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## MEETING RECORDINGS:

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

PSHE Leads Meetings  
Looking Forward

Bitesize Practice Development  
Webinars

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 11th February 2025 - 4-5pm
- 26th March 2025 - 4-5pm
- 7th May 2025 - 4-5pm
- 24th June 2025 - 4-5pm

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

## JOIN OUR MAILING LIST

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

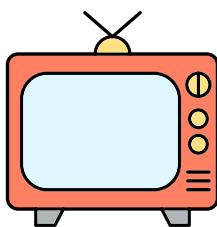
[natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk)

# WHAT'S OUT THERE...

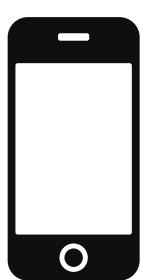
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them.

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

- Paramount+ is showing a new drama series - Curfew - that explores if a curfew for men would lead to less violence against women and girls. the show is based on the novel After Dark by Jayne Cowie, which we have added to our Books & PSHE pack.
- Netflix will be releasing a film, Joy, about IVF pioneers whose treatment led to the first test tube baby in 1978 later this month.
- The latest series of popular LGBT teen drama Heartstopper is all about Nick and Charlie's relationship. But this series also brings Charlie's eating disorder to the fore. In 2021, Just like Us found, external that lesbian and bisexual teens were more than twice as likely to have had an eating disorder compared to straight girls, from a survey of nearly 3,000 teens across 375 UK schools.
- Wicked will be released in cinemas across the UK at the end of the month. This musical film highlights PSHE themes including Friendships, Peer Pressure, Self-esteem, Attraction and Similarities and Differences.



- The BBC shared details of the abuse experienced by a man in his relationship. It is important that Domestic Abuse resources show that abuse can be experienced by people of any gender and sexual orientation.
- Sky News reported that Sir Kier Starmer has been urged to support a new law to ban smartphones in schools as former teacher Josh MacAlister introduced the Safer Phone Bill.
- The former President of the USA, Donald Trump won the US election this week.
- The government is planning to ban smoking outside schools and playgrounds.
- Instagram has defended new features, that were shared in last month's PSHE Digest, aimed at protecting young people from sextortion attempts on the platform.
- Call of Duty: Black Ops 6 was released last month. The game has an 18 age rating due to the content. The National College has information for parents and educators about other games within the series.
- This article demonstrates how far-right extremists leveraged a range of mainstream and smaller 'alt-tech' social media platforms, including Telegram, X, YouTube, TikTok, in the wake of the Southport attack to grow their following, promote hate and organise.



# UPDATE FROM NATALIE

## CONFERENCE UPDATE

This month sees our first-ever conference taking place. From Staffordshire, we have attending:

- Over 1 in 5 primary schools
- Over 1 in 3 secondary schools
- Over 1 in 2 independent schools

as well as representatives from external providers, local partners and youth organisations. I'd like to say a massive thank you to everyone who has booked.

We're delighted to be able to share the agenda with you and look forward to seeing many of you on the day.

Unfortunately we are unable to accommodate anyone else, as the seating plan, printing and arrangements with the venue and caterers have all been all completed.

## WEBSITE UPDATE

As a service we are continually reviewing how we provide support, advice and guidance to our education settings.

You may have noticed that we have made some changes to our website in our Education Providers section over the last month:

- New Linked Guidance section - key documents that PSHE Leads should have an awareness of, that relate directly to the PSHE curriculum or are supporting documents as part of a whole school approach.
- New & PSHE section - these are still housed within the Resource Library under their relevant headings, but to support PSHE Leads with developing their CPD plan we have also created their own space within the website under "Training"

## NEW! LOCALLY PRODUCED RESOURCES

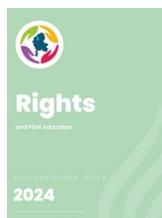


We have developed a new best practice guidance document to support PSHE Leads embed consistent, evidence-based, quality PSHE in their own settings we have created a new pack to add to our collection - CPD.

This resource provides strategies to improve confidence, information on how to create a CPD plan, help to choose effective training, tips on delivering sensitive topics, answering questions and managing challenging behaviours,



You'll see in our section on Homophobic, Biphobic and Transphobic (HBT) Bullying page 4 we have collaborated with USAH to create a new resource that helps people to identify words associated with the LGBTQ+ community and their meaning. This has been created in light of finding of a new report.



To support Human Rights Day (10th December) we have added Rights & PSHE to our localised ... & PSHE series.

Explore the linked learning outcomes and then build/check your knowledge to feel confident to deliver sessions on this topic. PSHE Leads can also use the information to develop their own CPD packages.



We've continued to add to our new resource to help PSHE Leads with their notice board displays with posters from Life Lesson around bullying.

Please let us know if there is anything specific you would like to see in this resource pack.

# UPDATE FROM NATIONAL PARTNERS

## HBT BULLYING

A survey by [Just Like Us](#) has found that more than three-quarters (78%) of 9-11-year-olds and a larger majority (80% of 11-18-year-olds) have heard homophobic language.

Many children reported having heard homophobic language on the social media platform [TikTok](#) and that it was intended as a "joke".

The Government Equalities Office, Equality Hub and Department for Education have published [research evaluating the government's anti-homophobic, biphobic and transphobic \(HBT\) bullying programme](#) which ran from 2016-2019 in schools in England. The 3-year programme reached around 1,800 schools and aimed to help schools prevent bullying and to create inclusive environments.

Findings show that the programme influenced changes to policies and processes. More staff reported that their school actively tried to prevent HBT bullying, including building an LGBT-inclusive environment - primary schools showed greater achievement than secondary schools in both these areas, though often from a lower baseline. There was an increase in inclusivity within most subject areas, and also around learning about HBT bullying in lessons.

The evaluation highlights that with support schools can make significant steps towards HBT bullying prevention and LGBT inclusion.

The case studies shows that primary schools often taught about LGBT identities and relationships through books, whereas secondary schools more often utilised assemblies, PSHE lessons and/or drop-down days. Pupils in secondary schools commented that they found lessons to be helpful where they had to match up LGBT-related words with their meanings: In response to this the [PSHE Education Service](#), in partnership with USAH, has developed its own version that settings can utilise. This activity could also be utilised for staff CPD. This is alongside our [Books & PSHE Resource](#) which we launched last month.

Pupils also thought that films were a good way to learn about LGBT identities, as they were easy to understand, and they enjoyed small group discussions, as this enabled them to gain insight into other people's perspectives and to think more about the issues. [Diversity Roles Models](#) have a library of short films and downloadable teacher resources, which complement each video's role model message. These are suitable from Early Years to Key Stage 5.

[Diversity Role Models](#) have published their [Impact Report for the 2023-2024 academic year](#) which highlights the impact of their workshops.

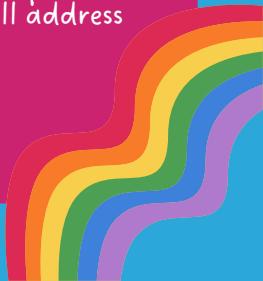
[Just Like Us](#) has now published resources for primary and secondary schools to help them tackle homophobia.

These resources can be utilised alongside our locally produced resources created in partnership with USAH around Hate Crimes, which we promoted last month and can be found in the [Similarities and Differences](#) heading of the [Resource Library](#).

[Staffordshire Sexual Health Charity](#), a local organisation has received funding from the National Lottery to offer a free CPD-accredited training and support for staff to become LGBTQ+ Leads and help make their school or college more inclusive. The LGBTQ+ lead role is designed to fit around staff's other responsibilities and to support career development by enabling staff to demonstrate their leadership skills and commitment to equality and diversity. To find out more, please email [Rowan@sshcharity.co.uk](mailto:Rowan@sshcharity.co.uk). This opportunity is only available to a limited number of schools so email early to express your interest.



This [short video](#) shows the impact of homophobia and gives practical examples on how teachers, peers and parents/carers can all address homophobic comments.



# GENDER

Teachers in Wales have called for better support for deal with the "alarming" misogynistic influence of social media on children in schools, specifically teenage boys according to the BBC.

Hello Magazine have published an article "Alarming rise in teenage boys' exposure to misogynistic content: What parents can do"

The Girlguiding Girls' Attitudes Survey 2024 reveals the levels of inequality and misogyny experienced by girls and young women. Notably, 59% of 11 to 21-year-olds express concerns that AI could be used to create fake images of them and impersonate them online. Additionally, the percentage of girls feeling unsafe due to sexism, has more than doubled over the past decade.

Girlguiding is calling on UK decision makers to take the concerns of girls and young women seriously and would like to see new and inclusive Relationships, Sex and Health Education (RSHE) resources in schools, to tackle sexism and misogyny and encourage better, healthier relationships.

RSHE forms part of a wider PSHE curriculum. PSHE education should primarily be used as preventative education, providing a foundational understanding from an early age about healthy relationships, respect, self-esteem, digital literacy, economic wellbeing, critical thinking, and recognising and challenging negative influences. Importantly, it should explore the links between these areas. This is crucial for safeguarding and building resistance to problematic narratives (as well as the influencers and algorithms that deliver them so effectively).

The Mayor of London has written to every primary school in London asking them to counter the 'pernicious influence' of misogynists such as Andrew Tate. Working with educational charity Tender, the mayor's office has funded training and the creation of a toolkit of sessions for children aged 9-11 years to help educate children about treating each other fairly and kindly and ensuring they are clear about what healthy and respectful relationships are about.

The PSHE Association has produced a guide "Addressing Misogyny, toxic Masculinity and Social Media Influence through PSHE Education"

The PSHE Digest from April 2023 provided more resources for young people and professionals to support education settings around this topic including:

- Bold Voices - Schools Toolkit on 'how to talk to young people about Andrew Tate'
- Bold Voices - Parents Toolkit on 'how to talk to young people about Andrew Tate'
- Bold Voices - Teens Toolkit on 'how to talk to your friends, siblings and peers about Andrew Tate'
- Durham University has created a toolkit on engaging Men and Boys about Masculine Gender Norms.

Our Bitesize Practice Development sessions with Everyone's Invited and Men at Work CIC can also be utilised within CPD sessions for staff. Please note the Everyone's Invited session contains clips that some viewers may find offensive, to demonstrate what young people are accessing. These videos are for professionals and are not suitable for use with children and young people.

Vodafone has released a film, for professionals, parents and carers titled 'The Rise of The Aggro-rithm', to highlight how AI algorithms are targeting Britain's teen and tween boys, turning harmless search into harmful content.



# VAPING & SMOKING

There is growing concern about the number of Spice-spiked vapes. As we previously shared the University of Bath conducted research that showed 1 in 6 vapes confiscated in schools contained the synthetic drug Spice. Many of the confiscated vapes were made to look like a usual vape from a shop, and are usually sold as containing THC. Children and young people are therefore inadvertently consuming Spice while under the impression it is cannabis.

Spice is highly addictive. It is a Class B drug. There are some reports across the country that some young people are becoming addicted to Spice and are being criminally exploited.

The Metropolitan police have stated that many children and young people are accessing illicit vapes via social media platforms like Snapchat and Telegram.

The House of Commons debated the issue and stated that "we should require schools to implement educational programmes on the danger of Spice, deceptive marketing tactics and the risks associated with online and street-level purchase"

The Government has announced that disposable vapes will be illegal from 1st June 2025. The number of people who vape without having ever smoked has increased considerably over the last few years - particularly among young adults. The Department for Environment, Food, and Rural Affairs (Defra) said vape usage in England had grown by more than 400% between 2012 and 2023, with 9% of the British public now buying and using the products. A new NHS survey has shown that almost 1 in 10 secondary school pupils currently vape. The report also shows only 11% of young people have smoked at least once, the lowest level recorded by the survey.

It is hoped that banning disposable vapes will "reduce the appeal of vapes to children and keep them out of the hands of vulnerable young people. The NHS states that vaping is substantially less harmful than smoking, but it has not been around long enough for its long-term risks to be known.

The BBC published an article "Pack of cigs and a Bic lighter: Why are celebs glamorising smoking again" which highlights singers, actors and influencers who seem to be bringing smoking back into vogue. The article highlights that 9 out of 10 films nominated for the Oscars top prize earlier this year featured smoking, up from 7 the year before.

We have added a resource from the Department of Health and Social Care to our Resource Library - Smoking and Vaping. The resource is three form-time activities where young people learn about social pressures around vaping, its impact, and the effects of nicotine on the adolescent brain—registration required.

The Daniel Spargo-Mabbs Foundation has reviewed and updated its free-to-download vaping resource pack. The resources include a short video for educators to brush up their knowledge, plus materials for 11-16 years and 16-18 years, including a PowerPoint, short film and lesson plan.

# MENSTRUATION

Life lessons have created a new 15 minute lesson on menopause awareness to celebrate World Menopause Day, which took place on 18th October. To create this lesson Life Lessons partnered with Period Positive.

Period Positive is a free project available to education settings. They have created a Period Positive National Curriculum for England that can be found in the new section of our website - Linked Guidance, where you will find a range of guidance to support your PSHE curriculum.

Education settings can also work towards their Period Positive Schools Award to find out more information check our their website or email - [hello@positiveperiod.com](mailto:hello@positiveperiod.com)

# ROAD SAFETY

Road Safety remains as a priority in the draft Police and Crime Plan 2024-2028.

The AA has said that drivers aged under 21 who have just passed their tests should be prevented from carrying passengers of a similar age for their first six months as drivers. It has also suggested that they should be issued 6 penalty points for not wearing a seatbelt.

Similar measures - known as graduated driving licensing (GDL) - already exist in Northern Ireland. The Department for Transport (DfT) has said it is not currently considering the measures for elsewhere in the UK.

In response the BBC has spoken to a number of young adults for their response.

This could be a useful discussion point for classrooms and for young people to consider why the AA might be proposing these changes for young drivers.

Road Safety is not just about being a safe driver or passenger. Having road safety skills are life long skill that enable children and young people to be confident to navigate the streets. Walking or cycling to school requires the use of road safety skills and supports with Being Healthy and Physical Activity.

Active School Travel supports the Better Health Staffordshire objectives as it is an enabler of healthy weights, supports both physical and mental wellbeing and creates safer spaces around schools with reduced traffic and the associated risk to health of air pollution.

Staffordshire County Council's Active Travel Team work to support education settings with their active travel plans through campaigns, resources and activities, including Free Bikeability sessions. Staffordshire County Council offers FREE Bikeability Training to every school in Staffordshire.

Staffordshire County Council's Active School Travel Team have provided Active School Travel Guides. The guides are differentiated by school type:

Primary

Middle and Secondary phase.

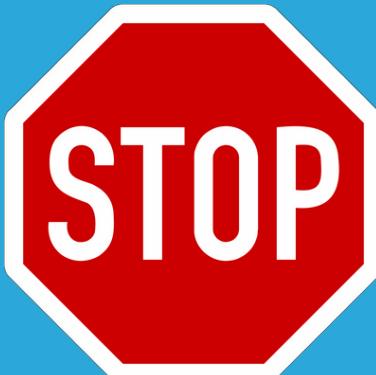
If you have any questions about Active School Travel please contact [cath.stephenson@staffordshire.gov.uk](mailto:cath.stephenson@staffordshire.gov.uk).

Remember Staffordshire Safer Roads Partnership supports education settings with their PSHE on this topic - check out their brochure for Gold schools in our Resource Library under Road Safety or e-mail the team [roadsafetyeducation@staffordshire.gov.uk](mailto:roadsafetyeducation@staffordshire.gov.uk) to find out what support your school is entitled to.

A reminder that research advises against using shock and fear tactics in PSHE as they are often ineffective in achieving long-term behavioural change. They can cause an immediate emotional reaction but this does not necessarily lead to sustained changes in attitudes or behaviours. Shock and fear tactics can also cause unnecessary distress and anxiety amongst children and young people. This distress can prevent engagement with the learning or making disclosures about their own experiences. Effective PSHE focuses on creating a safe and supportive learning environment. Emphasising positive messaging, skill-building and providing accurate, reliable information.

Is your education setting accessing all of the available support to help with Road Safety:

- Sign up to the free PSHE Education Resource Library to access nationally sourced and locally produced resources to support your PSHE curriculum
- Link in with the Staffordshire Safer Roads Partnership Education Team
- Work with the Active Travel Team to provide Bikeability Sessions, Active Travel Ambassadors and create your own Active Travel plan.



# INFANT MORTALITY

The [Guardian](#) has reported on a study from the [Lancet Regional Health Europe journal](#) regarding infant mortality in England. The research revealed that infants in the most deprived areas faced a higher risk of mortality compared to those in the least deprived areas. Four key factors—preterm birth, smoking during pregnancy, teenage pregnancy, and maternal depression—were found to contribute to over one-third of the socioeconomic disparities in mortality rates. The article suggests that while targeted interventions addressing these factors could help reduce inequalities, broader structural changes are also necessary.

It is recognised that Stoke-on-Trent and Staffordshire have a high infant mortality rate. Stoke-on-Trent's infant mortality rate was 7.5 deaths per 1,000 births between 2019-2021 and Staffordshire had 4.8 per 1,000 births in the same time period compared with the national average of 3.9.

The Pan-Staffordshire PSHE Education Service is working with partners to explore how they can support the local action plan. We have several resources already in the Resource Library that support this area of work including:

- Locally-produced [Safer Sleep resource](#) for 14-16 years old which can be found under both the Sleep and Parenthood headings.
- National Association of Breastfeeding Mothers has a [collection of resources](#) suitable for Early Years to Key Stage 3 (3-14 years). This can be found under Parenthood in the Resource Library
- Our [Growing Up pack](#) for young people with SEND features a session plan (session 10) on pregnancy and parenthood, this could be adapted for use in mainstream settings too.

## ONLINE SAFETY

[Internet Matters](#) has released a report detailing children's experiences with nude deepfakes, which are AI-generated or manipulated images and videos designed to appear real. The report estimates that 13% of UK teenagers have encountered nude deepfakes in various ways, such as sending or receiving them, finding them online, or using 'nudifying' apps.

The report is based on a survey of 2,000 parents and 1,000 children. Key findings include:

- Most families have limited or no understanding of deepfakes.
- More than half of teenagers believe that having a nude deepfake of themselves shared would be worse than sharing a real image.
- 'Nudifying' tools are predominantly used to create deepfakes of women and girls rather than boys.

The report recommends banning 'nudifying' tools and advocates for changes to the school curriculum to educate children on the responsible use of AI technology.

The Children's Commissioner for England has released a report detailing children's online experiences, based on feedback from the Big Ambition consultation involving both children and adults. The findings emphasize children's vulnerability to online harms and their concerns about issues such as child sexual abuse material, exposure to highly sexualized content, abusive content and bullying, and content related to suicide, self-harm, and eating disorders. The report highlights that some groups of children feel particularly exposed, with children as young as 5 and children with SEND both disproportionately reporting they feel unsafe. The report also includes children's perspectives on the responsibilities of tech companies, the government, parents, and schools, particularly about the usefulness and impact of current provisions e.g. PSHE, in ensuring their safety online. The Commissioner offers recommendations for legislation, guidance, and systemic reforms.

The UK Safer Internet Centre has launched their [resources for Safer Internet Day 2025](#) for Early Years to Post-16. The theme next year is about protecting yourself and others from online scams.

# MENTAL HEALTH LEADS

Schools and colleges can apply for a grant to train a Senior Mental Health Lead. This training helps school and college leaders promote and support the mental health and wellbeing of their pupils, and staff. Schools/Colleges can apply for a second grant if their SMHL left or changed roles before implementing a whole-school approach. Grants must be reserved by 31st December 2024.

The grant of £1,200 must be used to pay for DfE quality assured training. This training will provide a senior Mental Health Lead in the setting with the knowledge and skills to implement and sustain a whole school/college approach to mental health and wellbeing. This guidance clearly highlights the role of PSHE education plays in promoting social and emotional skills.

Mental Health Leads and PSHE Leads, where these roles are held by different people, should collaborate closely, along with the Designated Safeguarding Lead to create a supportive and comprehensive approach to the wellbeing of children and young people. Here are some considerations in how to work together effectively:

- Collaborative Planning - Meet regularly to plan and integrate mental health topics into the PSHE curriculum. This ensures that mental health education is consistent and comprehensive.
- Curriculum Mapping - Identify key areas where mental health education can be embedded within the PSHE curriculum, such as lesson on emotional wellbeing, stress management and healthy relationships.
- Joint Training - Organise and participate in joint training sessions for staff to ensure that everyone is equipped to handle mental health issues and deliver PSHE content effectively.
- Resource Sharing - Share resources, best practices, and up-to-date information on mental health and PSHE topics to enhance the overall quality of education.
- Create Safe Spaces - Work together to create an environment where children and young people feel safe to discuss mental health issues. This includes setting up safe spaces and ensuring confidentiality.
- Student Voice - Involve children and young people in the development of mental health and PSHE programmes to ensure they meet their actual needs and concerns.
- Feedback Mechanisms - Implement systems to gather feedback from children, young people and staff on the effectiveness of mental health and PSHE initiatives. Use this feedback to make continuous improvements.
- Assess Impact - Regularly assess the impact of mental health programmes within PSHE on the children and young people involved.
- Parent/Carer Engagement - Organise workshops and information sessions for parents and carers to help educate them about mental health and how they can support their children.
- Build Partnerships - Build Partnerships with local mental health organisations and services to provide additional support and resources for children and young people.

The PSHE Association has produced Teacher Guidance around teaching about mental health and emotional wellbeing.

As the PSHE Education Service provides a space for PSHE Leads to come together and share best practice and be updated on the latest guidance and research, The Mental Health Leads in Education Network continues to grow, with colleagues from education settings across Staffordshire and Stoke on Trent. Meetings are held termly and are a way of sharing information, resources and best practice as well as offering an opportunity for mental health leads to come together to ask questions, seek support, and share ideas. Network members are given access to Padlets, which allows members to chat with colleagues in between meetings, continue to share ideas and seek support from peers. Building on this positive peer support, they have established a list of 'buddies,' where settings have indicated that they wish to 'buddy up' with others. This helps the conversations and support to continue across the Network, between termly meetings.

If you are a mental health lead in a school or an education setting (including post-16 education), and would like to be added to the MHL Network mailing list, please email: [sandra.webb@staffordshire.gov.uk](mailto:sandra.webb@staffordshire.gov.uk)

# RESOURCES UPDATE

Get Real has released a Healthy Relationship Triangle Activity for 11-16-year-olds. This resource includes an animation that explains the healthy relationship triangle and how we can use it to check the healthiness of our relationships and some activity ideas on how this can be embedded into the classroom.

We have added this to our Healthy Relationships section within the Resource Library.

NSPCC Learning has published new teaching resources exploring the themes of healthy and unhealthy relationships. The resources include three films and accompanying lesson plans that follow four characters experiencing interpersonal domestic abuse, in familial, friendship and intimate partner relationships. The resources are aimed at 11-14-year-olds and seek to prevent harmful sexual behaviours and coercive control. The resources have been uploaded to our Resource Library under Abuse and Violence, Appropriate Behaviours, Exploitation, Gangs, Grooming, and Healthy Relationships.

CEOP has released and updated its popular "Exploited" resource with a new film, lesson plans and accompanying resources for 14-16-year-olds. The updated resource features three lessons centred on a situational film following teenage characters and explores abusive relationships including blackmail, coercion and sexual exploitation in parallel with two characters depicting the qualities of a healthy relationship.

Exploited should be delivered through structured lessons by teachers in education settings. In schools, it should be embedded in a developmental PSHE education curriculum, as part of Relationships and Sex Education.

CEOP has also updated its guidance on how to utilise its resources, this is alongside the previous recommendation that its resources are classroom-based and used in assemblies.

"Our education resources are designed to be used as primary prevention for children and young people up to the age of 18, in classroom settings. Therefore, they are not suitable to be used in a 1:1 setting with young people who are at risk or have already experienced online sexual abuse and exploitation. Additionally, to ensure that young people do not ever feel blamed for abuse they have experienced, delivery of our resources should not occur directly after an incident/issue has taken place."

## ECONOMICS AND FINANCIAL LITERACY

When asked what does PSHE Stand for the most common response is Personal, Social, Health Education, which we will recognise is not correct - the E stands for Economic and is such an important part of this curriculum topic.

9 out of 10 teachers say that teaching about money should be delivered in PSHE, citizenship or across the curriculum according to Teacher Tapp.

The Economic Research Council has produced a paper makes the case for making economic education a statutory component of PSHE, developing a standardised economic curriculum, and integrating specialised training for teachers.

Barclays Life Skills has enhanced its suite of money skills resources for primary, include two brand new lessons for children aged 5-7 years. These resources hold the Young Money Quality Mark.

Young Enterprise has developed two frameworks which help support the planning, teaching and progression of financial education. They are designed to help educators to deliver financial education flexibly across the curriculum in Citizenship, PSHE education, maths and more. Young Enterprise also offers teacher training to help teachers feel more confident in delivering financial education.

NSPCC Learning has published a Helplines insight briefing on the impact of financial pressures on young people. Financial pressures are caused by any situation where there is difficulty or uncertainty in meeting financial commitments due to a shortage of money.



# UPDATE FROM LOCAL PARTNERS

## CHILD CRIMINAL EXPLOITATION

Staffordshire Police have completed several successful operations leading to the arrests of people suspected of drug supply and child exploitation is Stone and Kidsgrave.

The activity was led by Staffordshire Police's Child Exploitation Team who reiterated:

"We are determined to make Staffordshire and Stoke-on-Trent a hostile environment for those who think it is acceptable to exploit children and young people in this way."

Unfortunately, children and young people across Staffordshire and Stoke-on-Trent are being exploited by criminals. Education settings play a crucial role in protecting our children and young people from criminal exploitation.

- Provide training to all staff on recognising the signs of exploitation and understanding the risk factors. Catch22 can provide in-person or virtual workshops that aim to build awareness around the signs and indicators of exploitation, youth violence, knife crime, and County Lines.
- Educate children and young people by utilising the Resource Library, we have developed a comic book for 9-11-year-old children, that explores County Lines and we have other nationally sourced materials on healthy relationships, online safety, digital literacy and exploitation. If you are not already registered set up your account here. Remember there is no limit to how many accounts each setting in Staffordshire and Stoke-on-Trent can have and it is completely free.
- Provide workshops and resources for parents and carers to help them understand the risks and signs of exploitation and how to support their children.
- Create a safe environment where children and young people feel safe and supported. Encourage open communication and ensure they know they can seek help and support without judgment.
- Utilise the Risk Factor Matrix form to help professionals ask the right questions to identify potential abuse or exploitation in children and young people. Rather than acting as a checklist of questions, the form is designed to facilitate a conversation with the child or young person to help them understand their situation better.
- For children and young people identified as being "at risk" of criminal exploitation refer them for targeted work with Catch22 - this can be either one-to-one or group work if more than one person is identified and it is agreed that this would be a suitable intervention.
- Collaborate with local youth organisations to create a network of support and resources. SCVYS hosts a map of its member groups that education settings can utilise to find out about activities and support for children, young people & families in Staffordshire. Be reassured that all groups and organisations in SCVYS membership are required to have appropriate minimum operating standards in place to be accepted as a member.

## CLIMATE AMBASSADORS SCHEME

This is a network of skilled Climate Ambassadors providing free support to educational settings across England to develop and deliver impactful climate action plans. Climate Ambassadors is a two-year initiative, funded by the Department for Education as part of its Sustainability and Climate Change Strategy, which states that by the end of 2025 all education settings in England are expected to have a designated sustainability lead and a climate action plan.

Locally this scheme is being managed by Keele University. One of the themes that climate actions plans should cover is Climate Education and Green Skills, so this is something that PSHE Leads should be encouraging their school to take part in and access this additional support.

Find out more information here or by e-mailing [climate-ambassadors.wm@keele.ac.uk](mailto:climate-ambassadors.wm@keele.ac.uk)

# VIRTUAL SCHOOL TRAINING

The Virtual School has published their [training calendar](#) for the 2024-2025 academic year. You can access the events here. We have selected ones we think are relevant for PSHE Leads in the training section of the PSHE Digest. You will also find the link on the [Training page](#) of our website.

## LOCAL NEWSLETTERS

Catch22 have published its monthly [Missing, Child Exploitation and Vulnerability Research & Development Round-up](#), which provides information about the latest research, publications, and resources in this area.

The Violence Reduction Alliance has [published a round-up of resources](#) which provides the latest research and reports on violence.

MPFT has published the [Autumn Newsletter](#) from their CYP Autism Service which operates in the south of the county. This includes information about workshops that parents and carers can access, and a padlet of resources that support education settings to be a more inclusive place, plus information about the service offered.

## FOR PARENTS AND CARERS

Partners have asked for the following information to be shared with parents and carers that is linked to the PSHE curriculum. We would be grateful if you could forwarded this information to them via your usual communication routes.

## CHILD DEATH PREVENTION NEWSLETTER

The Child Death Overview Panel has asked for education settings to share their latest [Child Death Prevention Newsletter](#) which focuses on the Signs of Group B Strep Infection in Babies, you might also like to consider using the information with young people as they might be babysitting, or be young parents.

## COUNTY LINES LETTER

Staffordshire County Council and Staffordshire Police are asking all education settings to share [this letter with parents and carers](#) to help raise awareness of county lines and the possible signs that could identify anyone who might be at risk so they can be supported and protected from harm.



# RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. You can view the full year calendar [here](#).

Awareness Calendar 24-25											
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	
1-30 Child Abuse Awareness Month	1-30 Black History Month	1-30 International Antisemitism Month	1-30 International Day of the Elimination of Violence Against Women	1-30 LGBT History Month	1-31 Women's History Month	1-30 Stress Awareness Month	1-31 Land and Environment Day	1-30 Pride Month	1-31 Plastic Free July		
2-6 Euro Week	2-6 Breast Cancer Awareness	2-6 November	2-6 National Care Awareness Month	20-26 Mental Health Awareness Month	6-10 Time to Talk Day	8-14 Eat Better, Move More Awareness Day	21-22 Autism Day	6-10 World Environment Day	8-10 Spirit of Sport Day		
9-20 UK Savings Week	9-9 Long Cancer Awareness Month	9-9 International Volunteer Day	9-9 International Mental Health Month	10-14 Children's Mental Health Week	10-16 Fairtrade Fortnight	10-16 International Day of Families	10-16 International Day of Persons with Disabilities	10-16 World Environment Day	10-16 Day to Unplugged	10-20 World Friendship Day	
10-30 Suicide Prevention Month	10-30 Baby Loss Awareness Month	10-30 Human Rights Day	11-12 International Day of Democracy	11-12 International Day of Persons with Disabilities	11-12 World Health Day	11-12 International Day of Persons with Disabilities	11-12 World Blood Donor Day				
14-16 World First Aid Day	15-16 World Mental Health Day	15-16 World Kindness Day	16-17 World Teachers Day	16-18 Nutrition and Hydration Week	16-18 National Schools Against Racism Week	16-18 International Day Against Homophobia, Transphobia and Biphobia	16-18 Global Recycling Day	16-18 Sleep Awareness Day	16-18 Clean Air Day	16-18 World Refugee Week	
11-15 Mental Health Week	11-15 Anti-Bullying Week	11-15 Safeguarding Week	11-15 Valentine's Day	12-16 National Child Protection Awareness Week	12-16 Earth Day	12-16 Mental Health Day	12-16 International Day of Persons with Disabilities	12-16 World Environment Day	12-16 International Day of Persons with Disabilities	12-16 World No Tobacco Day	
12-20 World Games for Girls Week	12-20 Global Handwashing Day	12-20 World Diabetes Day	12-20 Kindness Week	12-20 International Day of Persons with Disabilities	12-20 International English Language Day	12-20 International Day of Persons with Disabilities					
21-22 International Day of Peace	21-22 Road Safety Week	21-22 International Day of the Girl Child	21-22 International Day of the Girl Child	21-22 International Day of Persons with Disabilities							
22-26 Visibility Day	22-26 International Men's Day	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	22-26 International Day for the Elimination of Violence Against Women	
26-27 World Computer Day	26-27 Refugee Week										

**SCVYS**  
Natalie McGrath  
PSHE Coordinator  
Staffordshire  
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**SASCAI**  
Ellie Chesterton  
PSHE Coordinator  
Stoke-on-Trent  
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[www.pshestaffs.com](http://www.pshestaffs.com)

We have updated the Awareness Calendar for 2024-2025 which highlights key dates that link to PSHE.

We use this calendar for our resources section and will send you resources linked to these dates a month in advance.

WITH OVER 800 COLLEAGUES SIGNED UP TO THE RESOURCE LIBRARY ON OUR WEBSITE MAKE SURE YOU ARE NOT MISSING OUT ON QUALITY-ASSURED SOURCED AND LOCALLY PRODUCED PSHE RESOURCES LISTED BY TOPIC. MAKE SURE YOUR SETTING IS NOT MISSING OUT REGISTER HERE.

## WORLD AIDS DAY - 1 DEC

World AIDS Day is an opportunity to show strength and solidarity against HIV stigma and to remember lives lost.

Staffordshire Sexual Health Charity is a local organisation that works with people living with HIV. They can facilitate education settings that wish to sell the red ribbon and pin badges to fundraise for HIV support in Staffordshire. They can also offer secondary schools and colleges a free tutor time activity, to teach students about HIV and AIDS. If you would like to access this resource please email [rowan@sshcharity.co.uk](mailto:rowan@sshcharity.co.uk)

The National Aids Trust provide a series of lesson plans that can be taught as a stand alone lesson or as a series of lessons on HIV.

The Children's HIV Association (CHIVA) has a toolkit to support education settings to empower children and young people to be better educated on HIV and be the generation that ends HIV stigma.

The Sexual Health & PSHE guidance for professionals, housed along with other resources linked to Sexual Health, can be found in the Resource Library on our website, and contains information about HIV and Aids, shows the links between broader sexually transmitted infections and the curriculum as well as develops subject knowledge including where to get tested to enable professionals to deliver sessions confidently and competently.

# NATIONAL GRIEF AWARENESS WEEK - 2-8 DEC

National Grief Awareness Week is an annual event that aims to create a safe space to discuss grief and loss, and to encourage empathy and support for those who are grieving. This year's theme is "Shine a Light". Downloadable campaign materials including posters can be found [here](#).

In the Change and Loss section of the Resource Library, you will find resources to support you to address this topic including;

- [PSHE Association quality assured resources from Winston's Wish](#), suitable for 5-18 year olds, to support children and young people to develop the skills and understanding they need to deal with loss.
- [National Youth Agency resources](#) for young people and youth workers to discuss grief and bereavement.

For settings who are registered with The National College, there is a ["Top Tips for Supporting Children in Dealing with Grief"](#) guide, focused on supporting children in dealing with grief. It highlights how we can help children in processing grief healthily at what can be a potentially upsetting time.



## INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES - 3 DEC

Dimensions have created a [PSHE Association quality-assured, resource - I'm with Sam](#). A lesson plan, for students aged 11 to 13, aims to give students a better understanding of learning disabilities and autism, and the impact of potential bullying and discrimination.

[BBC Teach](#) has a collection of short films in which children with a range of disabilities, learning differences and medical conditions tell us about their lives. The content is designed to encourage understanding and inclusion, both at school and in the wider world.

Uniting Staffordshire Against Hate (USAH) can provide free in-person or online training specific to education settings on Hate Crimes and Hate Incidents, helping education staff to feel more confident in recognising, reporting and supporting people who may be affected. To find out more information or to book your session please [email USAH](#).



## INTERNATIONAL VOLUNTEER DAY - 5 DEC

Not only is it helpful to the community, but volunteering can transform lives by giving young people the opportunity to gain valuable transferable skills.

The Staffordshire Council of Voluntary Youth Services (SCVYS) [annual report for 2023-2024](#), highlights, that across their membership, the voluntary youth sector workforce comprised 9,167 active volunteer roles, 906 of which were volunteers under the age of 18.

The recently published [SCVYS Voluntary Sector Census Report 2024](#), highlights that the number of active volunteer roles that support activities and provision within SCVYS groups has increased to 10,333 with 1,619 were under 18 volunteer roles.

To find out about the SCVYS groups that are operating in your area that young people can either attend or volunteer with please check out the [Activities Map](#).

[Support Staffordshire](#) offers a free, friendly and confidential Volunteer Brokerage Service, helping people to find opportunities that suit their lifestyle and interests.

- Consider what volunteering opportunities your setting could create.
- Ask a local volunteer to come into your setting and talk about why they volunteer and the benefits.

# HUMAN RIGHTS DAY - 10 DEC

We've added another pack to our ... & PSHE series - Rights & PSHE. Providing the learning objectives from the DfE and PSHE Association's Scheme of Work we've gathered the information educators will need to have the knowledge required to deliver sessions on this topic.



Resources from Amnesty International include Learning About Human Rights, a package of 10 interactive lessons for 5-11 year olds that provide pupils with an understanding of their own human rights and the values and attitudes that underpin them, and a Human Rights in Secondary School resource pack which contains seven lesson plans for ages 11-18, which use innovative ways to explore human rights. They can be stand-alone lessons or used in planning themed or drop-down days across the school.

AGENDA and Primary Agenda are free online toolkits to help explore ideas around equality and diversity with children and young people. The AGENDA packs are based on principles of equality, inclusivity, children's rights and social justice. They tackle the causes and consequences of violence against girls and women, homophobia and transphobia.

In their Twenty Assemblies for Primary Schools pack, UNICEF provide an outline for a Human Rights Day assembly (page 67).

These, and other resources linked to Rights, can be found in the Resource Library on our website.

## CHRISTMAS & NEW YEAR

shorter days and darker nights, along with frantic schedules may mean that our mental health and wellbeing can take a hit during the cold winter months.

Children and young people often find the change of routine and the excitement of Christmas a little overwhelming so it's time to think about Christmas PSHE and winter wellbeing activities that you can use to help support the children and young people in your setting.

Christmas Values - Your setting might expressly deliver Character Education or values-based learning; whether or not this is true of your setting, you can use November and December to teach children about values such as love, kindness, compassion, patience, generosity, hope and gratitude.

Promote wellbeing during the winter months using resources from the Mental Health and Mindfulness sections of the Resource Library.



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

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SIMILARITIES AND DIFFERENCES	VARIOUS	<a href="#">USAH</a>	FREE	FREE HATE CRIME AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
DOMESTIC ABUSE	VARIOUS	<a href="#">NEW ERA</a>	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	<a href="#">YGAM</a>	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
SEXUAL ABUSE	VARIOUS	<a href="#">CEOP</a>	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE
ONLINE SAFETY	VARIOUS	<a href="#">CEOP</a>	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
FINANCIAL LITERACY	VARIOUS	<a href="#">YOUNG ENTERPRISE</a>	FREE	FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. ACCESS TO QUALITY FINANCIAL EDUCATION RESOURCES, SHARE BEST PRACTICE, FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.
GRIEF AND LOSS	14TH NOVEMBER 9.30AM-3.30PM	<a href="#">UK TRAUMA COUNCIL</a>	£165	DELIVERED ONLINE, THIS TRAINING WILL INTRODUCE TRAUMATIC BEREAVEMENT, EXPLAIN HOW IT DIFFERS FROM MORE TYPICAL GRIEF, AND EXPLORE PRACTICAL APPROACHES TO SUPPORT CHILDREN AND YOUNG PEOPLE IN EDUCATION SETTINGS WHO MAY HAVE EXPERIENCED A TRAUMATIC BEREAVEMENT.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
LEADING PSHE	14TH NOVEMBER 3.45-4.15PM	<a href="#">CHAMELEON PDE</a>	FREE	OVERVIEW OF PSHE LEADERSHIP CPD AVAILABLE FROM CHAMELEON PDE. SUBJECT LEAD INTRODUCTORY TRAINING. CERTIFICATE IN PSHE/PD LEADERSHIP
YOUTH VIOLENCE	14TH NOVEMBER 4-5PM	<a href="#">YOUTH ENDOWMENT FUND</a>	FREE	PEER RESEARCHERS (AGED 16-25) FROM THE YEF'S <a href="#">PEER ACTION COLLECTIVE</a> (PAC) SHARE THEIR FINDINGS ON HOW THE EDUCATION AND YOUTH SECTORS CAN BEST SUPPORT YOUNG PEOPLE AWAY FROM VIOLENCE.
BULLYING	15TH NOVEMBER 12:15-12:45PM	<a href="#">KIDSCAPE</a>	FREE	DISCUSSES THE EVIDENCE SHOWING HOW CHILDREN'S FRIENDSHIPS RELATE TO BULLYING EXPERIENCES IN IMPORTANT AND COMPLEX WAYS. IN PARTICULAR, LOOKS AT HOW HEALTHY AND UNHEALTHY FRIENDSHIPS MAY PLAY A ROLE IN CHILDREN'S RISK OF BULLYING INVOLVEMENT AND HOW THEY RESPOND TO BULLYING INCIDENTS.
BULLYING	26TH NOVEMBER 1-4PM	<a href="#">ANTI-BULLYING ALLIANCE</a>	£116.20	DELIVERED VIA ZOOM, THIS TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING.
BULLYING	28TH NOVEMBER 9.00AM-12.00PM	<a href="#">ANTI-BULLYING ALLIANCE</a>	£116.20	DELIVERED VIA ZOOM, THIS TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING.
ONLINE SAFETY/HARASSMENT	28TH NOVEMBER 3.30-4.30PM	<a href="#">LIFE LESSONS</a>	FREE	SCHOOLS HAVE A RESPONSIBILITY TO EMPOWER BOTH STUDENTS AND STAFF TO REPORT INSTANCES OF SEXUAL VIOLENCE AND HARASSMENT. THEY ALSO HAVE A DUTY TO EDUCATE STUDENTS ON DIGITAL LITERACY AND PROTECT THEM FROM ONLINE RISKS AND HARMS.
LEADING PSHE	28TH NOVEMBER 3.45-4.15PM	<a href="#">CHAMELEON PDE</a>	FREE	OVERVIEW OF PSHE LEADERSHIP CPD AVAILABLE FROM CHAMELEON PDE. SUBJECT LEAD INTRODUCTORY TRAINING. CERTIFICATE IN PSHE/PD LEADERSHIP
YOUTH VIOLENCE	2ND DECEMBER 2-3.30PM	<a href="#">YOUTH ENDOWMENT FUND</a>	FREE	THIS SESSION EXPLORES RACIAL BIAS EXPERIENCED BY BLACK CHILDREN AT RISK OF VIOLENCE, AND CONSIDERS BEST PRACTICE IN SUPPORTED BLACK CHILDREN AND THEIR FAMILIES

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
VAPING, SMOKING MISOGYNY AND SEXUAL HARASSMENT	5TH DECEMBER 3.45-4.15PM	<u>CHAMELEON PDE</u>	FREE	30 MINUTE OVERVIEW OF TWO POPULAR TRAINING COURSES FROM CHAMELEON PDE
BULLYING	6TH DECEMBER 12.30-3.30PM	<u>ANTI-BULLYING ALLIANCE</u>	£116.20	DELIVERED VIA ZOOM, THIS TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING.
VAPING, SMOKING MISOGYNY AND SEXUAL HARASSMENT	5TH DECEMBER 3.45-4.15PM	<u>CHAMELEON PDE</u>	FREE	30 MINUTE OVERVIEW OF TWO POPULAR TRAINING COURSES FROM CHAMELEON PDE
MENTAL HEALTH	24TH JANUARY 9.30-3.30 AND 25TH FEBRUARY 1.30-3.30PM	<u>STAFFORDSHIRE COUNTY COUNCIL EDUCATION PSYCHOLOGY SERVICE</u>	FREE	MUST ATTEND BOTH SESSIONS, FIRST IS FACE-TO-FACE AND SECOND IS VIRTUAL. THE TRAINING FOCUSES ON INTRODUCING AND DEVELOPING PRACTITIONERS' AWARENESS AND UNDERSTANDING OF EMOTIONS, BEHAVIOURS AND THE ROLE OF RELATIONSHIPS
ALCOHOL/ PREGNANCY	18TH FEBRUARY 3.00-5.00PM	<u>ELUCIDATE TRAINING</u>	FREE	A 2-HOUR VIRTUAL AWARENESS COURSE ON FOETAL ALCOHOL SPECTRUM DISORDER

## E-LEARNING COURSES

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

TOPIC	PROVIDER	COST	OVERVIEW
BODY IMAGE	<u>DOVE/NIKE</u>	FREE	EQUIPS EDUCATORS WITH THE KNOWLEDGE, TOOLS AND INSPIRATION TO IMPROVE BODY CONFIDENCE IN THE YOUNG PEOPLE THEY WORK WITH
BULLYING	<u>EQUALTEACH</u>	FREE	SUPPORTS STAFF TO BE ABLE TO RECOGNISE AND RESPOND EFFECTIVELY TO INCIDENTS OF PREJUDICE AND BULLYING.
BULLYING	<u>ANTI-BULLYING ALLIANCE</u>	FREE	PROVIDES PROFESSIONALS WITH A GOOD UNDERSTANDING OF THE DIFFERENCE BETWEEN BULLYING AND BANTER. HELPS TO PREPARE THE USER TO TAKE A WHOLE-ORGANISATIONAL ANYI-BULLYING APPROACH TO PREVENT THE MISUSE OF BANTER.

TOPIC	PROVIDER	COST	OVERVIEW
CHANGE AND LOSS	<a href="#"><u>WINSTON'S WISH</u></a>	FREE	FREE BEREAVEMENT TRAINING TO HELP THEM TO UNDERSTAND HOW TO SUPPORT GRIEVING CHILDREN AND YOUNG PEOPLE IN THEIR SCHOOL
FINANCIAL EDUCATION	<a href="#"><u>YOUNG ENTERPRISE &amp; YOUNG MONEY</u></a>	FREE	ONLINE TEACHER TRAINING COURSES FOR PRIMARY AND SECONDARY PHASES, HELP TO BUILD THE KNOWLEDGE AND CONFIDENCE TO DELIVER EFFECTIVE, RELEVANT AND AGE-APPROPRIATE FINANCIAL EDUCATION
GAMBLING	<a href="#"><u>ENGLISH GAMBLING EDUCATION HUB</u></a>	FREE	PREVENTING GAMBLING HARMS IN 18-25 YEAR OLDS – NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET) AND EMPLOYED
LEADING PSHE	<a href="#"><u>NATIONAL COLLEGE</u></a>	£300 + VAT	THIS RSHE/PSHE LEAD TRAINING COURSE PROVIDES THE KNOWLEDGE AND SKILLS NEEDED TO UNDERSTAND THE STATUTORY RSHE REQUIREMENTS, RECOMMENDED PSHE EXPECTATIONS AND DRIVE LOCAL ADAPTATION IN YOUR SCHOOL OR COLLEGE
MEDIA LITERACY	<a href="#"><u>THE ECONOMIST EDUCATION FOUNDATION</u></a>	FREE	DESIGNED TO SUPPORT TEACHERS TO BRING DISCUSSIONS ABOUT THE NEWS INTO THEIR CLASSROOMS.
MENTAL HEALTH SIMILARITIES & DIFFERENCES	<a href="#"><u>ANNA FREUD</u></a>	FREE	DESIGNED TO IMPROVE EDUCATION STAFF'S UNDERSTANDING OF THE IMPACT OF RACISM AND MENTAL HELALTH
RSE	<a href="#"><u>BROOK LEARN</u></a>	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	<a href="#"><u>NSPCC</u></a>	£9.50	ONLINE TRAINING TO SUPPORT SECONDARY SCHOOL TEACHERS AND LEADERS TO DELIVER INCLUSIVE SEX AND RELATIONSHIPS EDUCATION. INCLUDES ACCESS TO LESSON PLANS AND A DEDICATED SUPPORT HELPLINE.
RSE IN CATHOLIC SCHOOLS	<a href="#"><u>CATHOLIC EDUCATION SERVICE (TEN TEN)</u></a>	FREE	ONLINE TRAINING TO SUPPORT CATHOLIC EDUCATION SETTINGS TO DELIVER RSHE IN A WAY THAT IS ALIGNED TO THEIR RELIGIOUS VALUES
SEXUALISED BEHAVIOUR	<a href="#"><u>NSPCC</u></a>	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK
SEXUALISED HARASSMENT	<a href="#"><u>UK FEMINISTA</u></a>	FREE	A 90 MINUTES COURSE THAT EQUIPS TEACHERS AND TRAINEE TEACHERS WITH THE KNOWLEDGE, TOOLS AND CONFIDENCE TO CHALLENGE SEXISM AND SEXUAL HARASSMENT IN THE CLASSROOM.

# PODCASTS

SUBSTANCES INC VAPING	<a href="#">TEACHERS TALK RADIO</a>	TOPICAL DISCUSSION ABOUT SOME OF THE CURRENT CHALLENGES FACING SCHOOLS AROUND DRUG TAKING AND VAPING. GUESTS INCLUDE JOHN REES.
<b>NEW</b> MEDIA LITERACY	<a href="#">TEACHERS TALK RADIO</a>	FEATURING GUESTS FROM THE ECONOMIST EDUCATION FOUNDATION THIS SHOW TALKS ABOUT FAKE NEWS AND MEDIA LITERACY
COMMUNITIES	<a href="#">TEACHERS TALK RADIO</a>	DISCUSSES THE RECENT PROTESTS AND RIOTS THAT HAVE TAKEN PLACE ACROSS THE UK. WHAT SHOULD SCHOOLS DO? HOW SHOULD SCHOOLS REACT?
<b>NEW</b> EFFECTIVE PSHE & SEND	<a href="#">TEACHERS TALK RADIO</a>	LOOKS AT THE PEDAGOGY OF INCLUSION, COMMON MISTAKES, CHALLENGES AND OPPORTUNITIES IN EVERY CLASSROOM AS WELL AS EXPLORING THE IMPORTANCE OF VARIOUS TRAINING ROUTES FOR TEACHERS TO ENHANCE THEIR KNOWLEDGE OF SEND.
MENTAL HEALTH	<a href="#">THE CHARLIE WALLER TRUST</a>	OPENS DIALOG ON MENTAL HEALTH AND THE HIGHS AND LOWS OF ADOLESCENTS. GINYA WILL BE JOINED BY FELLOW AMBASSADORS TO COVER A RANGE OF TOPICS CHOSEN FOR AND BY THE YOUTH AMBASSADORS WHILST POINTING YOU IN THE DIRECTION OF HELPFUL RESOURCES.
CONFLICT RESOLUTION	<a href="#">THE NATIONAL COLLEGE</a>	BRINGING EFFECTIVE, REASONABLE SOLUTIONS TO DISPUTES IS A DIFFICULT TALENT TO LEARN AND AN EVEN HARDER ONE TO MASTER. IT'S VITAL THAT PARENTS AND EDUCATORS KNOW HOW TO SUPPORT YOUNG PEOPLE IN DEVELOPING THIS CRITICAL SKILL. THIS WEEK'S PODCAST COVERS HOW BEST TO HELP CHILDREN MANAGE CONFLICTS!
GENDER	<a href="#">TOMORROW IS THE QUESTION</a>	WHAT'S ACTUALLY HAPPENING IN THE MANOSPHERE? HOW IS IT AFFECTING CHILDREN AND YOUNG PEOPLE? AND HOW MIGHT WE RESPOND? IN THIS EPISODE OF TOMORROW IS THE QUESTION, THE FULLY HUMAN PODCAST, JONO BAGGLEY CHATS TO PROFESSOR HARRIET OVER AND DR DAVID ZENDLE FROM THE UNIVERSITY OF YORK AND FULLY HUMAN'S OWN DR ELLY HANSON TO EXPLORE THEIR DEEP RESEARCH INTO THESE QUESTIONS.
GENDER	<a href="#">TOMORROW IS THE QUESTION</a>	COULD JAMES BOND BE A USEFUL SOURCE OF TEACHING ABOUT SEX, RELATIONSHIPS, GENDER NORMS AND MISOGYNY? IN THIS EPISODE OF TOMORROW IS THE QUESTION, JONO BAGGLEY CHATS TO DR IAN KINANE, EDITOR OF THE INTERNATIONAL JOURNAL OF JAMES BOND STUDIES, DR KATHY WESTON, FOUNDER OF TOOLED UP EDUCATION AND FULLY HUMAN'S DR ELLY HANSON TO EXPLORE BOND AS A PROBLEMATIC SYMBOL: A LOADED FIGURE OF SEX AND VIOLENCE AND POTENT STORE OF TEACHING MATERIAL FOR TEENAGERS.
<b>NEW</b> GENDER	<a href="#">BBC</a>	ABOUT THE BOYS - HEAR FROM TEENAGE BOYS ACROSS THE UK ABOUT THEIR FEARS, WORRIES AND AMBITIONS
<b>NEW</b> GENDER	<a href="#">THE CRIME ANALYST</a>	TWO EPISODES FEATURING ANDREW 'BERNIE' BERNARD WHO SHARES HOW HE USES THIS TO EDUCATE BOYS ABOUT COERCIVE CONTROL, MALE ENTITLEMENT, MISOGYNY AND SEXISM TO BREAK THE CYCLE. <a href="#">EPISODE TWO CAN BE FOUND HERE.</a>
DOMESTIC ABUSE	<a href="#">THE CRIME ANALYST</a>	TWO EPISODES FEATURING MICHAEL CONROY DISCUSSING WORKING WITH BOYS TO CHALLENGE SEXISM, RAPE, DOMESTIC ABUSE AND COERCIVE CONTROL, MISOGYNY AND PORN USE AND HIS WORK WITH DOMESTIC ABUSE PERPETRATORS. <a href="#">EPISODE TWO CAN BE FOUND HERE.</a>

DOMESTIC ABUSE	<a href="#"><u>NSPCC</u></a>	FEATURES REPRESENTATIVES FROM CHILDLINE AND THE NSPCC HELPLINE DISCUSSING: WHAT CHILDREN ARE TELLING CHILDLINE ABOUT DOMESTIC ABUSE AND HOW THIS DIFFERS FROM WHAT ADULTS ARE TELLING THE HELPLINE; THE WAYS IN WHICH THE EFFECTS OF DOMESTIC ABUSE MAY PRESENT THROUGH A CHILD'S BEHAVIOUR; THE IMPORTANCE OF LISTENING TO THE VOICE OF THE CHILD; AND SAFEGUARDING ACTIONS FOR PROFESSIONALS WHO IDENTIFY DOMESTIC ABUSE.
SELF-HARM	<a href="#"><u>THE ASSOCIATION FOR CHILD AND ADOLESCENT MENTAL HEALTH</u></a>	THE PODCAST DISCUSSES: THE PREVALENCE OF SELF-HARM AND RISK FACTORS; THE SUPPORT ACCESSED BY CHILDREN AND YOUNG PEOPLE WHO SELF-HARM; AND DIFFERENT DIGITAL INTERVENTIONS.
ONLINE SAFETY	<a href="#"><u>THE NATIONAL COLLEGE</u></a>	MISINFORMATION, THE ABUSE OF AI, AND CONCERNING FINDINGS ABOUT ONE OF THE MOST POPULAR MESSAGING APPS ON THE MARKET. ALL THESE AND MORE ARE COVERED IN THE INAUGURAL EPISODE OF THE ONLINE SAFETY MONTHLY ROUNDUP, BRINGING YOU THE MOST PROMINENT NEWS FROM AUGUST 2024!
YOUTH VIOLENCE	<a href="#"><u>THE BEN KINSELLA TRUST</u></a>	THE BEN KINSELLA TRUST HAS LAUNCHED A COMPELLING PODCAST SERIES TITLED "KNIFE CRIME: REAL STORIES, REAL PEOPLE", AIMED AT RAISING AWARENESS OF THE DEVASTATING IMPACT KNIFE CRIME HAS ON INDIVIDUALS, FAMILIES, AND COMMUNITIES.
EFFECTIVE PSHE	<a href="#"><u>PSHE ASSOCIATION</u></a>	NICK CONSIDERS SOME WAYS OF DECONSTRUCTING A STORY, INCLUDING USING CASE STUDIES AND 'TIMELINE', IN ORDER TO HELP US USE IT TO EXPLORE ISSUES AND STRATEGIES IN PSHE.
EFFECTIVE RSE	<a href="#"><u>NSPCC</u></a>	EXPLORES THE CHALLENGES TEACHERS CAN FACE WHEN TEACHING RSE. DISCUSSION POINTS INCLUDE: THE IMPORTANCE OF FOCUSING ON EQUALITY, DIVERSITY AND INCLUSION; THE IMPACT OF SOCIAL MEDIA ON THE WAY YOUNG PEOPLE LEARN ABOUT SEX AND RELATIONSHIPS; AND TAKING A WHOLE SCHOOL APPROACH TO DELIVERING SRE.



IF YOU WANT TO SHARE A PODCAST,  
TRAINING OR DOCUMENTARY  
YOU'VE FOUND USEFUL FOR YOUR  
PRACTICE PLEASE [EMAIL NATALIE](#)

# DOCUMENTARIES

THIS LIST IS NOT ABOUT DOCUMENTARIES THAT ARE SUITABLE FOR YOUNG PEOPLE - YOUNG PEOPLE STATE THEY DON'T WANT VIDEOS ANY LONGER THAN 15 MINUTES IN THEIR SESSIONS BUT TO GIVE PROFESSIONALS GREATER KNOWLEDGE INTO VARIOUS PSHE TOPICS

BBC	29 MINUTES	<u><a href="#">JORDAN NORTH THE TRUTH ABOUT VAPING</a></u>	JORDAN NORTH ASKS, SHOULD I QUIT VAPING? IS IT BAD FOR ME OR NOT? TO FIND OUT, HE UNCOVERS THE TRUTH ABOUT VAPING AND REALISES THERE'S A LOT HE DIDN'T KNOW
BBC	58 MINUTES	<u><a href="#">MURDER GAMES: THE LIFE AND DEATH OF BRECK BEDNAR</a></u>	DOCUDRAMA TELLING THE TRUE STORY OF BRECK BEDNAR, A 14-YEAR-OLD SCHOOLBOY WHO WAS LURED TO HIS DEATH AFTER BEING GROOMED ONLINE BY LEWIS DAYNES WHILE GAMING.
BBC	30 MINUTES	<u><a href="#">MY MURDER</a></u>	THE SHOCKING STORY OF GEMMA, A YOUNG WOMAN WITH A LEARNING DISABILITY WHO WAS ABANDONED BY THE SYSTEM AND BRUTALLY MURDERED BY PEOPLE SHE THOUGHT OF AS FRIENDS.
BBC	53 MINUTES	<u><a href="#">ZARA MCDERMOTT - REVENGE PORN</a></u>	WHEN ZARA MCDERMOTT LEFT LOVE ISLAND IN 2018, SHE WAS TOLD THAT NAKED PHOTOS OF HER WERE CIRCULATING WORLDWIDE. NOW SHE'S LOOKING FOR ANSWERS.
<b>NEW</b>	58 MINUTES	<u><a href="#">ZARA MCDERMOTT - UNCOVERING RAPE CULTURE</a></u>	ZARA MCDERMOTT UNCOVERS A 'RAPE CULTURE' RAGING IN BRITAIN'S SCHOOLS. SHE SPEAKS FOR THE FIRST TIME ABOUT HER OWN SEXUAL ASSAULT BY A SCHOOLBOY, AND ASKS WHAT NEEDS TO CHANGE.
<b>NEW</b>	58 MINUTES	<u><a href="#">ZARA MCDERMOTT - DISORDERED EATING</a></u>	RECORD NUMBERS OF YOUNG PEOPLE ARE BEING TREATED FOR EATING DISORDERS. ZARA MCDERMOTT EXPLORES THE REASONS BEHIND THIS EXPLOSION AND ASKS IF SOCIAL MEDIA IS PART OF THE PROBLEM.
BBC	57 MINUTES	<u><a href="#">JESY NELSON - ODD ONE OUT</a></u>	LITTLE MIX STAR JESY NELSON GOES ON A JOURNEY OF REHABILITATION AS SHE OPENS UP ABOUT ABUSE SHE HAS SUFFERED AT THE HANDS OF CYBERBULLIES AND ITS EFFECTS ON HER MENTAL HEALTH.
<b>NEW</b>	45 MINUTES	<u><a href="#">MYLEENE: MISCARRIAGE AND ME</a></u>	BROADCASTER AND MUSICIAN MYLEENE KLAAS DISCUSSES THE TRAUMA OF HER MISCARRIAGES, WITH THE AIM OF BREAKING THE TABOO WHICH OFTEN SURROUNDS THIS TYPE OF PREGNANCY LOSS. MYLEENE OPENS UP TO HER HUSBAND FOR THE FIRST TIME AND MEETS WOMEN FROM ACROSS THE COUNTRY WHO SHARE THEIR EXPERIENCES OF BABY LOSS, INCLUDING CLOSE FRIENDS AND
<b>NEW</b>	180 MINUTES (3 X 60 MINS)	<u><a href="#">THREE GIRLS</a></u>	THE TRUE STORY OF THE YOUNG VICTIMS IN THE 2012 GROOMING AND SEX TRAFFICKING CASE IN ROCHDALE.
<b>NEW</b>	59 MINUTES	<u><a href="#">MATT WILLIS: FIGHTING ADDICTION</a></u>	THIS RAW DOCUMENTARY SEES BUSTED'S MATT WILLIS OPEN UP ABOUT HIS STRUGGLES WITH ADDICTION AND THE PRESSURE IT PUTS ON HIS FAMILY, AS WELL AS LOOKING INTO WHAT HELPS HIM AND OTHERS STAY CLEAN.
<b>NEW</b>	59 MINUTES	<u><a href="#">THE REAL MO FARAH</a></u>	MO FARAH REVEALS THE TRUTH ABOUT HIS CHILDHOOD, THE JOURNEY HE MADE TO THE UK AS A YOUNG BOY, AND THE SUBSEQUENT YEARS THAT LED TO HIM WINNING TWO GOLD MEDALS AT THE 2012 OLYMPICS.

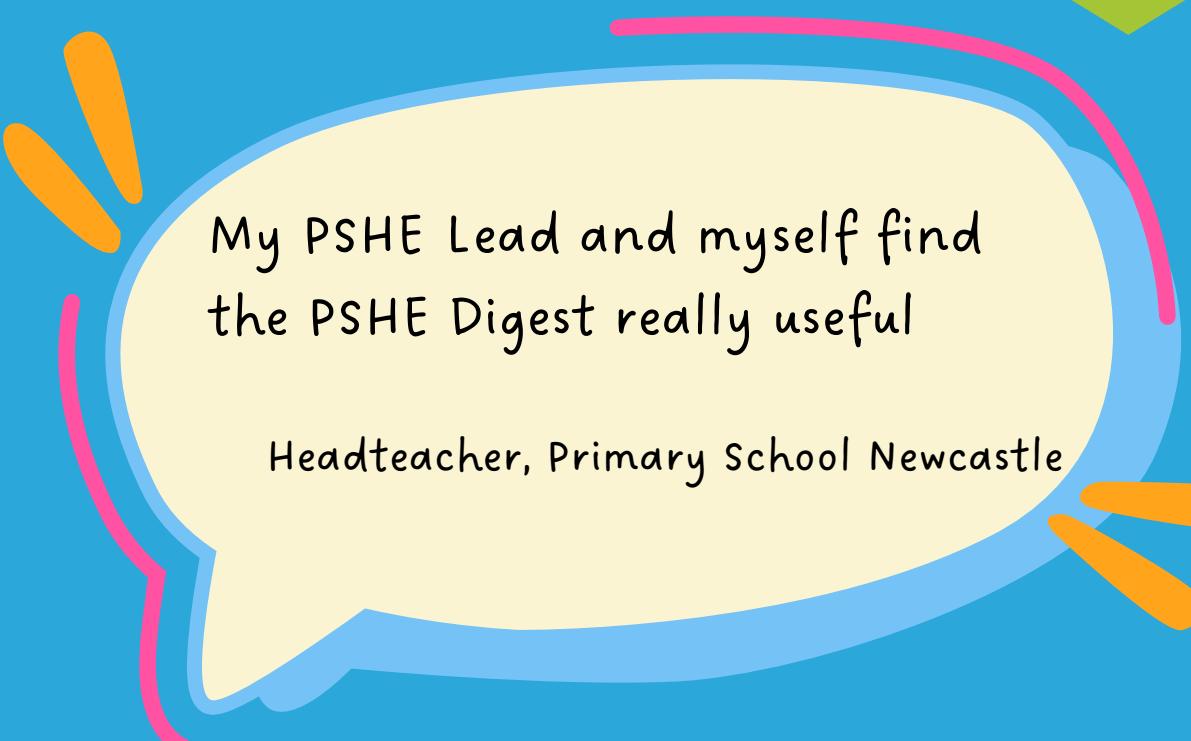
<b>NEW</b>	BBC	58 MINUTES	<u>ROMAN KEMP: OUR SILENT EMERGENCY</u>	ROMAN KEMP EXPLORES THE MENTAL HEALTH AND SUICIDE CRISIS AFFECTING YOUNG MEN. WHEN ROMAN LOST HIS BEST FRIEND, HE HAD NO IDEA HE WAS STRUGGLING. NOW, ROMAN IS SEARCHING FOR ANSWERS.
<b>NEW</b>	BBC	59 MINUTES	<u>LEIGH-ANNE: RACE, POP AND POWER</u>	LITTLE MIX'S LEIGH-ANNE PINNOCK EXPLORES RACISM ACROSS THE MUSIC INDUSTRY AND CONFRONTS HER OWN EXPERIENCES AS THE ONLY BLACK MEMBER OF THE BAND.
<b>NEW</b>	BBC	27 MINUTES	<u>HIDDEN GIRLS</u>	A LOOK AT THE HIDDEN WORLD OF GIRLS IN GANGS AND THE EXTENT TO WHICH TEENAGE GIRLS ARE BEING CRIMINALLY AND SEXUALLY EXPLOITED.
<b>NEW</b>	BBC	59 MINUTES	<u>DRIVEN: THE BILLY MONGER STORY</u>	FOLLOWING THE REMARKABLE STORY OF 18-YEAR-OLD BILLY MONGER AS HE ATTEMPTS TO BECOME THE FIRST EVER AMPUTEE TO RACE COMPETITIVELY IN A SINGLE-SEATER RACING CAR.
<b>NEW</b>	BBC	59 MINUTES	<u>IS THIS SEXUAL HARASSMENT</u>	SOCIAL EXPERIMENT HOSTED BY JOURNALIST AND PRESENTER BEN ZAND IN WHICH A GROUP OF PEOPLE COME TOGETHER TO TRY TO UNDERSTAND WHAT CONSTITUTES SEXUAL HARASSMENT.
<b>NEW</b>	BBC	59 MINUTES	<u>IS THIS COERCIVE CONTROL</u>	JOURNALIST AND PRESENTER ELLIE FLYNN BRINGS TOGETHER A GROUP OF 20 YOUNG PEOPLE AGED 18-25 FOR A SOCIAL EXPERIMENT, TO SEE IF THEY UNDERSTAND WHAT CONSTITUTES COERCIVE CONTROL.
<b>NEW</b>	BBC	59 MINUTES	<u>EMILY ATAK: ASKING FOR IT</u>	ACTRESS EMILY ATAK EXPLORES WHY SHE IS SEXUALLY HARASSED ONLINE ON A DAILY BASIS AND SEEKS TO UNDERSTAND WHY THE BLAME FOR UNWANTED SEXUAL ATTENTION IS SO OFTEN PUT ON THE VICTIM.
<b>NEW</b>	BBC	57 MINS	<u>ME, MY BROTHER AND OUR BALLS</u>	AN INTIMATE, PERSONAL AND HUMOUR-FILLED LOOK INTO THE INS AND OUTS OF MALE FERTILITY WITH LOVE ISLAND STAR CHRIS HUGHES AND HIS BROTHER BEN.
<b>NEW</b>	CHANNEL 4	47 MINUTES	<u>CONSENT</u>	OLD AND AUTHENTIC DRAMA SET AT AN ELITE SCHOOL WHERE THE LINES OF SEXUAL CONSENT ARE DANGEROUSLY BLURRED. WHEN A SERIOUS ACCUSATION IS MADE AGAINST 'ONE OF THEIR OWN', HOW WILL THE SCHOOL REACT?
<b>NEW</b>	CHANNEL 4	47 MINUTES	<u>UNDERCOVER: SEXUAL HARASSMENT - THE TRUTH</u>	ELLIE FLYNN GOES UNDERCOVER, EXPOSING THE HARSH REALITY OF SEXUAL HARASSMENT AGAINST WOMEN AND GIRLS IN BRITAIN TODAY, FROM 'DICK PICS' TO BEING FLASHED, GROPED, SPIKED AND RAPED
<b>NEW</b>	NETFLIX	1 HOUR 34 MINUTES	<u>THE SOCIAL DILEMMA</u>	THIS DOCUMENTARY-DRAMA HYBRID EXPLORES THE DANGEROUS HUMAN IMPACT OF SOCIAL NETWORKING, WITH TECH EXPERTS SOUNDING THE ALARM ON THEIR OWN CREATIONS.

## NEXT MONTH (JANUARY)...

Resources & Materials for:

- 10-16 National Obesity Awareness Week
- 20 Brew Monday
- Winter Safety

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



My PSHE Lead and myself find  
the PSHE Digest really useful

Headteacher, Primary School Newcastle

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

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One child, one teacher,  
one book, one pen can  
change the world

MALALA YOUSAFZAI