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CPD RECORDINGS

Thank you to those who joined us live for our CPD session on AI and Deepfakes. From the evaluations received, it was a great training session that was useful for both primary and secondary colleagues.

We have uploaded the recording to our [YouTube page](#) and [webpage](#). This can be shared with colleagues working in Staffordshire and Stoke-on-Trent.

We hope more of you will be able to join us for the next session on 16th June on Pornography, including how to talk and teach about sexual strangulation.

[Reserve your place here.](#)

PSHE LEADS NETWORK MEETING

This half-term's meeting (6th May 4pm), we will be talking about the Roadmap to being RSHE Ready. Participants will get early access to a checklist to help settings ensure they have everything in place for September 2026.

[Book your place here.](#)

JOIN THE MAILING LIST

Receive the PSHE Digest directly to your inbox on the first termly Friday of each month by emailing

natalie@staffscvys.org.uk

OVERVIEW OF UPDATES IN THIS MONTH'S PSHE DIGEST

Update from the PSHE Education Service

- Following on from the publication of our [Primary Model PSHE Policy Template](#), we are pleased to launch [Model Templates for Middle and Secondary settings](#) now.
- Please support the Service by [engaging with our co-production opportunity](#) to help us develop new education resources. There are paper and online copies available. Deadline is Friday, 15th May 2026.

Update from National Partners

- [Share your experiences of antisemitism](#) in schools and colleges in the Call for Evidence.
- [Read this blog](#) from the NSPCC and consider your use of the term "Trusted Adult"
- [New data reminds](#) us that all genders are at risk of exploitation and different types of exploitation. Read how PSHE can help children and young people recognise the risks and seek support.
- Read the government's new [action plan on knife crime](#) and how PSHE features. Find out information about useful resources and funding for education settings.
- Find out about a new law around sex-based harassment, and read a position statement on self-swabbing kits in our [Sexual Offences section](#).
- The NASUWT shares a report about rising concerns about [misogyny in schools](#). We have resources to support you in addressing this.
- Data shows us that 2 young people died by suicide following [domestic abuse](#), and find out about Find the Glow's Youth Voice activity.
- Find out [Young People's experiences](#) of living in the UK
- Read about an [online trend](#), "looksmaxxing", and resources to help you address it.
- The government has launched their [renewed Women's Health Strategy](#).
- New data shows [physical activity](#) levels in adults and young people. Get involved in collecting this data in your setting.
- Participate in a new [campaign for sex education](#).
- Read why taking a [strengths-based approach](#) in PSHE is vital and forms part of the DfE's guiding principles.

Updates from Local Partners

- We've shared details and the referral form for the [new CCE Service](#) for Staffordshire and Stoke-on-Trent by Action for Children.
- Share the [Where Will It End? Campaign](#) in your setting w/c 11th May
- Read an aide memoire from the Staffordshire Safeguarding Children Partnership around the changes to [Working Together to Safeguard Children 2026](#).
- Participate in the [Disposing Vapes Safely campaign](#).
- Share information, where relevant, about Staffordshire Biker to [help keep bikers safe](#).
- Read Kind Minds [the newsletter](#) around children and young people's mental health and wellbeing.

Information for Parents and Carers

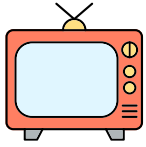
- Share a new resource with parents and carers, a workbook on [Road Safety](#), that helps children be safe pedestrians.
- Share a [letter from Staffordshire Police](#), w/c 18th May, to support Ditch the Blade Week.
- Share details of [local walks](#) taking place this month with Staffordshire Libraries.
- Share a [resource from CEOP](#) to help children take home key messaging around online safety
- For settings in Cannock Chase, share information about a [new youth club](#) that is starting at the Family Hub.

Resources

- [New additions to the Resource Library](#) from The Economist Educational Foundation (12-16 years old) on "manosphere" influencers.
- National updates include: [PSHE Association SEND Framework](#), [order free printed national health resources](#); for settings with KS1 and 2 children, take part in [Joe Wicks' Live Big School Workout](#), utilise a free [whole-school approach framework](#) to respond to CSA. Read the [Words Matter resource](#) on increasing a sense of belonging for children and young people.
- Share the [Anti-Bullying Alliance's new campaign](#) for 4-9-year-olds, update your [Childline Posters](#), apply for free [fruit and veg](#) from Tesco and encourage children to participate in a national competition.
- Links and suggestions for [key June awareness dates](#).
- [Training from national providers](#), including [working with boys and young men](#), find out about local training around [suicide postvention](#), plus details on [e-learning](#), [podcasts](#) and [documentaries](#) added to our webpages.

WHAT'S OUT THERE...

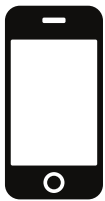
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of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



- [Romania's Eurovision 2026](#) entry "Choke Me" repeats the phrase 30 times in three minutes. The Institution for Addressing Strangulation is campaigning for the song's removal, stating it normalises violence despite claims it is about emotions. [A petition](#) is calling on the BBC not to broadcast the song unless the lyrics are changed. The Eurovision final airs on 16 May on the BBC.



- The [Tobacco and Vapes Bill](#) has cleared Parliament and is now waiting for royal assent. This will mean that anyone born after 1st January 2009 will be unable to buy tobacco. This is part of a series of measures to create a smoke-free generation.
- The [BBC has reported](#) on social media content around contraception, highlighting how biased or "scare" stories may influence some young people's decisions. This reinforces the importance of PSHE providing accurate, balanced information and signposting trusted sources, such as the NHS, Brook, and the local service [Open Clinic](#).
- The [Daily Mail](#) has shared a TikTok video featuring an 11-year-old's experience with Spice-laced vapes. While this video is not recommended for use with pupils, it may be helpful for staff awareness and to inform lesson themes. Schools are reminded that suspected Spice-laced vapes can now be tested by Staffordshire Police (see [last month's Digest](#) for details).



UPDATE FROM THE PSHE EDUCATION SERVICE

MIDDLE/SECONDARY PSHE MODEL POLICY TEMPLATE

Following last month's launch of a [primary model policy](#) and an accompanying [accessible version](#). We are delighted to share a model template for middle and secondary settings to adapt to their own context. We hope you find these useful and [welcome your feedback](#).

- [Middle Model PSHE Template](#) and [Accessible Version](#)
- [Secondary Model PSHE Template](#) and [Accessible Version](#)

With updated statutory guidance making around 90% of PSHE compulsory, we recommend one combined PSHE/RSE policy to avoid duplication and reduce workload.

All settings must review their RSE policy before September 2026, so this is a good time for the Service to share the templates. In the template, questions appear in blue and suggested content for editing in red.

REMINDER - PUPIL VOICE OPPORTUNITY - WE NEED YOUR SUPPORT

The Pan-Staffordshire PSHE Education Service is inviting schools to support the development of new PSHE resources linked to the Violence Reduction Unit's Where Will It End? campaign. The resources focus on how emotions influence behaviour and how low-level conflict can escalate. Schools are asked to support pupils to complete a short survey (online or paper) to ensure resources are relevant and age-appropriate.

THE DEADLINE IS FRIDAY, 15TH MAY.

7-11 years old - [Printable](#) or [Online Survey](#) 11-16 years old - [Printable](#) or [Online Survey](#)
Please send paper copies to: SCVYS, Philanthropy House, Priestly Court, Staffordshire Technology Park, Stafford, ST18 0LQ.

Thank you for supporting pupil voice and the co-production of locally relevant resources.



UPDATE FROM NATIONAL PARTNERS

INDEPENDENT REVIEW INTO ANTISEMITISM

The call for evidence to inform the review into antisemitism in schools and colleges in England, is open until 1 July 2026. Submissions will help shape practical recommendations for the DfE and sector leaders on preventing, identifying and responding to antisemitism and other forms of prejudice.

SAFE ADULTS - LANGUAGE MATTERS

In line with our quality framework, we believe it is essential that all PSHE delivery is underpinned by the latest evidence and research, in light of this blog from the NSPCC. The Pan-Staffordshire PSHE Education Service will be adopting the term "safe adult" and moving away from using "trusted adult".

We are encouraging settings and professionals to read the blog and consider their own terminology with children and young people.

EXPLOITATION

Data from Catch22 shows that girls and young women made up 22% of their child criminal exploitation caseload in 2025, up from 15% the year before. Girls are often exploited through grooming routes such as the "boyfriend model" and social media, highlighting the need for early identification, specialist support and prevention for all genders.

High-quality PSHE plays a key role by helping pupils recognise and understand healthy and unhealthy relationships, consent, grooming and power imbalance, supporting recognition of exploitation and encouraging early disclosure in safe, non-judgemental spaces. Regular review of PSHE resources is essential to ensure they reflect how exploitation affects all children and young people and avoid reinforcing stereotypes.

The Guardian has reported a sharp rise in online sexual extortion. In 2025, the NSPCC and Internet Watch Foundation's Report Remove service received 394 reports from children, a 34% increase on 2024. Boys aged 14-17 accounted for 98% of reported cases, underlining the need for PSHE to address online risks for all young people.

When informed by local intelligence and safeguarding trends, PSHE becomes a powerful tool in preventing escalation and ensuring all children and young people at risk of county lines are seen, heard and supported at the earliest opportunity.

FIND OUT MORE DETAILS AND HOW TO REFER TO THE NEW
CCE SERVICE IN OUR LOCAL UPDATES.



KNIFE CRIME ACTION PLAN

The government has published its [Knife Crime Action Plan](#), which sets out an ambition to halve knife crime. Built around four pillars, Support, Stop, Police and End, the plan recognises that knife crime is not a problem with a single cause or solution, and sets out how government, local partners and frontline services should work together to tackle the drivers of violence and protect those most at risk.

The action plan explains that RSHE will introduce healthy relationship skills and help-seeking in primary school, and in secondary school will cover social and emotional skills, the law on knives, misconceptions about carrying weapons, and how to get help when pupils notice signs of knife violence.

It also announces a review of National Professional Qualifications to strengthen teacher confidence in tackling the root causes of knife crime by improving school culture, wellbeing, motivation and belonging.

Schools will find it easier to fund violence-reduction programmes this year, as pupil premium funding can now be used for this purpose.

The government has also accelerated the rollout of Mental Health Support Teams so all schools and colleges can access early help by 2029.

The Youth Endowment Fund has developed resources to support education settings in reducing the number of children and young people involved in violence. [Education Practice Insight Creator \(EPIC\)](#) helps education leaders reflect on their current approach to preventing violence and improve it using the best available evidence.

SEXUAL OFFENCES

The "[Protection from Sex-Based Harassment in Public Act 2023](#)" came into force on 1st April 2026.

This means that sex-based aggravation is now a specific offence, with up to 2 years imprisonment. The law is to be used when someone is 'causing intentional harassment, alarm or distress to a person on account of their sex, or presumed sex in public', this includes both online and offline public spaces.

Public sexual harassment under the Act includes, but is not limited to:

- Following someone
- Making an obscene or sexual comment or gesture towards someone
- Uninvited touching or invading of personal space
- Intimidation by a group
- A written or verbal threat to rape and/or commit sexual assault.

Young people must be made aware of this change in the law and how to report someone.

The National Centre for Violence Against Women and Girls and Public Protection (NCVPP) and the National Police Chiefs' Council (NCC) [have issued a clear national position statement](#) on the use of 'self-swabbing' kits in unregulated environments following rape, warning that such kits present a significant risk to victims, undermine safeguarding, and jeopardise the integrity of evidence.

[Staffordshire Police's website](#) provides information around support after rape and sexual assault.



SCHOOLS AND MISOGYNY

NASUWT has reported rising concerns about misogyny in schools following a survey of over 5,000 teachers. Nearly 1 in 4 female teachers experienced misogynistic behaviour from pupils in the past year, and 1 in 5 reported discriminatory language, including sexist, racist and homophobic remarks. Incidents were often linked to attempts to challenge behaviour.

NASUWT is calling for mandatory professional development to help staff identify, challenge and safely de-escalate behaviour linked to sexism, hate and online influence.

Local education settings have reported similar concerns to us. These findings reinforce the need for a whole-school approach, where PSHE is supported by staff training, behaviour policies, parental engagement and wellbeing support. Webinars for staff and gender-related resources are available on our website, alongside whole-school guidance from UK Feminista.

DOMESTIC ABUSE

For the first time, official police data in England and Wales has included a case of suicide following domestic abuse involving 2 young people under 18. This case was among 150 suspected deaths where victims ended their lives in the year to March 2025, highlighting the serious risks young people face in relationships.

Young people need the knowledge and skills to recognise coercion, abuse and control. Recent youth voice work by Find the Glow, delivered across Staffordshire and Stoke-on-Trent to inform their Relationships Without Fear programme, reinforces this need. Young people reported that relationships education often feels overly negative, focuses on what not to do, and uses outdated examples that don't reflect their lived experiences.

These findings are relevant for anyone delivering PSHE on healthy relationships and domestic abuse. The new RSHE guiding principles from September 2026, which include a stronger focus on positivity, highlight why pupil voice is essential if PSHE is to have a meaningful impact.

Thank you to Find the Glow and the children and young people who shared their views.

UK YOUTH POLL

The UK Youth Poll 2026 highlights key issues affecting young people aged 16-29 that are highly relevant to PSHE. Only 36% now believe they will be better off than their parents, with financial worries the top concern, linked to cost of living, job insecurity and housing.

Despite this, young people are not disengaged. Almost three-quarters took part in political or community action in the past year. However, only 16% feel school prepared them to make political decisions, and many feel unheard by decision-makers.

The poll also raises concerns about generative AI, misinformation and the impact of constant online exposure. Social media is a main information source, but trust remains low. Overall, the findings reinforce the importance of PSHE in supporting financial wellbeing, media literacy, online safety, democracy and civic engagement, helping young people navigate an increasingly uncertain world.



ONLINE SAFETY

Children and young people today are increasingly being exposed to appearance-focused content online, from filters and edited pictures to viral beauty trends like "[looksmaxxing](#)" where people share advice on improving their appearance, even at the expense of health and wellbeing.

In recent months, a counter-movement has emerged on social media, with health-focused men with expertise and qualifications in nutrition or exercise using their platforms to critique what they describe as "extreme" masculinity trends, like looksmaxxing.

[Speaking to the BBC](#), these counter-influencers admit that fact-checked, evidence-based information can be difficult to make "sexy" on social media.

Votes for Schools has [created a guide for schools](#) on the trend, the risks and how to discuss it with young people.

RENEWED WOMEN'S HEALTH STRATEGY

The [Renewed Women's Health Strategy](#) for England (April 2026) highlights the importance of prevention, early education and tackling gender inequality, identifying schools and PSHE as key to improving outcomes for girls and women.

The strategy says women's health is shaped early in life and calls for stronger education on puberty, periods, fertility, contraception and menopause. It notes that heavy or painful periods are often overlooked, highlighting the need for open, [stigma-free menstrual education](#) in PSHE.

The government is investing £1 million in a new programme to improve menstrual health education in schools and communities. This follows a 2025 Sex Education Forum poll showing that over half of 16-17-year-olds learned little or nothing about local sexual health services.

The strategy also tackles gender bias in healthcare and strengthens PSHE's role in teaching self-advocacy, equality and understanding rights. It confirms a renewed, whole-system approach to preventing teenage pregnancy.

PHYSICAL ACTIVITY

New [data shows continued growth](#) in physical activity levels across England. 64.6% of adults now meet recommended activity guidelines, this in line with [previous data shared](#) that 49.1% of children and young people achieve an average of 60 minutes of daily activity – the highest level recorded since the survey began.

Education settings can explore local data using the [Children and Young People Activity Data](#) (ages 5-16) to help inform their PSHE curriculum, as well as supporting the partnership with policy and funding decisions.

Schools are encouraged to take part in the survey. While schools are randomly selected, others can opt in. Schools completing the minimum number of surveys receive a bespoke report, with selected schools also eligible for equipment vouchers worth at least £100 and a Healthy Schools Rating.

For schools wishing to opt in, contact joannelockett@togetheractive.org. Further information and resources are available via the [Sport England](#) website.



SEX EDUCATION CAMPAIGN

Labour MP for South Derbyshire, Samantha Niblett is running a campaign about sex education and why we need more of it. The campaign is called "Yes, Sex Please, We're British" and they are asking individuals and organisations to tell them what it is they are doing in sex education and what they would like to do. The MP has secured a debate in the main chamber on Lifelong Sex Education.

They are asking for your thoughts on:

- What you are currently doing around sex education?
- What you wish you could be doing?
- What change do you want to see?

Please send your thoughts to education@YesSexPleaseWereBritish.com

STRENGTHS-BASED APPROACH

PSHE Leads often work in challenging contexts, responding to real risks and safeguarding needs. While this is vital, evidence shows PSHE works best when it is strengths-based, skills-focused and positive.

A strong curriculum addresses risk without defining children and young people by it. By teaching healthy relationships, communication, consent, resilience and self-efficacy, PSHE builds protective factors that support informed decision making, wellbeing, and encourage help-seeking.

Children and young people say they want PSHE that feels relevant, shows positive as well as unhealthy relationships, teaches practical skills and lets them ask questions without judgement. A strengths-based approach creates a safe, respectful environment where children and young people feel empowered. It also supports safeguarding: when young people know what "healthy" looks like, they can spot concerns earlier and seek help.

For PSHE Leads, this means:

- Focusing on skills and choices, not only risks
- Balancing honest discussion with positive messaging
- Using trauma-informed, non-judgmental language
- Reflecting pupil voice in planning
- Teach in a positive way that helps young people learn what to do, not just what to avoid.

As pressures on education settings grow, PSHE remains a key space to build confidence, connection and resilience, not just react to problems. A strengths-based approach keeps PSHE preventative, purposeful and genuinely supportive, aligned with the RSHE guiding principles.



UPDATE FROM LOCAL PARTNERS

NEW CCE SERVICE - REFERRAL DETAILS

Action for Children is now the CCE Service Provider for Staffordshire and Stoke-on-Trent, offering preventative support for children and young people aged 9-16 (up to 25 for those with SEND) who are assessed as vulnerable to exploitation (low risk).

Referrals can only be made by education settings. Police and local authority partners cannot refer directly, but may request that education settings refer identified pupils. The service is preventative and cannot accept referrals where higher-level exploitation intervention is already in place. You can also find this and more information and support on the SLN.

A Child Exploitation Screening Tool must be completed before referral. Where there is immediate or significant harm, a referral to the local Integrated Front Door and/or the police is required.

Screening tools and guidance are available via the Staffordshire Safeguarding Children's Partnership. For pathway advice or MACE enquiries, contact CSEinbox@staffordshire.gov.uk.

WHERE WILL IT END CAMPAIGN

To support Knife Crime Awareness Week (w/c 18 May), the Violence Reduction Alliance (VRA) is running the Where Will It End campaign from 11-17 May. Education settings across Staffordshire and Stoke-on-Trent are encouraged to share the campaign.

Co-produced with young people and frontline professionals, the campaign focuses on how emotions can influence behaviour and involvement in violence. Working with Dixy Heights and Midlands Partnership Foundation Trust, the VRA has also developed guidance on understanding emotions, alongside an animation to help younger children recognise emotions and seek help.

Campaign resources and assets are available online. To request printed posters, email SSVRA@staffordshire-pfcc.gov.uk.

WORKING TOGETHER TO SAFEGUARD CHILDREN 2026

Staffordshire Safeguarding Children Partnership has developed an aide memoire for frontline staff around the changes in the updated Working Together to Safeguard Children 2026.



DISPOSING VAPES SAFELY CAMPAIGN

The Office for Product Safety and Standards has launched a new awareness campaign encouraging people to use and dispose of vapes safely.

The campaign highlights the risks of improper charging, damaged batteries and throwing vapes in household bins, which can lead to fires, injuries and environmental harm.

It promotes simple steps such as unplugging vapes once charged, storing used devices safely until recycling, removing batteries where possible, and using vape take-back schemes or dedicated recycling bins in shops and supermarkets.

Staffordshire Fire and Rescue Service have tackled house fires and waste facility fires due to vapes so this campaign is something that is being supported and promoted locally.

KEEPING BIKERS SAFE



Staffordshire Biker is offering a one-stop shop of resources to promote motorcycling by helping bikers of all ages and experiences improve their riding skills, competence and road safety awareness.

Made up of bikers, enthusiasts and volunteers, Staffordshire Biker promotes initiatives delivered by the Staffordshire Safer Roads Partnership (SSRP) and its partners aimed at reducing the number of motorcycle casualties on our roads. These include:

- Ridefree pre-CBT scheme: an online workshop-based scheme including information to support young riders at the start of their biking life, with £50 off their CBT for anyone aged 16-25 years living, working or studying in Staffordshire, completing the scheme
- BikeSense: a rider development scheme for full motorcycle licence holders and 'L' plate riders on 125cc bikes, designed to improve their riding skills through assessment and appropriate remedial and developmental training. The scheme covers areas such as hazard perception, reading the road, road handling, positioning, overtaking and defensive riding

First Aid 4 Bikers: a free, biker-specific first aid course giving them the skills they need to help another rider who is injured in a fall or collision.



LOCAL NEWSLETTERS

Kind Minds Newsletter has been published, providing specific support and information around children and young people's mental health and wellbeing.



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... The aim is to improve transparency and engagement with parents and carers.

ROAD SAFETY

Teach your child the Green Cross Code to help keep them safe.



Stop



Look



Listen



Think

Download a [useful workbook](#) to help your child be a safe pedestrian. We have added this to our [Parents and Carers Page](#).

CEOP GAME

[Band Runner](#) has been updated to be more relevant.

This interactive game for 8-10s helps children take home valuable PSHE messaging around online safety and keeping safe.

DITCH THE BLADE LETTER

Staffordshire Police and partners are supporting the upcoming [Knife Crime Awareness Week](#) (w/c 18th May) and are asking local education settings to [share this letter](#) with their parents and carers during that week to encourage conversations in the home.

LOCAL WALKS

In May, Staffordshire County Council is hosting inclusive and relaxed organised walks for National Walking Month and Green Libraries Month! Each walk takes between 1 hour and 1.5 hours, starting and finishing at local Libraries.

Bookings can be made [via this link](#) or pop into the Library involved to find out more and to sign up.

8th May - 10.30am - up to 2 mile circular walk - Lichfield Library

15th May - 10.30, up to 2.5-mile circular walk - Tamworth Library

22nd May - 12pm, up to 2-mile circular walk - Biddulph Library

CANNOCK FAMILY HUB

Chillout Clubs are launching at Cannock Chase Family Hub, offering a wide range of activities for children and young people in a warm, safe and supportive environment. Sessions include creative arts, dance, drama, cooking, health and wellbeing, music, electronics and gaming.

- Juniors (8-12 yrs): 6.30-8.00pm
- Seniors (12-17 yrs): 8.00-9.30pm

The first session is free, with sessions thereafter costing £2.50 per 90-minute session.

Chillout Clubs also run sessions in Codsall, Great Wyrley and Stafford. For more information and to book, visit www.chilloutclubs.com.



RESOURCES

Resources included in this section are either new updates, additions to the [Resource Library](#) or 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.

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



NEW TO THE RESOURCE LIBRARY - WWW.PSHESTAFFS.COM

As part of supporting local education settings, we have been quality assuring and adding more new resources to the Resource Library on the website - [register](#) or [log in](#). This month we have added resources from:

Online “manosphere” influencers are growing in popularity. For many young men, they are important sources of information about money, relationships and politics. But some promote extreme or harmful ideas. Many attract followers by offering simple answers and a sense of belonging.

This one-hour lesson for 12-16-year-olds enables young people to recognise how online influencers shape attitudes and behaviours, explore why different audiences are drawn to this content and evaluate what they see online. This has been added to the Online Safety and Gender pages of the [Resource Library](#).

The
Economist

EDUCATIONAL
FOUNDATION

HAVE YOU CREATED A RESOURCE, OR WOULD YOU LIKE TO RECOMMEND A RESOURCE FOR THE LIBRARY? [PLEASE GET IN TOUCH](#)



UPDATE ON NATIONAL RESOURCES

PSHE ASSOCIATION UPDATE

Following the launch of the PSHE Association's 2026 Programme of Study and new Curriculum Models, they will be bringing an updated version of their Planning Framework for pupils with SEND later in the summer term. They are currently engaging with feedback from special schools to get their views on the draft 2026 framework to ensure it meets the needs of schools and pupils alike.

ORDER FREE PRINTED RESOURCES

The Department of Health and Social Care's Campaign Resource Centre is moving towards a digital-only offer and so is taking the opportunity to run down the stocks of free, printed resources currently available on the [Campaign Resource Centre](#).

Join Joe Wicks on Thursday 14 May, 2.15-2.45 pm, for a live, high-energy workout from a Picture News school to mark Mental Health Awareness Week. Schools nationwide will take part, exploring how movement can lift our mood, build resilience and support mental wellbeing.

All you need to do is join the live session and get your children ready to move!

Suitable for: All children in KS1 and KS2
[Register here.](#)



Thursday
14th May,
2.15-2.45pm

**The BIG
School Workout**

Live with Joe Wicks for Mental
Health Week online assembly!

WHOLE SCHOOL APPROACH

The Centre of Expertise on Child Sexual Abuse has created a free [Whole School Approach framework](#) to help schools improve how they respond to child sexual abuse. PSHE should be part of this whole-school approach, with its principles reflected across the curriculum, school culture, policies, relationships and everyday practice.

As PSHE covers many themes, we need to ensure consistent whole school approaches to [mental health](#), healthy relationships, being healthy, respect etc... this enables children and young people to learn through lived experience, not just lessons. It spreads the responsibility from one lead to everyone in the organisation and ensures consistency making a greater impact on outcomes. If you would like support in developing whole-school approaches, please speak with your [PSHE Coordinator](#).



ANTI-BULLYING CAMPAIGN

As part of its #There4Every1 campaign, the Anti-Bullying Alliance has launched a new animated short film to help younger children understand bullying and feel confident speaking up.

Created by Seed Animation Studio, the film uses a playful concept - school bags chatting on a peg - to explore how bullying affects everyone: those who experience it, witness it, and even those who bully others. Aimed at children aged 4-9, the film encourages talking to a trusted adult and is supported by free classroom activities and guidance for parents and carers.

UPDATED CHIDLINER POSTERS

NSPCC Learning has published a new series of Childline posters to encourage children to use Childline if they need support. There are posters for primary and secondary schools, available in English and Welsh. There are also new posters which highlight support available to young people, such as the Calm Zone and Report Remove service. The posters can be downloaded and shared digitally or printed for display.

We have added these to our Notice Board resource that you can access here.

WORDS MATTER RESOURCE

Words Matter has launched a new free, evidence-based resource to support classroom communication and strengthen students' sense of belonging, helping children feel valued, safe, and ready to learn.

Created with child and adolescent mental health expert Dr Fiona Pienaar and safeguarding lead Delyth Lynch, this resource offers practical strategies for everyday situations – from supporting struggling students to giving feedback, setting boundaries and building confidence. It shows how small changes in adults' language can positively influence children's wellbeing, motivation and learning.

FRUIT AND VEG RESOURCES

From September 2026, Tesco is doubling its Free Fruit & Veg for Schools from 500 to over 1,000, aiming to double the programme again in September 2027.

Tesco is also running a nationwide competition to inspire children to get creative with fruit and veg and build healthier eating habits. The winning recipe will be promoted across Tesco Real Food, helping to inspire children to try more fruit and veg, and also served in school canteens nationwide (over 1,500) for one day and more...!



UPCOMING KEY AWARENESS DATES - JUNE

PRIDE MONTH (1-30)



Pride Month is a time to celebrate the LGBTQ+ community and their achievements, while also advocating for their rights and equality. It's a period of parades, rallies, and events aimed at promoting self-acceptance, visibility, and solidarity within the LGBTQ+ community. The origins of Pride Month can be traced back to the Stonewall Riots in 1969, a pivotal event in the LGBTQ+ rights movement.

Explore the resource library for pages containing resources on topics linked to this awareness day including:

- Bullying
- Gender
- Sexuality & Sexual Orientation

We also have specific areas for Parents & Carers and Young People on our website which contain signposting information.

CHILD SAFETY WEEK (1-7)

Child Safety Week is an opportunity to help children understand risks in everyday life. In PSHE, we can use this week to reinforce practical safety habits, decision-making skills and knowing who to turn to for help. It empowers pupils to stay safe at home, online and in the community.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Appropriate Behaviours
- Fire Safety
- Managing Risks
- Water Safety



GYPSY, ROMA AND TRAVELLER HISTORY MONTH (1-30)

This month spotlights the heritage and contributions of GRT communities. In PSHE, it opens space to address stereotypes, promote understanding and build empathy. It supports pupils in recognising and challenging prejudice wherever they encounter it.

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

- A wide range of resources from the Show Racism the Red Card Education Hub exploring racism, including issues affecting Gypsy, Roma and Traveller communities.

GLOBAL DAY OF PARENTS (1)

Global Day of Parents, established by the UN in 2012, recognises parents and caregivers worldwide and highlights the vital role families play in children's development, as well as the challenges many families face.

In the resource library...(Families)

- A lesson from University of Exeter/NYAS/NACCC which normalises the range of emotions that children may feel if their parents separate. (ages 7-11)
- Modern Families, an interactive and informative two-part lesson plan from the University of Exeter that recognises that families come in all shapes and sizes (ages 14-18)



STOKE-ON-TRENT DAY (5)

Stoke-on-Trent day is celebration of local identity and community pride. In PSHE, it's a chance to explore belonging, civic responsibility and what makes a community thrive. Pupils can connect personal values with local heritage and shared spaces.

Explore the resource library for pages containing resources on topics linked to this awareness day including:

- Communities
- Personal Identity
- Similarities & Differences



WORLD ENVIRONMENT DAY (5)

A global call to protect the planet, explore environmental responsibility, climate justice and sustainable choices, covering World Environment Day in PSHE helps pupils understand how individual and collective actions shape the future.

In the resource library...(The Environment)

- Various resources from Food a Fact for Life for ages 3-16 which look at the links between, food, sustainability and the impact on the environment
- Pollution Detectives from ASH Wales, designed to help young people uncover the truth about cigarette butts, vapes and their impact on the environment.

SCHOOL SUSTAINABILITY DAY (6)

As with World Environment Day, School Sustainability Day raises environmental awareness and gets pupils involved in practical actions like recycling, saving energy and outdoor learning. It helps them see how their choices affect the planet and prepares them to contribute to a more sustainable future.

In the resource library...(The Environment)

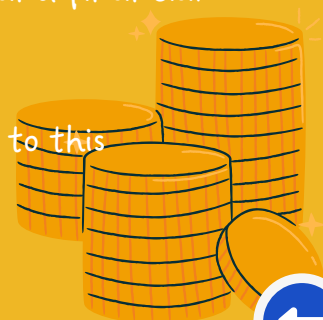
- Sustainable Planet Pick and Mix from Food a Fact for Life, a variety of different pupil activities based on the theme of climate change and food production (ages 5-7)

MY MONEY WEEK (8-12)

Oftentimes, when young people are asked about their PSHE education, they report that the "E" - Economic - is often missing or needs strengthening. My Money Week is a national initiative to build financial confidence, teach budgeting, spending choices and financial wellbeing.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Budgeting
- Jobs
- Money



BRAKE'S KIDS WALK (12)

Brake's Kids Walk 2026 is a nationwide road safety event for primary school children, organised by Brake and planned for spring 2026.

It involves thousands of children aged roughly 4-11 walking together in their local area to raise awareness about road safety and promote the benefits of walking for health and the environment. The event highlights key messages such as safe places to cross, slower traffic, clean air and safer streets for children.

Schools that take part receive free resources, including lesson plans, assemblies and activities, helping teachers integrate road safety into learning.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Balanced Lifestyles
- Being Healthy
- Managing Risks
- Physical Activity



DAY OF WELCOME (12) & REFUGEE WEEK (15-21)

Day of Welcome is a celebration of welcoming attitudes towards refugees and people seeking sanctuary. Refugee Week celebrates the creativity and resilience of refugees and people seeking sanctuary. Linking to this theme allows children and young people to explore empathy, global issues and the importance of inclusive communities, as well as understand displacement and the power of kindness.

Explore the resource library for pages containing resources on topics linked to this awareness day including:

- Communities
- Personal Identity
- Similarities & Differences

MEN'S HEALTH WEEK (8-14)

This week is especially important because of the concerning statistics. In the UK, 1 in 5 men dies before the age of 65, and 4 in 5 suicides are men, making it the leading cause of death for men under 35.

PSHE can challenge stigma, promote help-seeking and encourage open conversations. Men's Health Week encourages men to seek advice, adopt healthier lifestyles and talk openly about their wellbeing.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Gender
- Mental Health
- Self-Examination & Screening



DROWNING PREVENTION WEEK (13-20)



Drowning Prevention Week is a UK-wide campaign led by the Royal Life Saving Society UK. It teaches children vital water safety skills ahead of summer, when risks increase as more people spend time near water.

This is especially relevant in Staffordshire and Stoke-on-Trent, where there are canals, reservoirs and lakes that can appear safe but have hidden dangers like cold water shock and deep drop-offs. These environments increase local risk, particularly for young people.

In the resource library...(Water Safety)

- Various resources from the RNLI for ages 3-18, which explore water safety scenarios and tips for preventing drowning.

WORLD BLOOD DONOR DAY (14)

World Blood Donor Day, led by the World Health Organization, is marked on 14th June, raising awareness of the need for safe blood and recognising voluntary donors.

The NHS needs 3 blood donations every minute to handle emergencies, childbirth, and critical treatments.

In the resource library...(Organ, Blood and Stem Cell Donation)

- Free curriculum-linked resources from NHSBT, including some assured by the PSHE Association, that help to teach children about giving to help others, and blood, stem cell and organ donation (ages 5-16).

NATIONAL SCHOOL SPORTS WEEK (15-22)

PE and PSHE link closely because both subjects develop pupils' physical, social, emotional and mental wellbeing, just through different lenses. PE focuses on movement, health and teamwork; PSHE focuses on personal development, relationships and decision-making. Together, they reinforce the same core life skills.

Explore the resource library for pages containing resources on topics linked to this awareness day including:

- Balanced Lifestyles
- Being Healthy
- Physical Activity



CLEAR AIR DAY (17)

Clean Air Day is the UK's largest annual air pollution campaign. Air pollution is the single biggest environmental health risk in the UK and young people are particularly vulnerable to the effects of poor air quality. School communities can play a big role in raising awareness of the need for clean air and taking action to improve air quality in and around their schools.

Explore the resource library for pages containing resources on topics linked to this awareness day including:

- The Environment



INTERNATIONAL DAY COUNTERING HATE SPEECH (18)

International Day Countering Hate Speech is a global reminder to challenge harmful language and discrimination. In PSHE, we can explore respectful communication, online behaviour and critical thinking, supporting pupils to recognise and respond to hate in constructive ways.

Explore the resource library for pages containing resources on topics linked to this awareness day including:

- Communities
- Similarities & Differences (including Hate Crime)
- Stereotypes
- The Media

NATIONAL SELFIE DAY (21)

Whilst the messaging of National Selfie Day is to "snap a pic of yourself and post it on social media", we can use this key date to explore ways to keep safe online, including youth-produced imagery. The Centre for Literacy in Primary Education produced some teaching notes (suitable for 8-13 year olds) for Safer Internet Day using the book "Troll Stinks" which explores online safety, selfies and mobile phones.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Body Image
- Consent
- Online Safety
- Sharing Images
- The Media

SCHOOL DIVERSITY WEEK (22-26)

School Diversity Week is a UK-wide celebration of LGBT+ equality in primary and secondary schools. Positive LGBT+ messaging is linked to school pupils having better wellbeing, regardless of whether they're LGBT+ or not.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Communities
- Sexuality and Sexual Orientation
- Similarities & Differences

RSE DAY (25)

RSE Day is a day to celebrate great education around healthy relationships and positive sexual health. This year's theme is 'It begins with me!'

Schools and organisations around the country join in the celebration with activities and sharing on social media. RSE helps children to make informed choices and stay safe. Visit the website to download lists of things to do on the day for primary and secondary-age children and parents and carers, as well as fun resources and display materials.

Explore the resource library for pages containing resources on topics linked to this awareness day, including:

- Friendships
- Healthy Relationships
- Puberty
- Sex
- Types of Relationships



TRAINING OPPORTUNITIES

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

Reminder

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

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

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

TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	NEW ERA	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	YGAM	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD-FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
SEXUAL ABUSE	VARIOUS	CEOP	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE
ONLINE SAFETY	VARIOUS	CEOP	£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

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
FINANCIAL LITERACY	VARIOUS	YOUNG ENTERPRISE	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	EVERYONE'S INVITED	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.
MEDIA LITERACY	19 TH MAY 4.15-5.00PM	THE DAY	FREE	THIS WEBINAR SHARES PRACTICAL APPROACHES FOR NAVIGATING TRICKY HEADLINES WITH CONFIDENCE. FREE CPD CERTIFICATE FOR THOSE WHO ATTEND LIVE.
DISCRIMINATION AND MISOGYNY	26 TH MAY 4-4:30PM	LIFE LESSONS	FREE	THIS PRACTICAL SESSION WILL COVER THE NEW GUIDANCE ON DISCRIMINATION WITHIN RSHE, TACKLING MISOGYNY AND GENDER-BASED PREJUDICE, SUPPORTING STUDENTS TO UNDERSTAND PROTECTED CHARACTERISTICS, CREATING A SAFE, INCLUSIVE SCHOOL ENVIRONMENT AND RESPONDING EFFECTIVELY TO DISCRIMINATORY INCIDENTS
ONLINE SAFETY	7 TH MAY 10-11AM	INTERNET MATTERS	FREE	THIS WEBINAR WILL DRAW ON THE FINDINGS FROM THE 5 TH ANNUAL CHILDREN'S WELLBEING IN A DIGITAL WORLD REPORT TO EXPLORE THE GROWING CHALLENGES FAMILIES FACE IN MANAGING CHILDREN'S SCREEN TIME AND HOW THIS IS AFFECTING THEIR DIGITAL WELLBEING
PSHE	10 TH JUNE (BIRMINGHAM) 18 TH JUNE (MANCHESTER) 1.30-5PM	PSHE ASSOCIATION	£99 FOR MEMBERS	THIS FACE-TO-FACE PSHE SEMINAR PROVIDES A KEYNOTE FROM THE PSHE ASSOCIATION AND 2 PRACTICAL WORKSHOPS. IT ENABLES PARTICIPANTS TO EXPLORE LOCAL DATA INSIGHTS AND CONNECT WITH OTHER PSHE PROFESSIONALS
ONLINE SAFETY	11 TH JUNE 4-4.30PM	LIFE LESSONS	FREE	WITH THE UPDATED RSHE GUIDANCE PLACING GREATER EMPHASIS ON EDUCATING ABOUT HARMFUL CONTENT AND ITS IMPACT ON YOUNG PEOPLE, THIS 30 MINUTE WEBINAR WILL SUPPORT SECONDARY SCHOOLS IN UNDERSTANDING WHAT HAS CHANGED AND WHAT IT MEANS IN PRACTICE.
APPROPRIATE BEHAVIOURS	17 TH JUNE	LIFE LESSONS	FREE	THIS 30 MINUTE ONLINE WEBINAR WILL SUPPORT ALL TEACHERS TO CONFIDENTLY ADDRESS HARMFUL SEXUAL BEHAVIOURS, RESPOND TO SEXUAL IMAGES EXPLOITATION AND IMAGE-BASED ABUSE, THE RISING CONCERNS AROUND STRANGULATION AND ASSOCIATED RISKS, EMBED PREVENTATIVE EDUCATION WITHIN RSHE

AMPARO SERVICE

Amparo is the local suicide postvention service offering both practical and emotional support to anyone affected by suicide.

Professionals are warmly invited to attend one of their upcoming [online briefing sessions](#). These sessions provide an overview of Amparo's current work, how to engage with the service and guidance on making appropriate referrals.

DESIGNING IMPACTFUL INTERVENTIONS WITH BOYS AND YOUNG MEN

This [train-the-trainer event](#) supports educators to confidently engage boys and young men in conversations about masculinity, both in the classroom and wider school context.

The day equips professionals with the knowledge, evidence and practical tools needed to design and deliver impactful, context-specific strategies and interventions. Delegates will explore contemporary understandings of masculinity and how these influence behaviour, identity and engagement. Each participant will leave with a bespoke action plan for their school, grounded in evidence-based practice and underpinned by a clear Theory of Change.

Research-informed masculinity programmes have been shown to support:

- Improved attendance
- More positive attitudes to learning
- Improved progress and attainment
- Reduced behaviour incidents and exclusions

Cost: £499 per delegate

Includes lunch and all training materials.

PSHE PEDAGOGY

The Pan-Staffordshire PSHE Education Service can deliver twilight or full-day training to education settings and Multi-Academy Trusts in Staffordshire and Stoke-on-Trent around PSHE best practice principles, including:

- Using interactive and participatory techniques
- Creating a safe learning environment
- Delivering effective PSHE

To discuss the training needs for your setting, please [email your PSHE Coordinator](#).



TRAINING (E-LEARNING, WEBINARS)

**NEW
UPDATE**

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

- Nothing new added this month

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:

- A NSPCC podcast on building emotional resilience in children, discussing the work of the NSPCC's Emotional Resilience Programme, which was delivered to 799 children across seven primary schools in Glasgow. With contributions from NSPCC colleagues, the episode covers: what emotional resilience is and why it is important; how the programme was developed; how practitioners can be trauma-informed when delivering emotional resilience work; the successes and challenges of running the programme; and advice around best practice for setting up an emotional resilience programme. - Added to Mental Health
- The National County Lines Coordination Centre has launched a new podcast for anyone working in the County Line space. The podcast is dedicated to deepening understanding, strengthening professional practice, and shining a spotlight on the realities of County Lines and criminal exploitation across the UK.

DOCUMENTARIES AND DRAMAS

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

- Storyville: The Darkest Web - A Storyville documentary that follows a global team of undercover officers as they penetrate the most hidden corners of the internet to stop those who exploit and harm children. Added to Online Safety
- Vicky Pattison: Maybe Baby - Vicky Pattison and her husband Ercan Ramadan face a big decision: should they start a family? As they explore the routes to parenthood and the realities of having kids, will they decide it's for them? added to Pregnancy and Fertility.



NEXT MONTH (JUNE)...

Resources & Materials for key awareness dates in July:

- Plastic Free July (1-31)
- Talk to Us Samaritans (1-31)
- Alcohol Awareness Week (6-12)

Next edition publication date: 5th June 2026

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

“ It was so useful [to meet you]!! Thank you so much for giving up your time to support me. I have updated our curriculum overview and our policy and have planned in a staff meeting to share all the updates, etc...

PSHE Lead,
Mainstream Primary, Newcastle-under-Lyme

”

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

natalie@staffscvys.org.uk

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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