



COVERED IN THIS MONTH'S NEWSLETTER:

Update from Natalie - Staffordshire PSHE
Local Funded Opportunities for Secondary
Education Providers

Update from National Partners:

- Updated resources from Internet Matters
- Reliable Data Sources
- Info for parent/carers supporting LGBTQ+ children and young people
- NFER review of Covid-19 and Mental Health
- Latest research into RSE delivery

Local Updates

- Nitrous Oxide
- Staffordshire YOS Prevention
- Round-up of local newsletters
- SCVYS Youth Local Action

Resources to support specific topics:

- 1-28 Feb LGBT History Month
- 6-12 Feb Children's Mental Health Week
- 7 Feb Safer Internet Day
- 17 Feb Random Act of Kindness Day
- 27 Feb-12 Mar Fairtrade Fortnight
- Robbery & Theft
- Worry
- Financial Education
- Bereavement

Training Opportunities

Upcoming Dates for your Diary

MEETING RECORDINGS:

For those who were unable to attend these meetings, please find links to the recordings for viewing at your convenience.

PSHE & PREVENT

PSHE Leads Meeting - Quality Assurance

Refugee Week

19-23 June

Theme: Compassion



If you have any feedback, or would like support, advice or information please email:

natalie@staffscvys.org.uk

UPDATE FROM NATALIE



**HAPPY
NEW YEAR**

Welcome to the first digest of 2023, I hope you had some well-deserved rest over the Christmas period and you find the information here useful.

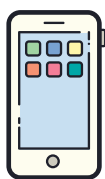
As we begin to write an End of Year report, it's been great to reflect on the progress of PSHE Coordination in Staffordshire which is thanks to your engagement, support and encouragement.

In 2023, I'm excited to continue this work. If you have any PSHE sessions, days or activities taking place in your setting, I'd love to come along to see and support the fantastic work. Similarly, if you have any feedback, or would like support, advice or information please feel welcome to email me or ring me on my work mobile: 07429 745 901

WHAT'S OUT THERE...

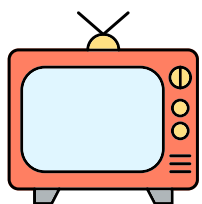
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them.

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



- Andrew Tate: Media Coverage/Tiktok/Youtube

Andrew Tate is a British-American "pickup artist" and former kickboxing champion who has gained a following for his controversial rhetoric against women. Tate has been associated with the Incel community, and has been accused of promoting misogynistic and violent ideologies to his followers. Votes for Schools have published a [Classroom Conversation guide](#) to support you in talking to young people about the rise of internet misogyny.



- EastEnders: A new storyline involving Lily, aged 12 who is pregnant is currently being covered in the soap. The storyline explores consent and pregnancy related issues. There is also an upcoming storyline about Zack being diagnosed with HIV. BBC Action Line signpost viewers to support services via their [website](#).
- Waterloo Road: A new series of Waterloo Road, a drama set in a secondary school, is available to watch on BBC iPlayer. Issues raised include bereavement, eating disorders, mental health & self-harm and victims of crime. BBC Action Line signpost viewers to support services via their [website](#).
- Hollyoaks: Covering an Incel storyline which involves Eric Foster. Issues raised include violence against women and girls, misogyny, radicalisation into Incel movement and consent. Channel4 provide help and support information on their [website](#).

LOCAL OPPORTUNITIES - PREVENT

FUNDED THEATRE IN EDUCATION - SECONDARY

Stoke-on-Trent Headteachers' Prevent Board was successful in securing funding to commission Loudmouth Education & Training's highly successful education programme on extremism - 'One of Us' for a limited number of schools in both the City and County.

The programme is designed for Year 8 and 9 pupils and involves a pre-recorded drama and a resource pack consisting of teacher PowerPoint, student workbook, signposting to support services and supplementary lesson plan ideas.

The key aims of the programme are that the pupils have:

- an increased awareness and understanding of what extremism is and the wider Prevent agenda
- knowledge about the breadth of extremism
- an understanding of the law and extremism
- knowledge of how to spot the signs of grooming into extremism

A train the trainer webinar will be led by Prevent Education Officer, Sarah Dyer on Tuesday 24th January 2023 3:30-4:30pm via MS Teams. The session will provide staff with the opportunity to familiarise themselves with the product, learn more about the timescales within which the product is available to be utilised, how to access it and ask any questions. To be able to access the resources you must attend the train the trainer event.

Booking is essential and deadline for booking is 17th January 2023.

TRAIN THE TRAINER - SECONDARY

The West Midlands Counter Terrorism Unit would like to invite you to attend the exclusive launch of the Synergy Student train the trainer package.

Synergy Student is a workshop designed for individuals aged 11-20, exploring how young people can make themselves less vulnerable to radicalisation through knowledge of online safety, grooming and the spread of misinformation. The session has been designed by Prevent Officer Georgia Nadin and has been successfully piloted with all police cadet groups in Warwickshire and the West Midlands with excellent feedback. Georgia is a qualified secondary school teacher and created this product in liaison with staff from a range of education providers, taking into account different learning needs.

The product has been adapted into a train the trainer package, for staff to deliver to their students. This session will introduce staff to the product and give them an opportunity to ask any questions and fully familiarise themselves with the package. We would recommend 2 or 3 staff attending from each school where possible, so that they can support one another with the initial delivery.

The event will take place on Friday 3rd March 2023 in the Community Centre Main Hall at Bentilee Neighbourhood Centre, Dawlish Drive, Stoke-on-Trent, ST2 0EU.

You can book either onto the morning or the afternoon session, 09:00-12:00 and 12:30-15:30. These sessions will be identical so please only attend one.

UPDATE FROM NATIONAL PARTNERS

UPDATED RESOURCES FROM INTERNET MATTERS

Internet Matters have provided updated resources for schools and parents, with information packs and teaching resources. There are age specific resources for early years, primary and secondary aged children.

Each section has:

- teaching resources
- a parent pack
- common online safety issues for that age group
- popular social media platforms for that age group
- a list of additional resources



RELIABLE DATA SOURCES

We recognise that ensuring your curriculum meets local need can be challenges and it can be difficult to know where to get your information from so that you have confidence that it is accurate and informative.

The Office for National Statistics has recently released the results from the latest census via interactive maps that provide data on ethnic groups, national identity, language and religion, with further data to be added in 2023. Also produces data on people, population and community

Domestic Abuse statistics can be found on the ONS website

Public Health England presents data on a range of factors related to the health and wellbeing of children and young people.



INFORMATION FOR PARENTS AND CARERS

Internet Matters have produced a guide for parents to support LGBTQ+ children and young people. It includes the benefits, risks, challenges and practical steps to protect children and young people including setting up devices, conversation starters, things to remember and dealing with online issues.

COVID AND MENTAL HEALTH



The National Foundation for Education Research (NFER) has published a review of evidence on the impact of the pandemic on children's mental health and wellbeing in the UK.

Findings include: the mental health of secondary-aged girls was more likely than that of secondary-aged boys to have declined during the pandemic; whilst young primary-aged boys showed a greater decline in mental health than young primary-aged girls; children with special educational needs and disabilities (SEND) had lower wellbeing and mental health both before and during the pandemic; and some young people, particularly those with pre-existing poorer mental health, saw some improvement in their mental health during the first lockdown.

The Anna Freud Centre have produced Mentally Healthy Schools' latest toolkits for primary, secondary and FE settings, which are full of resources to help boost wellbeing over the winter break for pupils and staff. Which while written for use ahead of the Christmas break can still be useful now.



NATIONAL RESEARCH INTO RSE

Safe Lives has published a new report "I love it, but I wish it was taken more serious" looking at the experiences of students and teachers' around the relationship and sex education (RSE) curriculum in England. Surveys, interviews and focus groups were carried out with 1,000 students and 60 RSE teachers.

Key Findings:

- Young people are not learning enough about harmful relationships and how to seek help
- LGBT+ students are being left behind
- Boys feel pressured by gendered norms, less able to express themselves and are turning to the internet for information about sex and relationships.
- Young people want more from their RSE classes
- Teachers need training, resources and time

NSPCC has published a literature review to summarise 11-25 years olds' views on learning about relationships, sex and sexuality and highlights a disconnect between their lived experience and the education they receive.

We'll be working to support education providers to ensure they have the appropriate resources and training to address these findings.

UPDATE FROM LOCAL PARTNERS

NITROUS OXIDE



Partners in Staffordshire County Council's Children & Families, Health & Wellbeing Team have circulated this [briefing](#) related to Nitrous Oxide and the risks that has been created by the National Police Chiefs' Council (NPCC) and Office for Health Improvement and Disparities (OHID).

A [leaflet](#) has been produced by local substance misuse service Re-Solv about Nitrous Oxide for use with young people.



YOUTH OFFENDING SERVICE PREVENTION TEAM

Staffordshire Youth Justice Early Help and Crime Prevention Team focuses on preventing crime, anti-social behaviour and child exploitation by offering targeted interventions to children and young people from the age of 10 up to their 18th birthday.

Consent is required from both the child/young person and their parent/carer.

Please find attached an updated [information leaflet for parents/carers & crib sheet and referral form](#) for your records.

NEWSLETTERS FROM PARTNERS



Catch22 circulated their latest [Research and Development round-up](#) just before Christmas which included sections on Mental Health, County Lines, Safeguarding and Relationships and Sex Education findings.

Staffordshire Safeguarding Children Board [December '22 Newsletter](#) including details around the development of a co-production charter, Anti-Bullying Alliance report and Hate Crime.

[Kind Minds Jan 23](#)- Contains useful information about children and young people's mental health and emotional wellbeing from partners working across Staffordshire.

YOUTH SOCIAL ACTION

Youth Engagement & SCVYS

Hi! Sean here, Youth Engagement Co-ordinator for SCVYS. I've written a short overview (see right) for two of our current projects focussing on enhancing youth voice, power and influence, which will hopefully be of interest to some of the young people you work with.

Please share feel free to share with young people, students, and colleagues alike.

If you would like further information about anything mentioned, please contact sean@staffscvys.org.uk.



Staffordshire MYP Oscar at the UK Youth Parliament, November 2022

UK Research & Innovation [Climate Anxiety]

Climate change poses a major threat to human health, however, research is scarce on the psychological effects. Youth non-profit organisation Force of Nature finds that over 70% of young people feel hopeless in the face of the climate crisis and as many as 56% believe humanity is doomed. But only 26% feel that they know how to contribute to solving the problem.

Working with Staffordshire University and their 'Get Talking' model of community research, this project aims to convert anxiety to agency and inspire young people to conduct research and take direct action in their local communities.

The young people on this project will be the first to adapt 'Get Talking' specifically for young people alongside Staffordshire University, will learn more about climate and sustainability from experts and will be empowered to become drivers of positive change where they live.



Staffordshire Youth Union [UK Youth Parliament]

SCVYS are currently recruiting for members aged 11-18 to be part of the Staffordshire Youth Union (SYU) countywide network.

We aim to bridge the gap between local and national politics and young people by running campaigns and raising awareness for the issues affecting young people, working hand in hand with the British Youth Council and UK Youth Parliament.

Members of SYU will be the first to have access to exclusive local, regional, and national events and opportunities to meaningfully engage with and represent the voices of children and young people. This could even lead to becoming a Member of Youth Parliament and representing Staffordshire in the Houses of Parliament.

Additionally, they will also have the opportunity to be part of the steering group for the Climate Anxiety: Young Community Researchers project with Staffordshire University.

Please share this QR Code with young people who wish to register for Staffordshire Youth Union, or visit:
<https://staffscvys.org.uk/staffordshire-youth-union/>



RESOURCES

LGBT HISTORY MONTH 1-28 FEB



LGBT+ children and young people exist in every space where children and young people are, including classrooms. This can be as part of their own identity or their family. LGBT+ History Month provides an opportunity for children and young people to gain the knowledge and embrace the rich diversity of the world they live in, and for some to have the opportunity to describe their own experiences and also to make visible the LGBT+ people who have been successful in a myriad of different professions.

This year's theme "Behind the Lens" celebrates LGBT+ peoples' contribution to cinema and film from behind the lens.

Schools Out Resources have yet to be released but you will get them [here](#)
The Proud Trust pack for secondary schools can be downloaded [here](#) with links to English, History, RSE, Media Studies, Design Technology, Art and Design Textiles and Music.

CHILDREN'S MENTAL HEALTH WEEK 6-12 FEB

Place2Be launched the first-ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its ninth year, they hope to encourage more people than ever to get involved, spread the word and raise vital funds for children's mental health.

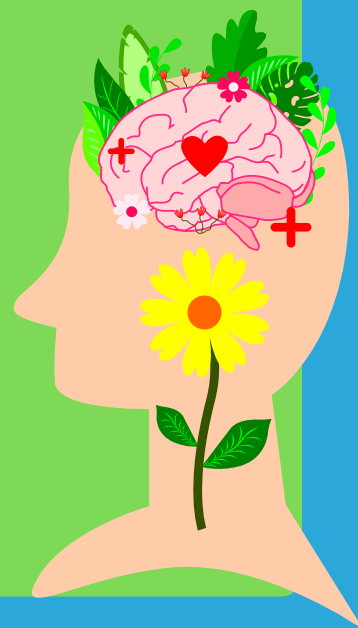
This year's theme is Let's Connect.

"Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing."

[Free resources](#) for primary age and secondary age children and young people will help you take part in the week. Activities in the resources are designed to encourage children (and adults) to consider how we can make meaningful connections that support mental health.

[Primary Age activities](#)

[Secondary Age activities](#)



SAFER INTERNET DAY 7 FEB

This year's theme is "Want to talk about it? Making space for conversations about life online."

The UK Safer Internet Centre has created [engaging resources](#) for 3-18 years old, designed to put children and young people's voices at the forefront of the campaign, encouraging them to help shape the future of online safety support.

Tailored for each key stage, the packs include lesson plans, assemblies, posters and activity ideas.

BBC Teach are also running a [live lesson](#) for 7-11 years old on the day at 11am.

RANDOM ACT OF KINDNESS DAY 17 FEB

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



Other suggestions:

- Each year group chooses a charity to raise money for - raise as much money as possible and do an assembly about the fundraising activities and charity.
- Make a display - leave cards for pupils to write down kind deeds they have done or witnessed and pin onto the display. This could be created from an art competition or could be something contemporary such as graffiti

FAIRTRADE FORTNIGHT 27 FEB-12 MAR

Fairtrade Fortnight 2023 focuses on a simple message: choose Fairtrade now and help save our favourite foods.

The Fairtrade Foundations website contains useful resources including activities and games, lesson and assembly plans, professional development and films to support learning on topics including; Fairtrade, climate justice and origins of foods.

Links to education packages for specific age groups are below:

[Climate, Fairtrade and You - Education Pack for Early Years](#)

[Climate, Fairtrade and You - Education Pack for Primary Schools](#)

[Climate, Fairtrade and You - Education Pack for Secondary Schools](#)



For more information about how your school can become a Fairtrade School click [here](#).



ROBBERY & THEFT - POLICE WEEK OF ACTION

Prior to Christmas, there was a police week of action related to robberies. In response to schools identifying an increase in personal theft and robberies, possibly linked to the cost of living crisis, [A Crimestoppers Resource for Secondary Education](#) has been identified to support schools who want to address this topic in their local contexts. Chapter 6 (page 43-48) covers Robbery and Theft supporting students to learn the difference between robbery and theft and other aspects of the law, understand the consequences for those involved in stealing and those around them as well as develop basic self-help skills to reduce the risk of being a victim of robbery or theft.

FINANCIAL EDUCATION RESOURCES



Your Money Matters (England Edition) has been designed for use with young people aged 14-16 years old and cover topics including spending and saving, borrowing, debt, insurance, student finance and future planning.

There is an accompanying Teacher's Guide within the download which highlights areas of good practice, provides examples of curriculum integration and links to other resources that can enhance your financial education provision.

Each chapter of the Textbook has PowerPoint presentations for use in lesson, that can be edited and tailored to meet the age and ability of your learners.



WHAT TO DO ABOUT WORRY RESOURCES



Public Health England have produced a lesson plan for Year 6 (10-11 years old) to facilitate professions to help children identify worry and possible actions to take if they feel worried. There is a video and activities to support.

BEREAVEMENT

We have been aware that a number of schools have had to support their students through bereavement recently. Firstly, we want to send our condolences and we wanted to share with you organisations and resources to support bereaved children and young people.

- UK Trauma Centre/ Anna Freud Centre - [Traumatic Bereavement Resources](#)
- Childhood Bereavement Network - [Growing in Grief Awareness Toolkit](#)
- Woodside Bereavement Service - [Suggested reading list](#)
- Winston's Wish - [Helping School Professionals Support Grieving Pupils](#) (includes PSHE lesson plans for KS1-4, policy templates and free e-learning)

UPCOMING 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.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
BRITISH VALUES	11TH JANUARY 2023 4.00-4.45PM	PICTURE NEWS	FREE	EXPLORE HOW PICTURE NEWS CAN HELP PROVIDE CONTEXT FOR CHILDREN AND HELP THEM GAIN A GREATER UNDERSTANDING OF BRITISH VALUES AND THE PROTECTED CHARACTERISTICS
SEXUALISED BEHAVIOURS	12TH JANUARY 9.30-11.30AM OR 3.30-5.30PM	STAFFORDSHIRE EDUCATION SAFEGUARDING TEAM	FREE	STAFFORDSHIRE DSL BRIEFING - STAFFORDSHIRE SCHOOLS ONLY. A MULTI-AGENCY DELIVERY WITH A FOCUS ON CHILD SEXUAL ABUSE AND THE IMPACT OF PORNOGRAPHY ON HARMFUL SEXUAL BEHAVIOURS
GENDER	19TH JANUARY 2023 3.30-5.30PM	MEN AT WORK	£25	THE WEBINAR WILL PRESENT ON THE GROWING PHENOMENA OF ONLINE MISOGYNIST INFLUENCES - MEN LIKE ANDREW TATE, WHOSE RECENT HIGH PROFILE ARREST BRING HIS UNDENIABLE INFLUENCE OVER MILLIONS OF YOUNG PEOPLE INTO NECESSARY SCRUTINY
EXTREMISM	24TH JANUARY 2023 3.30-4.30PM	STOKE'S PREVENT EDUCATION OFFICER	FREE	TRAIN THE TRAINER WEBINAR TO PROVIDE STAFF WITH THE OPPORTUNITY TO FAMILIARISE THEMSELVES WITH "ONE OF US"
EMOTIONAL HEALTH	26TH JANUARY 2023 4.30-6.00PM	ANNA FREUD CENTRE	FREE	SEMINAR TO EXPLORE THE IMPORTANCE OF HEALTHY COPING STRATEGIES FOR DEALING WITH DIFFICULT EMOTIONS. SHARING PRACTICE EXAMPLES OF COPING STRATEGIES AND EMOTIONAL REGULATION TOOLS THAT YOUNG PEOPLE CAN USE AND HELPING PROFESSIONALS TO INTRODUCE THESE STRATEGIES TO YOUNG PEOPLE
ANTI-BULLYING	8 DATES BETWEEN JANUARY AND MARCH 2023. TWO HOUR TRAINING COURSE	ANTI-BULLYING ALLIANCE	FREE	OFFERED AS PART OF THE UNITED AGAINST BULLYING WHOLE SCHOOL ANTI-BULLYING PROGRAMME. AIMS TO DEVELOP UNDERSTANDING OF BULLYING AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING. EACH SCHOOL CAN HAVE UP TO 2 PLACES (ONE SHOULD BE A SLT MEMBER)
EXTREMISM	3RD MARCH 2023 9.00AM-12.00PM OR 12.30-3.30PM	WEST MIDLANDS COUNTER TERRORISM UNIT	FREE	TRAIN THE TRAINER SESSION THAT OUTLINES VULNERABILITY TO RADICALISATION THROUGH KNOWLEDGE OF ONLINE SAFETY, GROOMING AND MISINFORMATION. PLEASE NOTE THIS IS A FACE TO FACE SESSION IN STOKE ON TRENT

NEXT MONTH...

Resources & Materials for:

- 1 Mar Zero Discrimination Day
- 18 Mar Global Recycling Day
- 18 Mar Stop CSE Day
- 20 Mar World Oral Health Day
- 21 Mar International Day for the Elimination of Racial Discrimination
- 31 Mar International Transgender Day of visibility



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

GOOD PRACTICE GUIDANCE:

Please find the second in a series on good practice guidance to support your curriculum and PSHE delivery.

Quality Assurance - includes information and suggestions on how to implement effective quality assurance of sessions, resources and external providers within your setting.

UPCOMING PSHE EVENTS...

Tackling Homophobia & PSHE: Practice Development webinar

30th January 2023 4-5pm

MS Teams

PSHE Leads Network Meeting (Spotlight on Pupil Voice)

14th February 4-5pm

MS Teams