

## COVERED IN THIS MONTH'S NEWSLETTER:

PSHE Coordination Service branding and website launch

What's out there: Social Media, TV & News

Update from National Partners:

- Updated resources from Stonewall & Durex
- Children's Commissioner
- Closure of National Helpline
- DfE Updated Online Safety Guidance
- Call for evidence - Online Safety
- Preventing HSB in schools
- Stem4: Social Media, Body Image & Self Worth

Update from Local Partners:

- Safe+Sound Alternative Provider pilot
- Alcohol & PSHE Professional Guidance
- Parent Carer webinars

Resources to support key dates/themes:

- 1 Mar Zero Discrimination Day
- Sexual Harassment
- 18 Mar Child Exploitation Awareness Day
- 18 Mar Global Recycling Day
- 20 Mar World Oral Health Day
- 21 Mar International Day for the Elimination of Racial Discrimination
- 31 Mar International Transgender Day of Visibility
- Build the Change: Lego
- Food & Nutrition - schemes of work & free resources

Training Opportunities

Upcoming Dates

## MEETING RECORDINGS:

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

[Tackling Homophobia & PSHE](#)



**PSHE**  
Education  
STOKE-ON-TRENT  
STAFFORDSHIRE

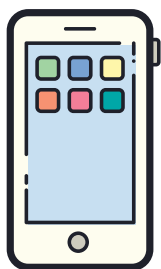
We are really pleased to share the new logo for the Pan-Staffordshire PSHE Coordination service. The branding has been designed to represent the multi-agency partnership around the service to ensure quality & consistent PSHE across Staffordshire and Stoke on Trent and the breadth of topics covered within PSHE to enable children and young people to thrive.

Another exciting development is the creation of our website which will include a portal space for education providers containing resources linked to topics. Stay tuned for the launch!

# 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.

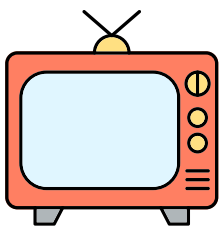


Further to January's edition, the PSHE Association have published guidance on [Addressing misogyny, toxic masculinity and social media influence through PSHE education](#) which can further support you in relation to concerns related to Andrew Tate.

Staffordshire Police have shared a notice regarding concerns of a social media trend "The Game" which is in circulation. iNEQE Safeguarding Group has published some practice advice in relation to this specific issue. Online Safety forms a key part of PSHE and to ensure you are able to support children and young people to identify risk and stay safe online, some resources have been highlighted below:

- [NSPCC Online safety resources for schools and organisations](#)
- [UK Safer Internet Centre Teaching Resources](#)
- [Childnet Resources](#)

You can find more guidance related to teaching about Online Safety later in the digest.



Actress and comedian, Emily Atack shares her experiences of unwanted sexual attention and sexual harassment in a one-off special documentary which will air on BBC Two and iPlayer on Tuesday 31 January at 9pm. Content will explore use of social media, cyber-flashing, misogyny, violence against women & girls and sexual violence. [Women's Aids' Expect Respect](#) is a prevention toolkit that will help you to lead sessions around healthy relationships for children and young people aged 4-18. It contains age-appropriate activities that can be used in a range of spaces. It will help you to hold conversations about the root causes of violence, and educate young people on gender-based violence.



Greater Manchester Police have announced that criminal proceedings against Manchester United football player, Mason Greenwood have been discontinued. He had been charged with attempted rape, engaging in controlling and coercive behaviour and assault.

Mentally Healthy Schools and Anna Freud National Centre for children and families have a [Coercive control lesson plan](#) which is designed for use with students over 15, and explores the topic of coercive control and controlling relationships.

The PSHE Association has guidance available on [Teaching about Consent](#)

# UPDATE FROM NATIONAL PARTNERS

## UPDATED RESOURCES FROM STONEWALL AND DUREX

LGBTQ+ charity Stonewall has partnered with condom brand Durex to launch [All In](#), an inclusive alternative to sex education.

This is something that PSHE professionals should read and reflect on the inclusivity of their current curriculum. All In provides insights from diverse groups of LGBTQ+ people that explores identity and labels, the different definitions of "sex" that people from this community state they wish they'd learned in PSHE.

## CHILDREN'S COMMISSIONER

The latest Children's commissioner [report](#) says "education will play a key role in violence prevention & critical media literacy" & dangers of pornography should "sit within a broader RSE strategy"

The PSHE Association has a free download on [how to address pornography through PSHE](#). Childnet have a [session](#) around online pornography for 11-16 years.



## CLOSURE OF NATIONAL HELPLINE

Please note that the National Harmful Sexual Behaviour Support Service has now closed. This helpline was created to support professionals working with children and young people in tackling harmful sexual behaviours. Please ensure references to this service (hsbsupport@swgfl.org.uk and 0344 2250623) are removed from your organisation.

In response to this closure SWGL and Marie Collins Foundation have provided guidance and resources including an online video training package that can be found on the [website](#).

Locally, if you are unsure if the sexualised behaviour is problematic or harmful please contact:

Stoke-on-Trent CHAD - 01782 235 100

Monday - Thursday 8.30am -5pm and Friday 8.30-4.30pm

Out of Hours - 01782 234 234



# UPDATED ONLINE SAFETY GUIDANCE

The Department for Education has released an updated version of the "Teaching Online Safety in Schools" guidance. This is the latest update since the guidance was first published in June 2019.

The guidance, although non-statutory, provides essential information and support on how to teach children and young people to stay safe and behave online, as part of current curriculum requirements. The guidance covers topics including:

- teaching about harms and risks
- vulnerable pupils
- use of external resources
- use of external visitors

It also recognises how a whole-school approach to online safety and online safeguarding can benefit staff and pupils.

The guidance has undergone formatting changes, includes additional resources and covers more topics including:

- Online Radicalisation has been added as a potential harm to reflect the recent concerns about a rise in extremism online
- Linking to the government's online media strategy and the five principles that underpin delivery of media literacy education.

There are also new additions to what should be taught including:

- the risks of cyber crime, online fraud and identity theft has been added to "how to identify online risks"
- new suggested teaching on "fake websites and scam emails" and "fraud online", such as how to protect yourself and others against different types of online fraud.
- understanding the 'easy money' lifestyles and offers may be too good to be trust has been added to the teaching recommendations for "Impact on Confidence"
- considering how to demonstrate empathy towards others (on and offline) has been added to "Online Behaviour"

Other updates include:

- Renaming "teaching about online harms and risks in a safe way" to "Safeguarding"

We encourage all school staff to read the guidance to map and confirm that their curriculum (across ICT, Citizenship and PSHE) covers the recommended teaching.

## CALL FOR EVIDENCE – ONLINE SAFETY

OFCOM is calling for evidence on risk of harms to children online and how they can be mitigated ahead of its new role as the UK's online safety regulator.

OFCOM would like to hear from individuals with an expertise in protecting children online. The call for evidence closes on 21st March 2023.

# PREVENTING HARMFUL SEXUAL BEHAVIOURS IN SCHOOLS

The Lucy Faithful Foundation has recently launched a new [webpage](#) for schools, which gathers together safety planning tools and other useful resources including education resources.

They have been working with some of our local secondary schools over the past year and the feedback has been fantastic. They are currently recruiting Year Two schools. These are secondary schools who would benefit from expertise input to help respond to incidents or concerns relating to harmful sexual behaviours amongst pupils.

The Lucy Faithful Foundation has kindly shared a [briefing paper](#) with you which provides further information and details of how to register your interest.

## SOCIAL MEDIA, BODY IMAGE AND SELF WORTH

Stem4, a mental health charity has published findings about the impact of social media on children and young people's body image, mental health and wellbeing using [findings](#) from a survey of 1,024 children and young people. Findings include nearly half (45%) are regularly bullied by people they know, or trolled online because of their physical appearance. Three out of Four (77%) children and young people are unhappy with their appearance.

Dove's [Confident Me](#) sessions for 8-16 years old help boost young people's body confidence and improve their self-esteem.

You can also signpost young people aged 12 years and above to Stem4's [Worth Warrior App](#). This is a free, evidence-based mobile phone app to help young people overcome issues of negative body image, low self worth and related early-stage eating difficulties or eating disorders.

Using principles of Cognitive Behaviour Therapy for Eating Disorders (CBT-E), it provides a range of helpful activities and information, based on the notion that eating and body-related issues can be helped through learning to challenge and change negative thoughts, emotions, and behaviours towards body image, and improve underlying low self-worth.

# UPDATE FROM LOCAL PARTNERS



**Staffordshire  
Fire and Rescue Service**  
preventing • protecting • responding

## ATTENTION: ALTERNATIVE PROVIDERS SAFE+ SOUND WORKSHOPS

Staffordshire Fire and Rescue Service (SFRS) are inviting Alternative Providers (including those based within mainstream settings) to attend a Safe+Sound event at Sandyford Community Fire Station in March 2023. The event is suitable for Key Stage 3.

The half day event will consist of four workshops delivered by Staffordshire Fire and Rescue Service (SFRS) and partners. Topics of the workshops may change, but are initially planned to be;

- \* Fire safety in the home – delivered by SFRS in their interactive, immersive Pod
- \* What to do in an emergency – delivered by SFRS, basic first aid including CPR
- \* Money sense – delivered by HSBC
- \* Truck safety – delivered by Hawkins Logistics and/or DHL

Workshops can accommodate up to 16 pupils per event – these 16 will be split into four groups of 4 to experience the workshop in a carousel. This is a test and learn event which SFRS hope to develop into an annual offer for AP pupils.

For more information or to book, please contact:  
[safeandsound@staffordshirefire.gov.uk](mailto:safeandsound@staffordshirefire.gov.uk)

## PARENT & CARER WEBINARS

Staffordshire Police has asked us to share details on a free webinar for parents and carers being run by the Ben Kinsella Trust. They would be grateful if you could promote this.

Tues 21st Feb, 7-9pm: Exploitation, Gangs & Knife Crime Awareness: [Free online course for parents and carers - session 1](#) hosted by The Ben Kinsella Trust and they will be facilitated by Anoushka Dunic and Patrick Green (book session 1 and 2)

Tues 28th Feb, 7-9pm: Exploitation, Gangs & Knife Crime Awareness: [Free online course for parents and carers - session 2](#) hosted by The Ben Kinsella Trust and they will be facilitated by Anoushka Dunic and Patrick Green (book session 1 and 2)

## ALCOHOL & PSHE



With thanks to Staffordshire Police EIPU, multi-agency partners through the Staffordshire Drugs & Alcohol Education working group and Alcohol Education Trust the latest in the ...& PSHE series has been launched. This pack, supports professionals to deliver best practice PSHE and develop subject knowledge on the topic of Alcohol.

CLICK ON THE IMAGE OF THE DOCUMENT TO ACCESS VIA GOOGLE DRIVE  
TO HELP US TO UNDERSTAND THE IMPACT OF LOCALLY PRODUCED/SOURCED RESOURCES, WE'D APPRECIATE YOUR TIME TO COMPLETE THIS [SHORT SURVEY](#) ONCE YOU HAVE VIEWED THE PACK.

# RESOURCES

## ZERO DISCRIMINATION DAY 1 MAR

## INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION 21 MAR

The British Red Cross guide "[Talking with children and young people about race and racism](#)" aims to support education providers to gain the confidence to talk to children and young people about race and racism and develop their understanding and awareness. Resources are suitable for ages 3-18.

[Premier League Primary Stars](#) "No Room for Racism" series includes a pack - [This is Everyone's Game - Black voices](#), suitable for Upper Key Stage 1/Foundation, KS2. This pack celebrates the contribution that football players of African and Caribbean descent have made to the Premier League and English football, with films and stories featuring Divock Origi, Liverpool FC, and Demi Stokes, Manchester City Women's FC. You must register with an account to access resources.

The Equality and Human Rights Commission have a series of [lesson plans](#) which support secondary students to explore concepts related to equality and human rights. Lesson 6: Discrimination sets out the following learning objectives:

- Understand that some groups of people can be treated unfairly because of their characteristics.
- Understand what is meant by discrimination.
- Be able to identify negative and discriminatory behaviour

## SEXUAL HARASSMENT

Crimestoppers has published a [report](#) by the University of Suffolk into sexual harassment in the UK which explores the impact on women and girls. Findings from a survey of 1,802 participants in the UK include: 16.8% of participants' who had experienced sexual harassment had their first experience when they were aged ten or younger; 30.9% of participants first encountered unwanted sexual behaviour between the ages of 14-16; and 29% first experienced unwanted approaches between 11-13 years.

Reducing violence against women and girls is a national and local priority, and the multi-agency Violence Reduction Alliance (VRA) believes that harassment and violence in any form is unacceptable. Following a successful bid to the Home Office's Safer Streets Round Three Fund, the VRA has developed a variety of PSHE resources to support this work. The Primary school resource includes a series of four comic books/lesson plans with animations exploring topics that fall under the Violence Against Women & Girls umbrella: bullying, photo sharing/social media, harassment and personal space. You can order the resources for your organisation by emailing [ssvra@staffordshire-pfcc.gov.uk](mailto:ssvra@staffordshire-pfcc.gov.uk), or to arrange to view the resources and have a conversation please contact Ellie.

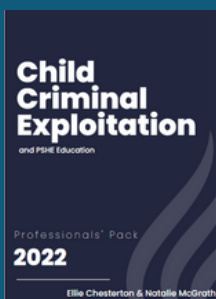
# CHILD EXPLOITATION AWARENESS DAY 18 MAR

The Sutton Trust has published a [report](#) (December 2022) on the impact of the current cost of living crisis on education. Findings from a poll of teachers include: In state schools, 74% of teachers have seen an increase in pupils unable to concentrate or tired in class; 54% have seen an increase in those coming into school without adequate winter clothing like a coat; and 38% of teachers reported an increase in children coming into school hungry.

This links closely with an [article](#) published by The Observer on reports from headteachers about the potential link between the cost of living crisis and increasing numbers of children and young people being recruited into county lines operations. Potential contributing factors identified include: schools reducing the number of staff on playground and lunchtime duty, making them less able to stop gang members approaching children; gangs targeting economically deprived areas; and young people becoming increasingly vulnerable to exploitation due to many of the issues outlined by the Sutton Trust survey.

To support education partners to talk to children and young people about this topic, we have created a comic-book resource (printed copied can be ordered [here](#)) and an accompanying session guide for use with 9-11 year olds and sourced a new youth-produced resource for use and created an accompanying session guide for use with 11-14 year olds. This is to be used in conjunction with the Professionals' Pack which gives an overview of how this topic meets best practice curriculum outcomes from the PSHE Association and also the DfE's statutory guidance and also information to support increasing the confidence of professionals delivering these sessions. West Midlands Violence Reduction Partnerships are holding a number of [training events](#) in February.

Staffordshire Police have created a [letter](#) and [postcard](#) and would be grateful if schools could share these with their parents and carers no earlier than week commencing 27th February 2023.



Child Criminal Exploitation Professional Pack



Primary Education Pack containing a locally produced resource and accompanying session guide



Secondary Education Pack containing youth-produced resource and accompanying session guide

[Click on the image of the document to access via Google Drive](#)

[To help us to understand the impact of locally produced/sourced resources, we'd appreciate your time to complete this \[short survey\]\(#\).](#)

## CHILD EXPLOITATION & PSHE: PRACTICE DEVELOPMENT WEBINAR

We are pleased to invite Catch22 as the commissioned child exploitation and missing service to deliver a practice development webinar on 27th February 4-5pm via Teams. Please let Ellie know if you'd like to book a place. This session is suitable for anyone delivering PSHE education to children and young people.



# GLOBAL RECYCLING DAY 18 MAR

Recycling is a key part of the circular economy, helping to protect our natural resources. Each year recyclables saves over 700 million tonnes in CO2 emissions and this is projected to increase to 1 billion tons by 2030. Glass Guardians is a suite of cross-curricular resources for primary schools that explores recycling glass [Suffolk County Council](#) has developed activity ideas for Key Stages 1 & 2 that can be adapted for local use. You can find information about Stoke on Trent City Council's recycling options [here](#).

# WORLD ORAL HEALTH DAY 20 MAR

Good oral health is an important part of general health and wellbeing. Tooth decay is the most common reason why 5-9 years old are admitted to hospital. To support World Oral Health Day we are delighted to present the latest edition to our "... & PSHE" series.

Oral Health & PSHE outlines the curriculum learning outcomes from the PSHE Association, National Youth Agency and Department for Education that are linked to oral health, provides details of useful resources including books, videos and lesson plans and information to support professionals delivering PSHE education sessions by building up their knowledge in the topic. The pack has been developed with support and guidance from the Public Health Teams at both Staffordshire County and Stoke City Council and we'd like to share our thanks for their invaluable input.



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*can also be used to link with [National Smile Month in May](#)*



# INTERNATIONAL TRANSGENDER DAY OF VISIBILITY 31 MAR

All pupils should receive teaching on lesbian, gay, bisexual and transgender (LGBT) relationships during their school years. Secondary schools should include LGBT content in their teaching. Primary schools are strongly encouraged, and enabled, when teaching about different types of family, to include families with same sex parents.

The NPSCC provides [advice for parents and carers](#) to support a child who comes out as transgender or non-binary, or if they are questioning their assigned gender identity.

Mentally Healthy Schools have a [lesson plan](#) for 11-14 years old that explores gender identity and sexual orientation, the law, how to stop people being bullied for being different and ways to get support.

# BUILD THE CHANGE WITH LEGO

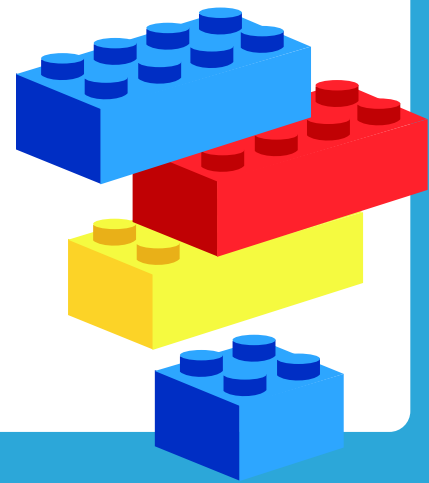
Lego Group are running an exciting competition for 7-11 years old and the winning school will receive 10,000 Lego Bricks - you'll need to be quick the competition closes on 10th February 2023!

The teaching resource can be utilised after the competition has ended and offers a great way for children and young people to be creative.

The free teaching pack provides two sessions plans that enable children to:

- Understand the issues facing their community
- Evaluate and refine their ideas for change
- Communicate this in an effective and creative way
- Tell the story of their change by making a short film as part of the fun competition

There are no right answers with Build the Change - children can solve their Community Challenge any way they choose. The more creative and imaginative, the better!



## SCHEMES OF WORK AND FREE RESOURCES

Schools should look for opportunities to find links between National Curriculum subjects and integrate teaching where appropriate. A whole school approach to wellbeing and health should also be taken into account when teaching RSE and Health Education. The British Nutrition Foundation has mapped the elements of the Relationships Education, Relationship and Sex Education and Health Education statutory guidance that relate to food and nutrition against the Design Technology: Cooking and Nutrition and Science National Curriculum to support PSHE Leads to identify cross-curricular learning for key stages 1-4.

They have also produced Schemes of Work for Secondary key stage 3 (11-14 years old) that are based on the KS3 Design and Technology: Cooking and Nutrition curriculum and come complete with detailed lesson plans and links to key resources.

A Fibre February pack which includes activity ideas for children and young people of all ages to support the teaching and learning around the importance of fibre in the diet. For professionals to develop their own knowledge please see the British Nutrition Foundation.

# 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
ANTI-BULLYING	8 DATES BETWEEN JANUARY AND MARCH 2023. TWO HOUR TRAINING COURSE	<a href="#">ANTI-BULLYING ALLIANCE</a>	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)
SEXUAL VIOLENCE	8TH FEBRUARY 2023 3.30-4.30PM	<a href="#">LIFE LESSONS</a>	FREE	TEACHING SEXUAL VIOLENCE IN SCHOOLS & COUNTERING THE 'ANDREW TATE' EFFECT
SEXUAL HARASSMENT	<a href="#">16TH FEBRUARY</a> & <a href="#">1ST MARCH</a> 2023 4.00-6.00PM	<a href="#">CHAMELEON PDE</a>	FREE	FOR SECONDARY COLLEAGUES A WEBINAR THAT LOOKS AT CREATING A POSITIVE CULTURE IN SCHOOL AROUND SEXUAL HARASSMENT AND MISOGYNY. PARTICIPANTS WILL RECEIVE A FREE LESSON PACK ON MISOGYNY. ACCREDITED BY CPD UK
CHILD EXPLOITATION	27TH FEBRUARY 2023 4.00-5.00PM	PAN-STAFFORDSHIRE PSHE COORDINATION SERVICE & CATCH-22	FREE	TO INCREASE THE CONFIDENCE OF THE WORKFORCE ACROSS STAFFORDSHIRE AND STOKE ON TRENT TO DELIVER PSHE SESSIONS AROUND CHILD EXPLOITATION
EXTREMISM	3RD MARCH 2023 <a href="#">9.00AM-12.00PM</a> OR <a href="#">12.30-3.30PM</a>	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
EXPLOITATION	<a href="#">13TH MARCH 2023</a> <a href="#">10.30-11.30AM</a> <a href="#">15TH MARCH</a> <a href="#">7.00-8.00PM</a> <a href="#">17TH MARCH</a> <a href="#">2.00-3.00PM</a> <a href="#">18TH MARCH</a> <a href="#">9.30-10.30AM</a>	NWG	FREE	VIRTUAL SESSION RAISING AWARENESS AROUND CHILD SEXUAL EXPLOITATION
BEST PRACTICE	16TH MARCH 2023 4.00-6.00PM	<a href="#">CHAMELEON PDE</a>	FREE	WEBINAR FOCUSING ON HOW SECONDARY EDUCATION PROVIDERS CAN ENSURE THEIR CURRICULUM IS LGBTQ+ INCLUSIVE.

## NEXT MONTH...

Resources & Materials for:

- 1-30 Apr Stress Awareness Month
- 2 Apr World Autism Day
- 7 Apr World Health Day
- 22 Apr National Stephen Lawrence Day

## UPCOMING EVENTS...

PSHE Leads Network Meeting (Spotlight on Pupil Voice)

14th February 4-5pm

MS Teams

Child Exploitation & PSHE: Practice Development webinar

27th February 4-5pm

MS Teams

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

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

[echesterton@ormistonhorizonacademy.co.uk](mailto:echesterton@ormistonhorizonacademy.co.uk)

07572153620



To share your experience on the PSHE Coordination so far or let us know what else we can do to support the development and delivery of consistent, quality age appropriate PSHE, please complete a short survey [here](#). A massive thank you to those who have already completed this.