



COVERED IN THIS MONTH'S NEWSLETTER:

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

Update from National Partners:

- PSHE Association
- Free Online Safety Leaflets
- Bullying and Autism - guide for parents
- Daniel Spargo-Mabbs Theatre Production
- Anti-bullying Research Opportunity
- OFCOM Report
- Upcoming law changes

Update from Local Partners:

- City & Guilds Gaming & Gambling Harms Training Opportunity
- #Talk Suicide Training and Booklet
- Coercive control infographic
- Edibles - information from Staffordshire Police
- Local Partners Newsletters

Resources to support key dates/themes:

- Sign-up to www.pshestaffs.com
- Pride Month
- Gypsy, Roma and Traveller History Month
- Healthy Eating Week
- Brake's Kids Walk
- World Blood Donor Day
- Drowning Prevention Week
- Refugee Week
- RSE Day
- NHS Careers

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.

[Bitesize Practice Development - Sexual Health](#)

UPCOMING LOCAL PSHE WEBINARS

Remember to book your space on these upcoming webinars:

- 16th May 2023 (4-5pm) - PSHE Leads Meeting - Focus on Using External Providers
- 23rd May 2023 (4-6pm) - [Practice Development Session Gambling and Gaming Harm Prevention](#) (click the link to book)
- 4th July 2023 (4-5pm)- PSHE Leads Meeting - Focus on OFSTED

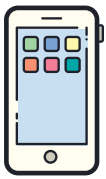
PAID-FOR CURRICULUMS

We recognise that some settings may be looking at alternative providers for their PSHE curriculum delivery in the next academic year. With the current review results expected later this year it is our advice that education providers wait until these are released to ensure that any curriculum meets new guidance.

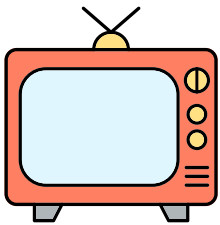
WHAT'S OUT THERE...

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.



The live-streaming platform Twitch has banned one of its most popular livestreamers Kai Cenat for violating the Community Guidelines or Terms of Service many media outlets have reported such as the BBC and MSN.



BBC iPlayer - Out of the Shadows: Born from Rape. This documentary follows Sammie Woodhouse (who gave birth to her son, following rape as part of the Rotherham sexual exploitation case) who meets mothers and children born from rape and explores the pain, shame and taboo of being born from rape.

BBC iPlayer- Deborah James: Bowelbabe in her own words is an archive-based documentary that details the last five years of Deborah's life of living with cancer.

In Eastenders, Zack Hudson who was recently diagnosed with HIV opens up to residents about his condition and we see the different reactions by residents in the square.

CBBC's "A Kind of Spark" explores neurodiversity and reminds young people that they have the power to make amazing change.



The BBC reported that 300,000 children or young people share a bed with a family member and two million children live in cramped conditions, with little or no personal space.

Inflation figures were reported and remain in double figures meaning many children and young people continue to be concerned with the cost of living crisis.

UPDATE FROM NATIONAL PARTNERS

PSHE ASSOCIATION UPDATE

The PSHE Association have launched parent/carer copies of all their member materials covering RSE (relationships and sex education) to enable member organisations to share materials with any parent or carer who requests copies.

Parent/Carer copies will include an added introduction providing context and information on copyright restrictions, and a watermark that appears on each page. Currently these are only being created for PSHE member's RSE resources only.

You can find out more information [here](#).

FREE ONLINE SAFETY LEAFLETS

For a limited time, [Digital Matters](#) have FREE printed online safety leaflets designed to share with children and young people, staff and/or parents/carers. These leaflets cover a range of topics to support Digital Matters lessons.

Just use the code *1Mfreeshipping* at the checkout. Please note offer applies to Internet Matters leaflets and UK delivery only. One use per customer.

BULLYING AND AUTISM

Autistic children may be at increased risk of experiencing bullying behaviour. At least 3 in 4 autistic children have experienced bullying, and at least 1 in 10 children who access Kidscape's anti-bullying ZAP workshops are autistic.

Kidscape and Reachout ASC have created a parent/carer [guide](#) that contains advice to build the knowledge and confidence to support their autistic child

DANIEL SPARGO-MABBS PRODUCTION

"[I Love you Mum - I Promise I won't die](#)", the play that tells the story of Daniel Spargo-Mabbs in the words of his family and friends is coming to The Gatehouse Theatre, Stafford for one night only (1st June 2023). The play tells the story of 16-years old Daniel, who died after taking MDMA on a night out with friends, as well as supporting PSHE education, the play is also a GCSE set text. You can book tickets [here](#).

ANTI-BULLYING OPPORTUNITY

The Education Endowment Foundation and Youth Endowment Fund are partnering to commission research projects to find out which approaches are most effective in enabling pupils at the highest risk of absenteeism and/or exclusion from school to attend, positively engage with, and remain in school/college, to improve attainment and reduce the likelihood of them becoming involved in violence.

Grassroots is a Key Stage 3 programme that aims to reduce bullying and conflict in schools by empowering a group of students to positively impact their peers' prosocial attitudes and behaviours. The trial will be delivered by the Behavioural Insights Team.

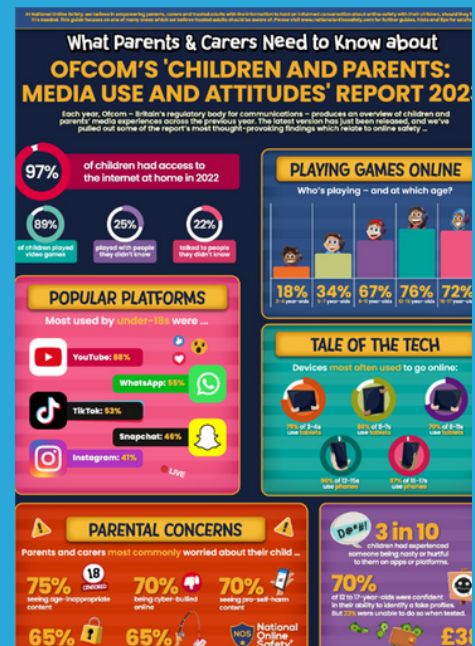
Each school assigned to receive the programme will complete a survey asking pupils to detail which other pupils they've had contact with recently. The project team then uses the answers, along with demographic data, to identify a group of approximately 30 pupils who, between them, can represent the whole student body. The school is then assigned a trained Research Assistant, who convenes this group of pupils for 10 fortnightly sessions over the course of the rest of the school year.

To find out more information or to register please click [here](#).

OFCOM REPORT

OFCOM's Children & Media Use & Attitudes Report 2023 provides a comprehensive picture of how children and young people use and interact with the internet in the preceding year.

National Online Safety have created a [guide](#) that shows statistics and trends. This can be shared with colleagues or on your social media to make parents and carers aware of media use and attitudes,



UPCOMING LAW CHANGES

Staffordshire Police has asked us to make you aware of upcoming changes to the law regarding children conceived through rape will now be officially classed as victims of crime under new government plans. The law will cover all sexual offences which can result in pregnancy. This change in law will enable those conceived through rape to be able to access information about their case, to make a complaint to the police (in their own right) and to receive information and access support in the same way as any other victim of crime. This support could be to address issues such as alcohol or drug dependency, education and housing benefit.

Research by the Centre for Women's Justice estimate that more than 3,000 children may have been conceived after rape in England and Wales in 2021 alone.

Please ensure that where appropriate in your curriculum this change to the law is noted to support any relevant discussions and appropriate support is in place for those who may be affected.

NEW DOVE CAMPAIGN

Dove has released a report into the Real Cost of Beauty Ideals that highlights the impact of body dissatisfaction and appearance-based discrimination on women and girls. This includes a video that is available on YouTube, please note this comes with a health warning as some viewers may find the content upsetting.

In response to this research Dove has launched a campaign where young people share their experience of appearance hate and discrimination caused by toxic beauty standards.

This is another element of Dove's Self-Esteem project and commitment to build body confidence, improves self-esteem, and contribute to positive mental health.

Within in this project there are packages:

- "Confident Me" - for 11-16 years old and looks at body confidence
- "Proud to be Me" for 10-14 years old, a body positivity tool for LGBTQ+ youth
- "My, Hair, My CROWN" - for 11-15 years old, a tool to build hair confidence

These lesson plans sit alongside campaign videos that you can find on their YouTube channel

NSPCC UPDATE

NSPCC Learning has published new resources as part of its Talk Relationships service which provides support to secondary school teachers with sex and relationships education. The updated resources now include: lesson plans for young people with special educational needs and disabilities (SEND); and a new e-learning course for school leaders.

The NSPCC has also published new research exploring young people's experiences of learning about relationships, sex and sexuality which found young people stated RSE was patchy and often poor, yet would still rather learn in school because they felt that everyone needs to have access to RSE provision.

PICTURE NEWS: CORONATION RESOURCES

To commemorate the upcoming Coronation of King Charles III, Picture News have made their coronation resource packs for both Primary and Secondary available for free.

The link to request the pack can be found here.



UPDATE FROM LOCAL PARTNERS

FREE CITY & GUILDS TRAINING OPPORTUNITY



Did you know 50% of young people have experienced gambling in the last 12 months? This interactive map shows the number of those who have a gambling problem, the darker the colour the higher the prevalence.

We are delighted to be working in partnership with YGAM, an award-winning charity working to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education and research.

YGAM has created education resources mapped to the PSHE and RSE Programme of Study for key stage 2-post 16 and for youth work settings.

To be able to access these resources you need to complete their City & Guilds assured 2 hour training which we have arranged to take place for all settings in Staffordshire for anyone who works with children and young people.

To book your place to receive this fully-funded, accredited training and then access schemes of work, lesson plans, tutorials and assemblies all mapped to the PSHE and RSE Programme of Study click [here](#).



#TALKSUICIDE



Approximately ten lives are lost each month to suicide in Staffordshire and Stoke-on-Trent.

Stoke-on-Trent City Council joined Staffordshire County Council in 2020 to create a communication campaign #talksuicide that aims to increase awareness about suicide and challenge the myth and stigma that surround it.

We've had a number of schools approach us to ask for resources around discussing suicide through PSHE education. Before delivering any sessions on this topic we would strongly recommend that you attend #talksuicide training. This half-day online training course has been developed by North Staffordshire MIND. You can also access national training via Health Education England's MindEd that was developed as part of the government's National Suicide and Self Harm Prevention programme.

A booklet has been created of local and national support services.

Developing Emotional Awareness and Listening (DEAL) is a free resource for 14+, created by the Samaritans. The resource is designed to help develop resilience in young people. The resource pack includes lesson plans, activities and training. You can invite them in to help support with the resource or to deliver a talk.

COERCIVE CONTROL

Project Pathway, a Staffordshire domestic abuse organisation that supports adults and young people experiencing or affected by domestic abuse have shared an infographic that you may find useful to include in your sessions on coercive control. Remember research by Safe Lives found that just 24% of young people recalled being taught about coercive control in RSE/PSHE classes, so it is important we tell them specifically what it could look like and use the correct term.



STAFFORDSHIRE POLICE - EDIBLES

You may have seen on social media from West Midlands Police following an arrest in Wolverhampton, cannabis-infused food like cakes, crisps and sweets that are targeted at teens.

Staffordshire Police have created an information sheet for Parents and Carers and one for professionals that they would be grateful if you could circulate to remind people of the possible effects of consuming cannabis in this way and where they can access help and support.

LOCAL PARTNER NEWSLETTERS

Catch22 have published their latest roundup which includes information on:

- Misogyny
- CSA/CEE
- Mental Health
- Online Safety
- plus more.....

The 17th issue of the 'Kind Minds' newsletter - has been released and provides information on:

- Update on Improving Children and Young People's Mental Health working groups
- Reminder about the Mental Health Leads in Education Network
- Update from Action for Children Staffordshire's emotional health and wellbeing service
- Update from Mental Health Support Teams for North Staffordshire
- Training Opportunities
- and more...

RESOURCES

Thank you to those who have already registered to be able to access the education resources on our [website](#). Sign-up is really simple and you'll be able to find resources to support your curriculum delivery. It takes less than two minutes, giving you access to loads of resources which are added to regularly.

PRIDE MONTH - 1-30 JUNE



LGBTQ+ Pride Month is an excellent opportunity to talk with students about LGBTQ+ people and their struggles to achieve equity and justice in all aspects of their lives. Stonewall has developed [learning_packs](#) for primary, secondary and SEND settings.

[The Rainbow Flag Award](#) is a set of free LGBTQ+ inclusive lesson plans and resources that link to the national curriculum for all ages.

GYPSY, ROMA & TRAVELLER HISTORY MONTH - 1-30 JUNE

The aims of Gypsy, Roma and Traveller history month is to raise awareness of these communities and their contributions to society and to offset negative stereotypes and prejudices.

[The Traveller Movement](#) has some suggestions on how you can promote Gypsy, Roma and Traveller History month within your organisation.

Friends, Families and Travellers also provide [teaching resources](#) that include books and media.



HEALTHY EATING WEEK - 12-18 JUNE

Resources are being developed for all ages to support this week. You can register for information [here](#). The theme this year is "Healthy Eating Week - For Everyone!". The cost-of-living crisis continues to have an impact on the affordability of healthier diets for so many of us. With this in mind, for Healthy Eating Week 2023 we're focussing on providing free, evidence-based advice and support for everyone who wants to find their way to eat a healthier diet, regardless of these barriers. Resources are being developed for all ages.

Food, a fact of life has launched six brand new primary food projects - this means there is a project for each year of primary school. Each project delivers learning about healthy eating, cooking and where food comes from in a different food context.

You can find out more about what's happening locally via [Better Health Staffordshire](#)

BRAKES' KIDS WALK 2023 - 14TH JUNE

Schools and youth groups are invited to sign up to Brake's Kids Walk for a free action pack and to walk in their local community and share important road safety messages.

Brake's Kids Walk is a great way to engage children with road safety issues, promote the benefits of walking, and raise awareness among parents and the wider community about the need to protect children on roads. You can sign up for an action pack which includes lesson plans, assemblies, activities and posters.

WORLD BLOOD DONOR DAY 14 JUNE

The NHS Blood and Transplant team have developed free, curriculum-linked resources for 11-16 years olds in collaboration with Anthony Nolan about blood, organ and stem cell donation.

They can be used as a standalone resource or combined and include comprehensive teacher notes, so minimal preparation is required. There are also optional extension activities to extend student's learning at home or in school.



DROWNING PREVENTION WEEK

17-24 JUNE



Drowning Prevention Week can support the Water Safety messaging that is part of PSHE education statutory guidance. In 2001, across Stoke-on-Trent and Staffordshire, there were 7 fatalities caused by water accidents.

The Royal Life Saving Society UK have resources on their website for Early Years, Primary and Secondary phases of education that can be used in both formal and informal education settings. They have also worked with the Youth Sports Trust to create specific SEND resources to ensure that the water safety messaging is accessible for all.

The RNLI have a Water Safety Passport for children aged 3-7 years., at the end the children can be presented with a Water Safety certificate. For 7-11 years old the Water Safety Passport builds on learning from the Key Stage 1 pack.

For secondary settings and young people aged 11-14 there is the Challenge Passport and for 14-18 years old there's 'Rewind'. This is a spiral curriculum on the topic of water safety. that builds on learning from the previous session.

REFUGEE WEEK 20-26 JUNE

To support Refugee Week 2023, Counterpoints (who coordinate and manage the week) have created a children and young people's pack that includes activity ideas including simple acts, short films to watch, books to read, and lesson packs from partners. This year's theme is "Compassion" and is the 25th anniversary of this awareness week.

RSE DAY 29 JUNE



Materials for this year's RSE day are now available from their website. The resources are inclusive with activities for families, primary and secondary age children and young people. This national day celebrates Relationships and Sex Education and the theme this year is "Let's launch into Kindness". It would be great to see education providers across Staffordshire celebrating this day and uploading your activities to social media using #rsedaystaffs.

NHS CAREERS

Step into the NHS have launched a lesson plan that explores the range of roles available within the NHS to help raise career aspirations and challenge stereotypes.

You can access the KS2 pack [here](#)

You can access the KS3 pack [here](#)

The associated competition will have ended but the teaching resource packs can still be used.

There are also resources for use with [KS4](#), They span five topic areas that each deliver different learning outcomes:

1. My interests, skills and choices - students will reflect on their personal interests and skills and match them with NHS careers using a questionnaire and skills map resource.
2. Work-related skills - through an engaging skills activity and role play, students will explore qualities and skills needed for a range of NHS roles.
3. Verbal and non-verbal communication - students will learn how to prepare for an interview, with engaging resources such as body language prompt cards and emotion wheels.
4. Working to help young people deal with their problems - students will use factsheets to identify common issues young people face and create an engaging campaign to help people deal with these issues.
5. Preparing for the world of work - students will learn writing techniques and top tips to help them create a CV for a specific job.

TRAINING OPPORTUNITIES

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
MENTAL HEALTH	22ND MAY 16.30-18.00	ANNA FREUD	FREE	THIS SEMINAR WILL EXPLORE THE DIFFERENCE BETWEEN NORMAL ANXIOUS FEELINGS AND ANXIETY DISORDERS, AND SHARE PRACTICAL ADVICE ON SUPPORTING PUPILS WHO ARE EXPERIENCING ANXIETY AT SCHOOL.
ABUSE & VIOLENCE	22ND JUNE 9.30-13.00	NEW ERA	FREE	THIS 3.5 HOUR COURSE WILL FOCUS ON THE IMPACT DOMESTIC ABUSE CAN HAVE ON CHILDREN AND YOUNG PEOPLE.

NEXT MONTH...

Resources & Materials for:

- 1-31 July - Plastic Free July
- 1-31 - Talk to Us (Samaritans Awareness Raising Month)

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

UPCOMING EVENTS...

PSHE Leads Network Meeting (Spotlight on
Using External Providers)

16th May 2023 4-5pm

MS Teams

YGAM Gambling and Gaming Awareness
Education (City & Guilds Assured)

23rd May 2023 4-6pm

MS Teams

[Book Here](#)

PSHE Leads Network Meeting (Spotlight on
OFSTED)

4th July 2023 4-5pm

MS Teams

DON'T FORGET TO SIGN UP TO
THE WEBSITE TO BE ABLE TO
ACCESS RESOURCES TO
SUPPORT YOUR PSHE
EDUCATION CURRICULUM

WWW.PSHESTAFFS.COM

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

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“This *the PSHE website* is such a great resource. Well done to all those involved in its creation.”