



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
- Health in your local area - new data available
- Consent research and best practice
- Exploitation research and RFM reminder
- Online Safety & LGBT Resource
- NSPCC Supporting Muslim Parents Resource to have (un)comfortable conversations
- Free Trees for Schools
- 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
- Summer Reading Challenge
- Youth Anti-Social Behaviour
- 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 our recordings from our events 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 in our final event of this academic year on 12th July 2023 4-5pm.

Book your place [here](#)

A YEAR IN NUMBERS

As the end of the academic year is upon us I wanted to take the opportunity to thank you for your hard work and dedication to providing quality, age-appropriate PSHE to the children and young people of Staffordshire. During the first full academic year the PSHE Education Service has provided between September 2023-July 2024 to support you:

1

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

4

Districts/boroughs supported to commission specific PSHE activity that enhances school's PSHE provision.

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.

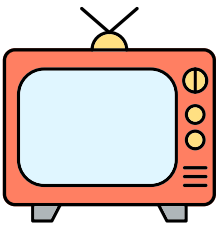
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individual settings in Staffordshire requesting specific support around their PSHE provision

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.

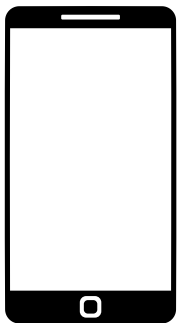


Love Island has returned to our screens, and provides a great opportunity to discuss body image, consent and healthy relationships with young people.

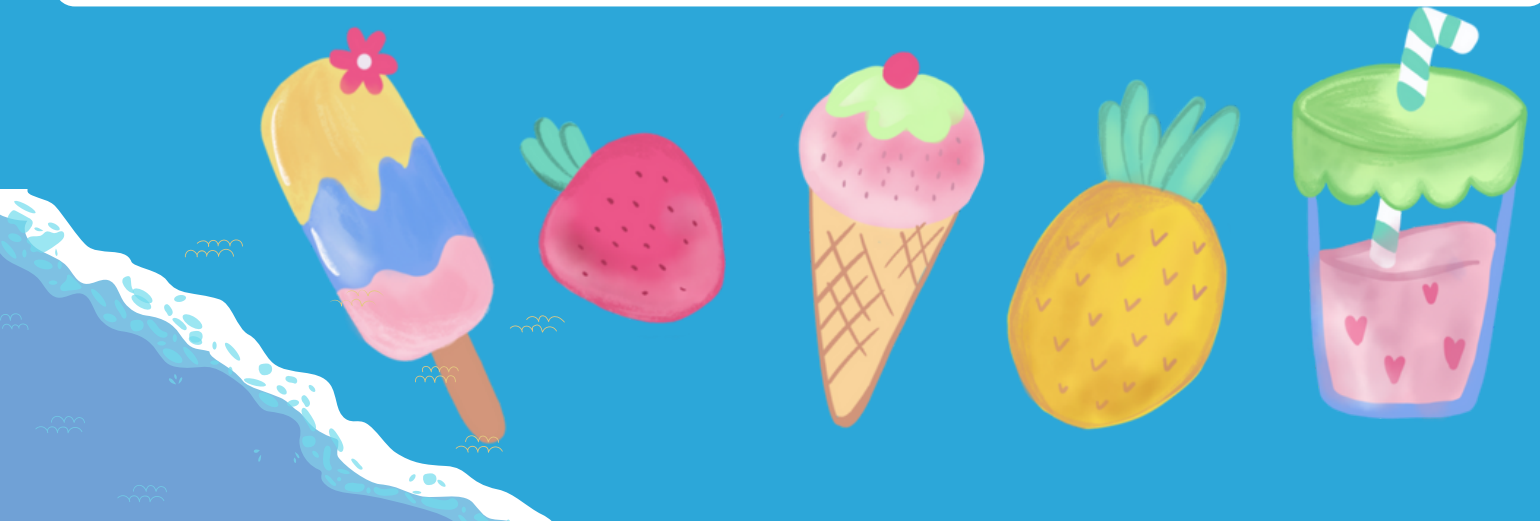
Kanye West features in a new BBC documentary which includes exploration into the celebrity's anti-Semitic remarks



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 well-being, whilst young people who were questioning their gender identity reported the lowest level of well-being.

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.

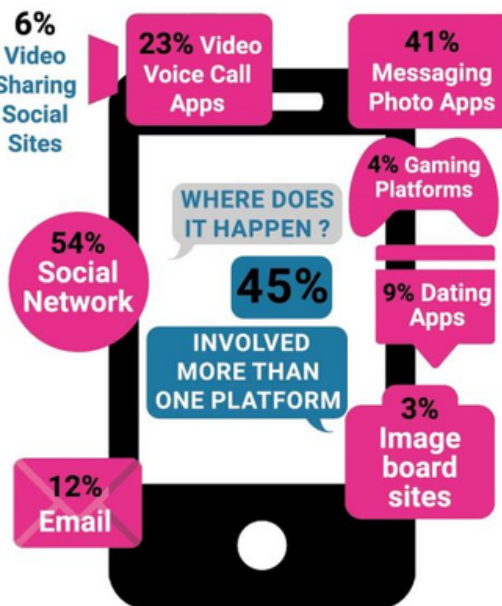
54% Disclosed to family / friend

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)
 - REPORT, REMOVE (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
WWW.CHILDABUSEHELP.ORG.UK

EATING DISORDERS AND 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.

HEALTH IN YOUR LOCAL AREA

A PSHE curriculum should reflect the needs of your children and young people. The Office of National Statistics has recently updated the local health index articles within 2021 data. A score above 100 indicates average level of health in 2015

Health Index Scores:

- Cannock Chase - 104.4 (increase of 5.7 points from 2020). This is average amongst local authority areas in 2021.
- East Staffordshire - 102.1 (increase of 1.7 points from 2020). This is average amongst local authority areas in 2021.
- Lichfield - 113.1 (increase of 8.1 points from 2020). Lichfield ranked in the top 30% of local authority areas in England for health in 2021.
- Newcastle - 108.0 (increase of 2.0 points from 2020). This is average amongst local authority areas in 2021.
- South Staffordshire - 115.8 (increase 1.9 points compared to 2020. This is in the top 20% of local authority health in 2021
- Stafford - 108.8 (increase 1.8 points from 2020). This is average amongst local authority areas in 2021.
- Staffordshire Moorlands - 115.0 (decrease 0.3 points from 2020). This is in the top 20% of local authority health in 2021.
- Tamworth - 102.1 (increase of 3.8 points from 2020). This is average amongst local authority areas in 2021.

The webpage provides an oversight into different elements that create the Health Index Score. Please take time to look at the results for your district/borough.

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 Staffordshire 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, so it is vital that the form is completed and processed, even if another organisation is working with the child/young person around their risk factors. If you require more information or 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.

CONSENT

Consent is an topic that many of you tell us you find challenging to teach.

Research from over 2,00 18-21 years old revealed that, devastatingly, 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, and charity partners Brook, Fumble, UK Says No More and Switchboard.

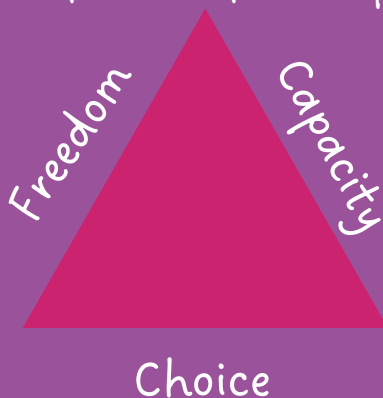
The campaign provides information, education and support to improve people's understanding about consent and helps them to develop more positive consent behaviour.

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.

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 wellbeing 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.

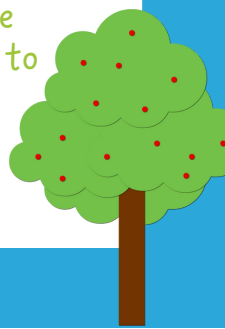
FREE TREES FOR SCHOOLS

Schools across Staffordshire can apply for fruit trees as part of the Veolia Orchard initiative.

Veolia Orchard aims to improve the wellbeing of children and young people and to nurture their skills to create positive change to their environment.

To apply, you need to have a space of 25m, to host five fruit trees, the site must have good drainage and you must have permission from the landowner.

For schools that does not have this space, you can order strawberry plants instead, these will be delivered in recycled plastic planters that can sit anywhere in the school ground (somewhere will ample sunlight in recommended). The deadline to apply is 24th July 2023



RSHE REVIEW: CONSULTATION - CLOSING 10TH JULY



Department
for Education



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 our 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 Staffordshire 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 ambitious 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.

We recognise this is a different style of pedagogy for some of our colleagues. This article from Structured Learning provides a Teacher's Guide to the development of children and young people's 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.



UPDATE FROM LOCAL PARTNERS

CLIMATE CHANGE CONSULTATION

Staffordshire County Council are undertaking a consultation and want to ensure that the views and thoughts of young people (11-18 years) are taken into account. They want to know what young people think about the importance of Climate Change, what actions they are taking and plan to take to reduce their impact on the environment, and what ideas they might have to help us do things better!

The consultation runs until 1st September and can be accessed [here](#).

To find out more about the consultation and to share with colleagues, parents/carers, local community for their views and opinions please click [here](#).

The County Council are also running a survey on Household Travel to get a 'snapshot' of people's daily travel habits. Joining #TheBigTravelChat could be worth £250!

LOCAL PARTNERS' NEWSLETTERS

Catch22's monthly Research and Development Round-up includes information around:

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

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



The Space programme provides 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.

SUMMER READING CHALLENGE



Staffordshire Libraries are hosting the Summer Reading Challenge to encourage children to keep reading during the summer holidays - and to enjoy anything they like to read.

Children aged 4-11 are invited to set a reading goal and collect rewards towards their reading. It's FREE for children to take part and there are many books within the Book Collection that link to the PSHE curriculum including:

- The Burpee Bears by Joe Wicks for 3-5 years old (Being Healthy)
- Choices by Roozeboos for 3-7 years old (Managing Risks)
- Being You by Daniel Thompson for 7-10 years old (Mental Wellbeing)
- Last Girl In by Cheryl Diane Parkinson for 8-12 years (Similarities and Differences, Families, Bullying)

To find your local library click [here](#).

We'd love to hear your suggestions on books that support your PSHE curriculum so we can collate them and share them with colleagues.

YOUTH ANTI-SOCIAL BEHAVIOUR

As we enjoy lighter nights and better weather (some days) we see an increase in the number of incidents 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 for 11-14 years old.

We are also working with Harmony ASB to develop other education resources on this topic.

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.

SUMMER SAFETY INFORMATION:

Our keep safe tips for the summer 

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

Drink plenty of water

Take breaks from the sun

Protect yourself from the sun

Wear suncream

Wear sunglasses 

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



You can click on the images to be able to download and use on your social media channels.



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.

STAFFORDSHIRE POLICE

EARLY INTERVENTION AND PREVENTION IN SCHOOLS



EMAIL US TO BOOK OR FOR MORE INFO



PSHE.EDUCATION@STAFFORDSHIRE.POLICE.UK

OUR OFFER

WHO WE ARE?

We train and support a group of PCSOs, who work in the local community to deliver our education sessions and programmes across Staffordshire and Stoke on Trent. We believe that education is an important element of early intervention as getting it right helps children and young people to stay safe, recognise the consequences of their decisions and seek help when necessary. It also supports positive interactions between children and young people and the police. This ultimately prevents them becoming involved in the criminal justice system.

WHAT WE DO?

We recognise that police contribute to education work best when integrated into planned lessons, and Personal, Social, Health and Economic (PSHE) education is the ideal curriculum for this work.

We have created a programme designed for Primary and Secondary that can add value to education settings and increase children and young people's knowledge about the law and the consequences of breaking the law; allowing them gain a greater understanding about how to keep themselves safe and of the role of the Police in communities. We are committed to the PSHE Education Charter for Staffordshire and Stoke-on-Trent that ensures consistent and quality delivery.

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 children 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.

RESOURCES

CHILDHOOD CANCER AWARENESS 1-30 SEPT

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

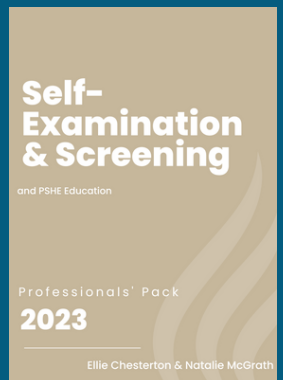
In the UK, there's much less awareness of the signs of childhood cancer versus adult cancers, and many of the symptoms of childhood cancer are also symptoms of common illnesses.



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

In 2020, 161 people aged 10-19 died from suicide. In 2021 it was estimated that approximately 7% of children had 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

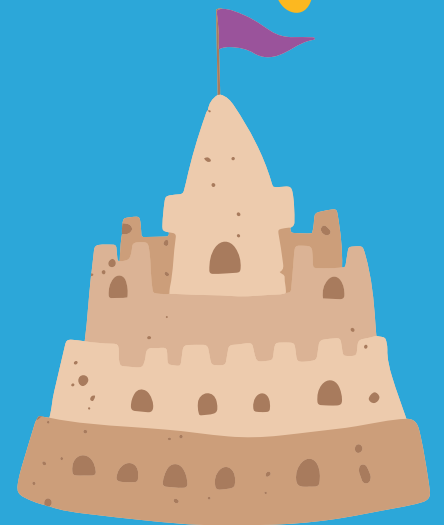
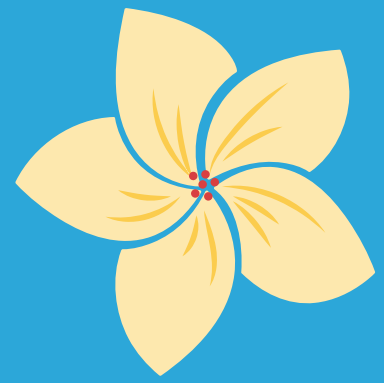
There are a number of resources available on the Pan-Staffordshire PSHE Education website linked to Physical activity which can be navigated by age suitability. Sign up to access resources here.

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](#). You will need to be logged in to access.



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	LOXLEY HALL	£65+ VAT	ADDRESSING SEXUAL BEHAVIOUR IN SECONDARY AGED PUPILS AND RELATED CHALLENGES, PROFESSIONAL LIAISON AND SHARING OF BEST PRACTICE RESPONSES
EXPLOITATION/G ROOMING	10TH JULY 10-16.30	INSIGHT ACADEMY	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	NORTH STAFFS MIND	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	PSHE EDUCATION SERVICE	FREE	BITESIZE PRACTICE DEVELOPMENT SESSION ON DOMESTIC ABUSE WITH NEW ERA DESIGNED FOR ANYONE DELIVERING PSHE
MENTAL HEALTH	25TH JULY	NORTH STAFFS MIND	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	USAH	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.

We now have the details for PSHE Leads details for 60% of Primary, 85% of Secondary and 38% of Independent Settings on file.

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

“ I wanted to say how much I appreciate the PSHE digests. They are incredibly comprehensive and have introduced me to lots of new resources. I spent a good hour and a half going through June's digest and have tweaked our scheme of work as a result. I've also found new advice booklets and posters that are filling a gap in our provision. There is SO much out there, so it's really helpful to have this regular update and signposting. ”

PSHE Lead, Secondary School, Stafford

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

natalie@staffscvys.org.uk

07429 745 901

