAFE UNCERTAINTY,
SUICIDE PREVENTION	12 TH FEBRUARY 2026 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.
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.

TRAINING (E-LEARNING, WEBINARS)

NEW UPDATE

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

Last month, we added a link to a new online course from NSPCC Learning on recognising and responding to misogyny, sexism and gender-based hate. The on-demand training session explores: what misogyny means and why it is a safeguarding issue; the impact it has on children and young people; and how to recognise the signs. Please note there is a charge of £20 per person, this is reduced the more people who register to access this one-hour training course.

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 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.

We have recently added:

- Dating Apps: The Inside Story - Documentary exploring how Match Group and dating apps reshape love, asking serious questions about safety, profit and whether we have been trapped by the swipe. (Relationships)
- Mo Salah: Never Give Up - The story of Mo Salah's unlikely rise to global stardom - how the Liverpool icon defied the odds and never gave up on his challenging journey to the top (Managing Challenges/Resilience)
- Men of the Manosphere - James Blake joins three young men to explore why they've turned to the so-called manosphere to achieve success, and how it's influenced their real lives (Gender)
- What Happens When You Stop "Skinny Jabs"? - Weight-loss jabs promise rapid results - but what happens when you stop? Weight can return, hunger rises, and health gains may fade. Discover the science and stories behind the trend. (Diet and Nutrition)
- Joe Swash: Forgotten Young Dads - Too often dismissed, young dads across the UK are quietly redefining fatherhood. Joe Swash meets four men breaking stigmas and showing what it truly means to show up. (Parenthood)
- Catching My Stalker - Grace and Daryl are living happily in Watford when a dangerous stalker starts to rip everything apart. No one can help them. They need evidence. So they start to film everything... (Sexual Harassment)
- Protein Everything You Need to Know - From protein pitfalls to considered choices, Gemma Atkinson, Dr Jack Mosley and Lucy Watson cut through the hype to discover the truth about the consumer health obsession

EMPOWERING EDUCATORS TO RESPOND TO CASUAL RACISM IN OUR SCHOOLS



Thank you to colleagues who have already booked to attend this training. You should have received information about the event by now.

We still have some spaces available at Queen Street Community Centre, Queen Street, Burton upon Trent, DE14 3LW on 27th January 2026 9.30 am. Education settings can book up to 2 places via this [Eventbrite link](#).

This training has been developed by the Pan-Staffordshire PSHE Education Service and will be co-delivered with colleagues from Education Safeguarding. We are looking forward to seeing many of you at one of the three events this month.

PAN-STAFFORDSHIRE PSHE EDUCATION SERVICE TRAINING

Did you know we can facilitate PSHE Leads meetings for Multi-Academy Trusts, helping you connect, and share best practice?

And that's not all, we also deliver twilight, half-day, or full-day training on PSHE pedagogy—covering themes such as creating safe spaces, active learning techniques and managing difficult conversations in your setting.

95% of participants who responded stated they felt more confident as a result of attending training with the Pan-Staffordshire PSHE Education Service.

We're happy to talk about how we can support your CPD plan. Please email natalie@staffscvys.org.uk

NEXT MONTH (FEBRUARY)...

Resources & Materials for key awareness dates in March:

- 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)
- World Down Syndrome Day (21)
- Debt Awareness Week (23-29)
- International Transgender Day of Visibility (31)

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

“Just wanted to say a huge thank you for this email and the fabulous information. What a wealth of comprehensive resources and useful information!”

Head Teacher, First School, Staffordshire Moorlands

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



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