



## COVERED IN THIS MONTH'S NEWSLETTER:

A Year in Numbers

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

Update from National Partners:

- Keeping Children Safe in Education 2023
- CEOP Parent and Carer Resources
- Gender and Mental Health Research
- Sextortion Research and Resources
- Eating Disorders & Self Harm Research
- Consent research and best practice
- Exploitation research and RFM reminder
- Online Safety & LGBT Resource
- NSPCC Supporting Muslim Parents Resource to have (un)comfortable conversations
- New Curriculum Roadmaps from Food, a fact for life
- Youth Work within School report
- DfE Consultation Updates
- Oracy in the Classroom
- Anti-bullying Week Theme
- Road Safety Awareness events 2023-2024
- PSHE Awareness Calendar 2023-2024

Update from Local Partners:

- Climate Change Consultation
- Local Partner's Newsletters
- Service name change
- Update on Space 2023
- Youth Anti-Social Behaviour & Nuisance Bikes
- Summer Safety Information
- Sexual Health Services @ Pharmacies
- Staffordshire Police's PSHE Offer

Resources to support key dates/themes:

- Childhood Cancer Awareness Month
- World First Aid Day
- World Suicide Prevention Day
- World Sepsis Day
- National Fitness Day
- International Day of Peace
- Water Safety & PSHE

Training Opportunities

Upcoming Dates

## MEETING RECORDINGS:

We now have our own YouTube channel and all recordings of previous webinars can now be found on our website from this academic year.

[PSHE Leads Meetings](#)

[Bitesize Practice Development Webinars](#)

Here are the links to the latest recordings:

[PSHE & Substances with CDAS and T3](#)

[Preparing for OFSTED](#)



## UPCOMING SESSION - DOMESTIC ABUSE & PSHE

New Era will be joining us to share their subject expertise on 12th July 2023 4-5pm.

# A YEAR IN NUMBERS

To support you, in the first full academic year the PSHE Education Service has provided...

1

Website created that is a one-stop shop for education providers to support their PSHE development and delivery across Staffordshire.

5

New packages created for Staffordshire Police to deliver from September 2023.

5

Best practice guides published to empower education providers to implement key principles in their own settings.

6

PSHE Leads Meetings held and recorded for professionals to view at a convenient time.

7

Bitesize Practice Development sessions hosted with invited subject experts and all recordings available to view at a time convenient to the professionals delivering PSHE. Session 7 is booked for 12th July.

8

Training sessions delivered to PCSOs around best practice principles of PSHE.

11

PSHE Digests published and circulated to over 650 individuals in Staffordshire each month.

13

... & PSHE packs produced and published to increase confidence of professionals delivering PSHE.

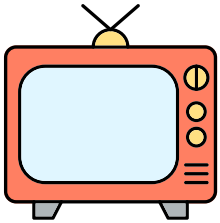
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individual settings in Stoke-on-Trent requesting specific support around their PSHE provision.

# 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.

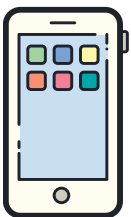


Love Island has returned to our screens, and provides a great opportunity to discuss body image, consent and healthy relationships with young people.

Kanye West features in a new BBC documentary which includes exploration into the celebrity's anti-Semitic remarks.



BBC reports that a group of MPs have stated that sex education lessons must engage boys and young people in order to tackle sexual harassment and violence in schools. This is a great opportunity to listen to your students about their experiences, wants and needs. Our Pupil Voice Best Practice Pack can support with ideas on how to engage with children and young people.



Streamers have regularly spoken about the platform Twitch. There is now a new platform - Kick - that popular streamers have joined from the former platform.



# UPDATE FROM NATIONAL PARTNERS

## KEEPING CHILDREN SAFE IN EDUCATION 2023

The draft [Keeping Children Safe in Education 2023](#) guidance has been published, and will come into force from 1st September. It is important that PSHE Leads are aware of the changes as much as the DSL - as we all know safeguarding is everybody's business. Please link in with your Designated Safeguarding Lead to discuss how the changes could impact within your organisation.

You can access a free webinar on demand [here](#).

## CEOP - PARENT AND CARER RESOURCES

It is vital that parents and carers feel equipped and empowered to educate their children.

CEOP have created [Home Safety Activities](#) to encourage open and balanced conversations on a wide range of topics from social media to cyber security. They have also produced [help sheets](#) that contain key online safety advice and links to resources. Please share this information with your parents and carers.

## GENDER AND MENTAL HEALTH

[Headstart Research](#) carried out research asking "What has gender got to do with young people's mental health?" where Year 11 students were asked gender identity and mental health questions. The key findings revealed that cisgender males reported the highest level of wellbeing, whilst young people who were questioning their gender identity reported the lowest level of wellbeing.

The Anna Freud Centre has created a useful [booklet](#) that explores some of the issues faced by LGBTQ+ young people and provides information about where they can get additional support around their mental health. You will find resources to support sessions around mental health in our Resource Library on our [website](#).

## SEXTORTION

[The Guardian](#) reported on the findings of the [2022 CyberTipline Report](#) that revealed an increase in online grooming worldwide with an 82% increase in reports of "online enticement" and an "alarming spike" in reports of financial "sextortion". WeProtect have also published a [report](#) of the numbers of young people involved in "sextortion"

Young people are being enticed into sharing explicit images then blackmailed with the threat of those images being shared. There was an increase, in 2022, in boys being targeted.

For 15-18 years old in our Resource Library you will find a resource from [CEOP](#) and for 16-18 years [Gloucester Healthy Living and Learning](#) have produced a lesson plan.

# PREVENTING SEXTORTION AMONGST CHILDREN & TEENS



SEXTORTION IS A REALLY SERIOUS ONLINE EXPLOITATION CRIME DIRECTED TOWARDS CHILDREN & TEENS IN WHICH COERCION & BLACKMAIL IS USED: -

## WHAT IS HAPPENING?

YOUTH ARE SHARING NUDE CONTENT

**1 in 6** youth surveyed (ages 9-17) have shared a nude image



**50%** of kids who shared didn't care if they knew the recipient in real life

**41%** of those youth who have shared & sent images to people they believed to be ADULTS

## CHILD SEXTORTION CASE

**60%** knew the perpetrator

**51%** did not report incidents to family or friends

**13%** reported incidents to law enforcement

## THREATS HAPPEN SOONER FOR ONLINE VICTIMS



First contact is typically by phone via a social media friend request. victims are targeted on platforms they frequent.

**47%** Of victims experienced threats daily.

## SEXTORTION IS HAPPENING TO KIDS AND TEENS



**1 in 4**

Victims were 13 or younger when threatened.



**2 in 3**

Victims were girls threatened before the age of 16.

## VICTIMS ARE ATTEMPTING TO ADDRESS THE THREATS THEMSELVES

**65%** of victims blocked offenders from contacting them in hopes of getting away.

**45%** of victims reported that the contact didn't stop after blocking offenders.

**62%** complied with demands in an effort to make the threats stop.

**68%** OF VICTIMS REPORTED THAT THREATS BECAME MORE FREQUENT AFTER THEY COMPLIED WITH DEMANDS.

## VICTIMS ARE STAYING SILENT

**1 in 3** Victims had never told anyone, largely because of shame or embarrassment.

"Society continues to dismiss the fact that people are forced into situations (like sending nudes) and that they should be shamed if they are"

VICTIMS ARE LESS LIKELY TO REPORT OUTSIDE OF THEIR INNER CIRCLE.

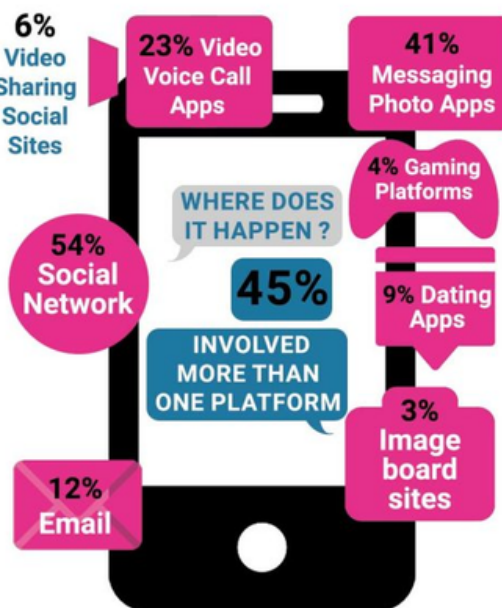
**54%** Disclosed to family / friend

**26%** Reported to a Platform / Website

**13%** Reported to the Police

## WHAT CAN WE DO?

- TALK TO YOUR CHILDREN ABOUT SEXTING & SEXTORTION**
  - Remind them: Don't create, request, or share images!
  - Remember that 5 out of 6 children report that they haven't shared a nude image
  - 1 in 4 victims of sextortion were 13 or younger when threatened
  - The perpetrator is to blame!
- HAVE REGULAR CONVERSATIONS WITH YOUR CHILDREN ABOUT THEIR ONLINE ACTIVITY - BE THEIR TRUSTED ADULT**
- IF SOMEONE ASKS FOR HELP, HELP THEM**
  - Do you know anyone that may need help with this?
  - There's no mistake too big. You can always ask for help.
  - What would you do if someone pressured you for sexual images or "nudes"?
- ACCESS HELPFUL RESOURCES**
  - NSPCC HELPLINE 0800 800 5000 ([www.nspcc.org.uk](http://www.nspcc.org.uk))
  - REPORT, REMOVE ([www.childline.org.uk](http://www.childline.org.uk))
  - REPORT TO CEOP POLICE (<https://www.ceop.police.uk/safety-centre>)



CALL FOR INFORMATION, ADVICE OR IF YOU JUST WANT TO TALK

**Prevent ed**  
ABUSE PREVENTION EDUCATION

IF YOU SUSPECT ABUSE CALL NSPCC HELPLINE

**0800 800 5000**

IF YOU'RE A CHILD & WANT HELP CALL CHILDLINE

**0800 1111**

**NNECA**  
NATIONAL NETWORK TO END CHILD ABUSE  
[WWW.NNECA.ORG.UK](http://WWW.NNECA.ORG.UK)  
[WWW.CHILDABUSEHELP.ORG.UK](http://WWW.CHILDABUSEHELP.ORG.UK)

# CONSENT

Consent is an topic that many education providers can find challenging to teach:

Research from over 2,00 18-21 years old revealed that:

- More than one third (36%) of respondents have 'gone along with sex' even though they didn't want to. Three in ten did so out of fear of what would happen if they said no.
- Nearly one in five (17%) have felt groomed or manipulated into non-consensual behaviours, with 38% not being aware of the signs of grooming.
- 92% of 18-21 year olds say that sexual education didn't improve their confidence about sex, sexual consent and relationships.

Superdrug has launched a campaign "You Before Yes" in conjunction with campaign ambassador, Georgia Harrison, as well as charity partners; Brook, Fumble, UK Says No More and Switchboard.

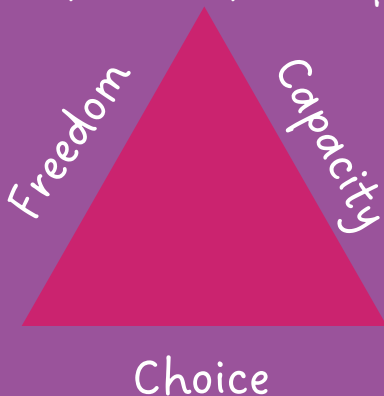
The campaign provides information, education and support to improve people's understanding about consent and helps them to develop more positive consent behaviour.

Consent is such a vital topic within PSHE, as it enables people to be informed and make positive decisions about their relationships and sexual health. Learning about consent enables young people to learn how to show respect and understand boundaries within a sexual relationship. Crucially, and linked with priorities of the Stoke-on-Trent and Staffordshire Violence Reduction Alliance, it makes it clear that sexual violence and harassment is never acceptable.

Young people see videos and messages that can lead them to believe sexual violence is not only okay, it's desirable - look at the OFSTED rapid review and the impact of Andrew Tate over the last view months....

Consent needs to be a topic that is taught from primary. The DfE Statutory Guidance refers, amongst other things, to children learning how to take turns, treating people with kindness and establishing personal space and boundaries. These are the strong foundations for future learning in secondary that are linked to consent within a sexual relationship.

The "Consent Triangle" can be a useful tool to increase awareness of the definition of consent for both professionals and young people.



Consent is not just about saying "yes". If someone has been forced, manipulated, or tricked they have not had the freedom to make a choice.

Similarly if someone is drunk, under the influence of drugs, or below the age of consent then they do not have the capacity to make a choice.

Parents and carers should be encouraged to teach about consent to keep children safe and recognise signs of abuse. The NSPCC have provided a guide to support parents/carers to have these conversations.

The PSHE Association has also produced guidance to support teaching about consent and there are resources on our website, including our VAWG Comic books, to support you to teach about consent in your settings.

# EXPLOITATION

Barnardo's has published a [briefing](#) on child criminal and sexual exploitation in the UK and how to support child victims and those at risk of abuse and exploitation.

In the briefing, concerns are raised that the cost of living crisis will mean that more children and young people could be targeted and exploited - particularly during the summer holidays.

NSPCC Learning has published a [blog](#) to remind professionals about the importance of language and how the label "older boyfriend" can mask child sexual exploitation.



Catch22, are the commissioned provider for Stoke-on-Trent and want to remind all professionals of the importance of completing the Risk Factor Matrix to help decision making process and to also make a referral into Catch22.

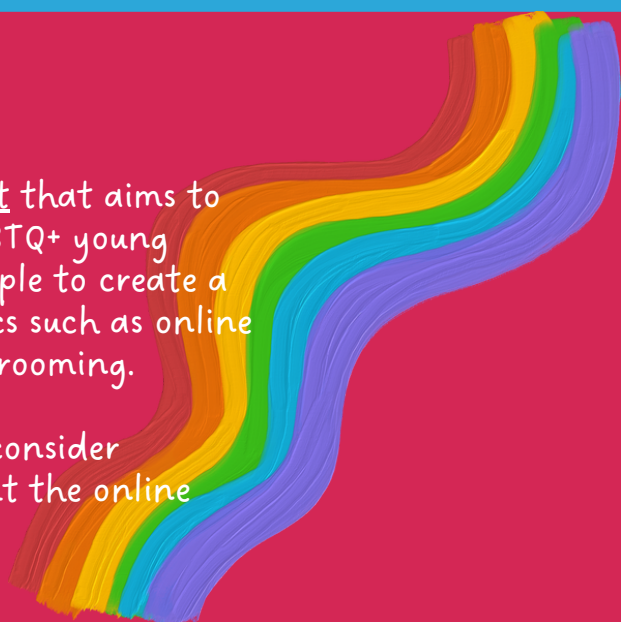
This form also helps the partnership to identify trends and themes to support with decisions around disruption and early intervention. If you require support on how to complete the Risk Factor Matrix form, please contact Catch22 directly.

The Child Criminal Exploitation & PSHE pack provides information on the learning outcomes that enable children and young people to build their knowledge and skills on this topic and also enables professionals to develop their own knowledge to increase their confidence in delivering sessions around exploitation.

# ONLINE SAFETY & LGBTQ+

Childnet and Galop are collaborating on a [project](#) that aims to address the online issues that matter most to LGBTQ+ young people. They have worked with LGBTQ+ young people to create a series of animated short films, that focus on topics such as online hate, misinformation, sex education and online grooming.

When discussing online safety, it is important to consider inclusivity by reading the blog to learn more about the online issues facing LGBTQ+ young people.



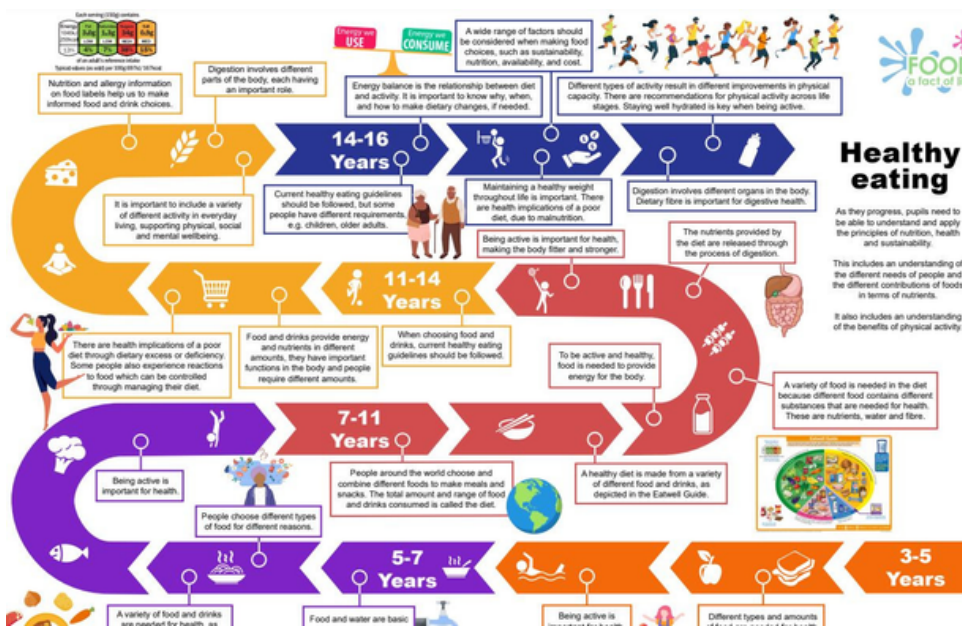
# NSPCC SUPPORTING PARENTS WITH (UN)COMFORTABLE CONVERSATIONS

The NSPCC has collaborated with Approachable Parenting, a group that supports Muslim families living in the UK to develop a new resource (un)comfortable conversation leaflet.

The leaflet is targeted at Muslim parents/carers, to support conversations around a range of safeguarding topics - helping to change uncomfortable conversations into comfortable ones. Acknowledging that a range of conversations can sometimes feel uncomfortable, and giving advice and guidance to help parents prepare and feel both confident and comfortable, the leaflet is titled (un)comfortable conversations - with the 'un' crossed out.

The leaflet pulls together lots of the NSPCC's existing guidance around how to prepare for a conversation, choosing the right time to talk and phrases which parents/carers could use in conversation, as well as showcasing Look Say Sing Play, Talk PANTS and our online well-being guidance. Within the leaflet, this guidance is framed within a religious and cultural context with quotes from the Qur'an and Islamic sayings, as well as reference to Islamic guidance around the 'three sevens'.

The resource is currently available in English and Bengali, and will soon be available in Arabic and Urdu.



Food for Life has created a brand new Food - a fact of life Roadmap as a visual guide to food and nutrition education for young people aged 3-16, this depicts what children and young people should learn, and in what sequence.

This helps subjects Leads to audit their current food curriculum and demonstrate intent and how the topics link throughout the different phases.



# EATING DISORDERS & SELF-HARM

The Lancet has published a study on the rates of eating disorders and self-harm amongst young people and young adults in the UK, since the beginning of the COVID-19 pandemic. Analysing around nine million GP records of young people aged from 10 to 24, the study found: eating disorders were 42% higher than expected for girls aged 13 to 16 and 32% higher than those expected for those aged 17 to 19; and levels of self-harm were 38% higher than expected for girls aged 13 to 16. The study found these increases largely attributable to increases within less deprived communities.

It is important that PSHE education does not provide instructional or inspiring information around these topics. The PSHE Association has produced guidance on teaching about mental health and wellbeing to help you consider how you discuss these topics in your setting.

# YOUTH WORK WITHIN SCHOOLS

The National Youth Agency has published a report on the impact of youth work in England. The report includes a survey of schools and youth work organisations and external research. Findings show youth work in and out of schools impacted young people's health and well-being as well as their attendance, behaviour, and attainment.

We recognise the potential benefits of formal and informal education providers joining together, which is why our Bitesize Practice Development sessions are available for professionals from both sectors to join and our "... & PSHE" packs includes links to the National Youth Agency curriculum alongside the PSHE Association and DfE Statutory Guidance.

Over the summer, SPACE will once again be running where hundreds of free positive diversionary activities will be available during the summer break for 8-17 years old.

The Space programme brings together public, voluntary and private sector organisations to provide fun, positive activities for young people to help increase their skills, improve their health and wellbeing and create opportunities, while also aiming to reduce levels of anti-social behaviour.

To find out about activities in your local area please sign up to the website.



Department  
for Education

## RSHE REVIEW: CONSULTATION - CLOSING 10TH JULY

OFSTED has been commissioned to carry out a consultation by the Department for Education as part of their RSHE review.

We would strongly encourage all PSHE Leads to share their expertise and thoughts around the specific elements of RSHE and how and when they are taught.

The deadline for completion is 10th July, which we realise is not much time at all but we would really appreciate the thoughts and experiences of Stoke-on-Trent schools being heard in this consultation.

## WORKING TOGETHER TO SAFEGUARD CHILDREN: CHANGES TO STATUTORY GUIDANCE

Working together to Safeguard Children is the multi-agency statutory guidance that sets out expectations for the system that provides help, support and protection for children and their families.

Working Together is central to delivering the Government's plans to transform Children's Social Care, as set out in Stable Homes, Built on Love.

The Department for Education is carrying out a consultation to make sure that changes to Working Together do what children, young people and families need them to do.



## ORACY IN THE CLASSROOM

Evidence shows that PSHE is most effective when it engages children and young people.

Young people say that they want to have more discussion-based activities to develop their knowledge and explore their values.

This article from Structured Learning provides a Teacher's Guide to the development of children and young peoples speaking skills for knowledge acquisition. At the end of the article there is an opportunity to download a poster that describes the differences between explanatory and exploratory talks.

# ANTI-BULLYING WEEK THEME



Anti-bullying week 2023 will take place from 13th-17th November and this year's theme has been announced as "Make A Noise About Bullying".

Bullying affects millions of young lives. Too often, people are silent when they see bullying take place, silent about the hurt bullying causes, and silent when they hear bullying dismissed as 'just banter'.

To pledge your support and receive a certificate to display sign-up [here](#).

We know it doesn't have to be this way. We will share resources and ideas to support Anti-Bullying Week in October's Digest.

# ROAD SAFETY 2023-2024

Brake, the road safety charity, has announced three key dates for next academic year:

- Road Safety Week - 19th - 25th November 2023.
- Beep Beep! Day - 24th April 2024
- Brake's Kids Walk - 19th June 2024

We will keep you updated on any developments, updates and resources via the PSHE Digest.

# PSHE AWARENESS CALENDAR

We know that many of you like to link elements of your PSHE curriculum to key awareness dates.

To support you, and to save you time trawling through the internet, we have created an overview of all known key dates in one handy wall-planner.

You can access this from our [website](#) to help with your planning for 2023-2024.

PSHE Education STOKE-ON-TRENT & STAFFORDSHIRE		AWARENESS CALENDAR 23-24											
Month	Year	September	October	November	December	January	February	March	April	May	June	July	August
September	2023	19th - 25th Road Safety Week											
October	2023		13th - 17th Anti-Bullying Week										
November	2023			19th - 25th Road Safety Week									
December	2023				1st - 3rd Anti-Bullying Week								
January	2024					24th Beep Beep! Day							
February	2024						19th Brake's Kids Walk						
March	2024												
April	2024												
May	2024												
June	2024												
July	2024												
August	2024												

SCVYS  
Natalie McGrath  
PSHE Coordinator  
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natalie@staffordshire.gov.uk

SASCAL  
Elle Chesterton  
PSHE Coordinator  
Stoke-on-Trent  
elchesterton@stokeonrent.co.uk

[www.pshestaffs.com](http://www.pshestaffs.com)

# UPDATE FROM LOCAL PARTNERS



The Space programme brings together public, voluntary and private sector organisations to provide fun, positive activities for young people to help increase their skills, improve their health and wellbeing and create opportunities, while also aiming to reduce levels of anti-social behaviour.

Activities will be added to the [website](#) soon where you can also sign up to the newsletter to find out about activities in your area as soon as they are released.

## LOCAL PARTNERS' NEWSLETTERS

Catch22's monthly [Research and Development Round-up](#) includes information around:

- School Exclusions,
- Child Exploitation,
- Mental Health
- Online Safety
- ...and more



## SEXUAL HEALTH SERVICES AT PHARMACIES:

Pharmacies are now able to review patients to make repeat supplies of oral contraception (that has previously been prescribed by a GP or Sexual Health Services). A [spreadsheet](#) has been collated so you can effectively signpost relevant young people.

## SERVICE CHANGE OF NAME

From 20th June IAPT changed its name to "Talking Therapies" and have a brand new [website](#)

From IAPT to  
**NHS Talking Therapies:**  
new name, same service

  
Talking Therapies

 for anxiety and depression

 MPFT

  
Midlands Partnership University  
NHS Foundation Trust

# Summer

# YOUTH ANTI-SOCIAL BEHAVIOUR

As we enjoy lighter nights and better weather (some days), we may see an increase in the number of incident of youth anti-social behaviour (ASB).

Staffordshire Police has reported a concern around the use of off-road bikes which includes a range of vehicles such as quad bikes and motorbikes, including scramblers and mini-motos.

Please remind your children and young people that electric scooters are currently illegal and cannot be used in a public area (if they are seen Staffordshire Police Officers will seize them).

Click here to view an [information leaflet about Off-Road bikes](#).

We are currently developing two new resources around ASB, a comic book to add to our existing collection for 9-11 years old and a film resource for 11-14 years old.

We are also working with [Harmony ASB](#) to develop other education resources on this topic.

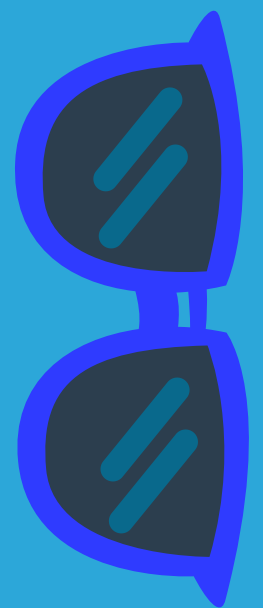
## SUMMER SAFETY INFORMATION:

Partners have asked us to share key safety messages for children and young people over the summer holidays.

CDAS has a guide to keeping safe at [festivals](#) and an [information sheet](#) providing advice on how to stay safe when using drugs or alcohol during the summer.

Staffordshire Police and Staffordshire Fire and Rescue have produced a [handout](#) for you to share that covers a number of possible risks children and young people may face over the summer holidays.

Click on the images to access them for use on your social media channels.



Drink plenty of water

Take breaks from the sun

**Protect yourself from the sun**

Wear suncream

Wear sunglasses

we are withyou

**Don't give into peer pressure**

Peer pressure is when we feel pressured by people in our peer group to do something e.g. drink or smoke in order to feel accepted.

**TIPS**

1. Say no!
2. Go home or contact family/carers to collect you
3. Query if your friends are good friends?

we are withyou

**Feeling stressed or lonely? Reach out!**

Summer can be a stressful or lonely time for some people due to not having a routine, boredom or having family arguments.

Samaritans - Call 116 113

YoungMinds Crisis Messenger - Text YM to 85258

Kooth.com - Online counselling support

we are withyou

# EARLY INTERVENTION AND PREVENTION IN SCHOOLS



## OUR OFFER

### PRIMARY

#### **People who keep me safe- KS1 (5-6 years old)**

This session introduces children to the police, they learn about the different roles of the police, the equipment the police have and get to look inside a police vehicle.

#### **Keeping Safe - KS2 (9-10 years old)**

This session explores different risks (both online and offline) and enables the creation of strategies on how we can stay safe.

### SECONDARY

#### **Healthy Relationships- KS3 (11-12 years old)**

This workshop supports young people to identify what makes a healthy relationship, explores strategies to respond to pressure and challenges some perceived social 'norms'

#### **Exploitation- KS3 (12-13 years old)**

This workshop enables young people to recognise exploitation, to name the different types of exploitation, to recognise how the police respond to exploitation and to list who to talk to if they have any concerns.

#### **Knife Crime- KS3 (13-14 years old)**

Exploring why young people may choose to carry a bladed weapon, and the role and responsibilities of the police this session enables participants to recognise the potential consequences of carrying weapons for both victims and offenders and list who can provide support.

## THE RATIONALE

Staffordshire Police has 17 strands of vulnerability to ensure effective safeguarding for adults and children across Staffordshire and Stoke on Trent. These strands have been mapped to the Personal, Social, Health and Economic (PSHE) Curriculum learning outcomes to develop an education package across all phases of education offered by PCSO's in each Neighbourhood Policing Team.

Utilising best practice guidance a spiral curriculum has been created that enables the police to contribute into planned lessons within PSHE education.

This package works alongside the Junior Police Cadets programme so schools can engage flexibly with the offer in the way that best meets the needs of their curriculum and learners.

The topics enable the police to build positive relationships with children and young people and are based on the principles within "Procedural Justice Theory", utilising active learning techniques to engage participants and having clear, measurable learning outcomes.

All sessions are evaluated to ensure that the experience of the learner is captured, reflected on and any changes required made including correcting any misconceptions following the session.

# RESOURCES

## CHILDHOOD CANCER AWARENESS 1-30 SEPT

It can be really difficult to spot the symptoms of childhood cancer.

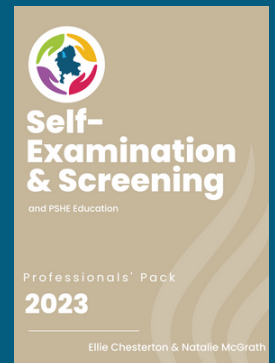
In the UK, there's much less awareness of the signs of childhood cancer versus adult cancers, and many of the symptoms of childhood cancer are also symptoms of common illnesses.



The CCLG provide an [information page](#) on their website around the Signs and Symptoms of Childhood Cancer.

We have written a professional's guidance pack Self-Examination and Screening & PSHE which provides information to develop subject knowledge, provides links to curriculum and key information related to this topic.

Click on the image to access to pack.



## WORLD FIRST AID DAY 10 SEPT



First Aid is part of the DfE Statutory Guidance for both primary and secondary phases of education.

To support World First Aid Day we have published our locally produced First Aid & PSHE which provides information of the learning outcomes from across the Statutory Guidance, the PSHE Association and NYA curriculum. The pack also provides information to support professionals to increase their knowledge in the topic to facilitate sessions on this topic confidently and competently.

Click on the picture to access the pack.

# WORLD SUICIDE PREVENTION DAY 10 SEPT

According to a paper published in the British Journal of Psychiatry: Around 7% of UK children have attempted suicide by the age of 17.

Both YoungMinds and Samaritans, provide specialist resources to address issues around suicide, including materials to support children and young people to talk about their feelings, and where children and young people express suicidal thoughts or intentions, there are materials to support colleagues to talk about suicide responsibly.

There is free 20 minute online training about suicide prevention provided by the Zero Suicide Alliance which is suitable for education providers.

# WORLD SEPSIS DAY 13 SEPT

2,000 children develop Sepsis each year, with 5 people dying from Sepsis in the UK every hour. It is important that we equip children and young people with the knowledge that could potentially save lives.

The UK Sepsis Trust has produced a suite of lesson plans for all key stages (5-18 years). You need to register to access the resources via their website.

# NATIONAL FITNESS DAY 20 SEPT

National Fitness Day 2023 is a chance to highlight the role physical activity plays across the UK, raising awareness of the importance of healthy lifestyles.



Home About Education Providers Parents & Carers Working in Partnership Young People

## Physical Activity

This area contains resources to support the planning and delivery of quality, consistent and age appropriate PSHE education. We do not endorse the grab-and-go of resources, so advise that materials are checked for suitability for your group and intended learning outcomes. We are not responsible for any of their content, however we hope you may find them beneficial.

### Public Health England

The Shake Up toolkit uses Disney, Pixar and Marvel inspired activities which are designed to be fun and flexible, so they can be used at different times throughout the school day, without a PE kit.

Suitable for ages 5-11

[Link](#)

### BBC Teach

Fun curriculum linked resources to get your class moving while they learn.

Suitable for ages 5-11

[Link](#)

There are a number of resources available on the Pan-Staffordshire PSHE Education website linked to Physical activity which can be navigated by age suitability. Sign up to access resources here.

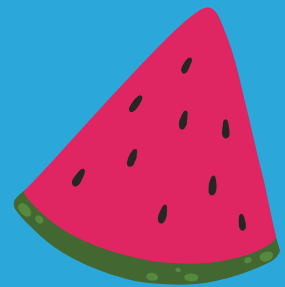
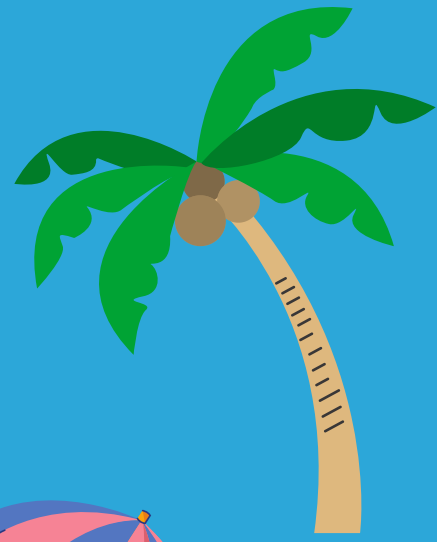


# INTERNATIONAL DAY OF PEACE 21 SEPT



We recognise that you may see new groups forming in your setting in the next academic year (friendship groups, class groups etc). This is a great opportunity to promote peaceful relationships, environments and communities through exploring the PSHE topic of Similarities and Differences. You can find resources on our website linked to this topic.

Similarly, you might want to explore the topic of mindfulness to support children and young people to adopt peaceful practices for self-regulation, breathing and calming. Resources linked to Mindfulness can be found here. <https://pshestaffs.com/mindfulness/>



## WATER SAFETY & PSHE



### Water Safety

and PSHE Education

Professionals' Pack

2023

Ellie Chesterton & Natalie McGrath

We recognise that over the Summer break, concerns around the risks of water are raised as, during hot weather, it can be tempting to get into the water. It's important that children and young people can identify and manage the risks related to water.

We have written a Water Safety & PSHE professionals guidance pack to support your subject knowledge in this area to be able to address this with children and young people.

Click on the pack to access the document via the PSHE website.

# 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
SEXUAL BEHAVIOUR	10TH JULY 9.00-17.00	<a href="#">LOXLEY HALL</a>	£65+ VAT	ADDRESSING SEXUAL BEHAVIOUR IN SECONDARY AGED PUPILS AND RELATED CHALLENGES, PROFESSIONAL LIAISON AND SHARING OF BEST PRACTICE RESPONSES
EXPLOITATION/ GROOMING	10TH JULY 10-16.30	<a href="#">INSIGHT ACADEMY</a>	FREE	SAMMY WOODHOUSE AND GUEST SPEAKERS DELIVERING A 1 DAY EVENT TO RAISE AWARENESS OF GROOMING AND SEXUAL EXPLOITATION.
SELF-HARM	11TH JULY 9.30-13.00	<a href="#">NORTH STAFFS MIND</a>	FREE	FOR STOKE ON TRENT PROFESSIONALS & RESIDENTS ONLY: THIS WORKSHOP WILL DISCUSS SELF-HARM , SUPPORT AND SIGNPOSTING
DOMESTIC ABUSE	12TH JULY 16:00-17:00	<a href="#">PSHE EDUCATION SERVICE</a>	FREE	BITESIZE PRACTICE DEVELOPMENT SESSION ON DOMESTIC ABUSE WITH NEW ERA DESIGNED FOR ANYONE DELIVERING PSHE
MENTAL HEALTH	25TH JULY	<a href="#">NORTH STAFFS MIND</a>	FREE	FOR STOKE ON TRENT PROFESSIONALS & RESIDENTS ONLY: THIS WORKSHOP WILL DISCUSS MENTAL HEALTH AWARENESS, SUPPORT AND SIGNPOSTING
SIMILARITIES & DIFFERENCES/ LAW	27TH JULY 10-11.30	<a href="#">USAH</a>	FREE	PROVIDES A GENERAL OVERVIEW OF HATE CRIME AND INFORMATION OF WHERE TO SIGNPOST FOR SUPPORT AND FURTHER INFORMATION

## NEXT MONTH...

Resources & Materials for:

- Black History Month - 1-31 Oct
- Hate Crime Awareness Week - 14-21 Oct
- World Mental Day -10 Oct
- International Day of the Girl Child - 11 Oct
- Global Handwashing Day - 11 Oct

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

## PSHE LEADS DETAILS

We recognise there may be upcoming changes to the PSHE Lead's details for the new academic year so would appreciate it if you could let us know so we can update our records.

This enables us to send the PSHE Digest directly to the most appropriate person and also to get in contact with funded PSHE opportunities in the local district/borough.

“We are due an Ofsted in December so I will use this to inform my planning and reviewing”

*Feedback shared after July's PSHE Leads Network "Preparing for OFSTED"*

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

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

07572153620

