



## COVERED IN THIS MONTH'S NEWSLETTER:

Meeting Recordings

Dates for your diary

Back to School: PSHE Education Service Offer

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

Update from National Partners:

- Exploitation
- Homelessness
- National Wellbeing
- Mental Health
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- Picture News: Lionesses
- Teenage Boys and Sexual Consent
- Changes to Private Schools' Inspection Framework
- Economic Education
- Sex Education Forum Update

Update from Local Partners:

- Serious Violence Report
- Domestic Abuse Services
- Community Safety Plans
- Talking Therapies Leaflet
- T3 Referral Form
- Staffordshire Youth Union Update
- Staffordshire Police's PSHE Offer

Resources to support key dates/themes:

- Black History Month - 1-31 October
- Breast Cancer Awareness Month - 1-31 October
- World Mental Health Day - 10 October
- International Day of the Girl - 11 October
- Hate Crime Awareness Week - 14-21 October
- Global Handwashing Day - 15 October
- World Food Day - 16 October
- Restart a Heart Day - 16 October
- Recycle Week - 16-22 October

...& PSHE Series - New packs launched

- Smoking, Tobacco, Vaping & PSHE
- Pregnancy Options & PSHE
- Anti-Social Behaviour & PSHE
- Female Genital Mutilation & PSHE

Training Opportunities

## MEETING RECORDINGS:

We now have our own YouTube channel and all our recordings from our events can now be found on our website from last academic year.

[PSHE Leads Meetings](#)

[Bitesize Practice Development Webinars](#)

Here are the links to the latest recordings:

[Domestic Abuse from July 2023](#)

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 17th October 2023 4-5pm - [Signposting and Safeguarding](#)
- 30th November 2023 4-5pm - [Using non-specialists to deliver PSHE](#)
- 1st February 2024 4-5pm - [CPD in PSHE](#)
- 12th March 2024 4-5pm - [Ensuring PSHE is inclusive](#)
- 15th May 2024 4-5pm [TBC](#)
- 11th July 2024 4-5pm - [Planning a PSHE Curriculum](#)

Bitesize Practice Development Sessions:

- 28th September 2023 4-5pm [Smoking & Vaping](#)
- 18th October 2023 4-5pm - [FGM](#)
- 9th November 2023 4-5pm [Improving Health Literacy](#)
- 5th December 2023 4-5pm - [Modern Slavery](#)

# BACK TO SCHOOL

I wanted to take this opportunity to welcome you back after what I hope was a restful and enjoyable summer break.

The Pan-Staffordshire PSHE Education Service is here to support PSHE Leads in education settings; primary, secondary, SEND, alternative provision, colleges and youth organisations, by providing support, advice and guidance on best practice, quality PSHE. This work is funded by Staffordshire Police, Fire & Crime Commissioners Office and for Staffordshire the service is hosted by SCVYS. There are a number of ways this support is available to you:



- PSHE Digest - a monthly newsletter giving information about resources, training opportunities, updates from local and national partners.
- PSHE Leads Meetings - Half-termly meetings focusing on different aspects of PSHE education best practice, giving PSHE Leads a safe space to share challenges, ideas and meet people in similar positions Pan-Staffordshire.
- PSHE Practice Development Sessions - Monthly meetings (term-time only) to support anyone who delivers PSHE education to increase their knowledge and confidence in different topics covered by the curriculum.
- .... & PSHE series - Localised series of professional guides to support linking the topic to curriculum and statutory guidance and also information to upskill staff delivering PSHE with information about signposting & statistics.
- Best Practice guides - Information to advise and guide education providers in implementing best practice in their own settings.



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

Welcome to the Pan-Staffordshire PSHE education service website where you will find support, information, advice and guidance about quality, age appropriate PSHE education.

We are committed to supporting every child and young person in Staffordshire and Stoke-on-Trent to develop the skills and knowledge they need to thrive now and in the future.



We also have the Pan-Staffordshire PSHE Education website - [www.pshestaffs.com](http://www.pshestaffs.com) which contains key information and a resource library space.

[Click here to sign up to the PSHE Resource Library](#)

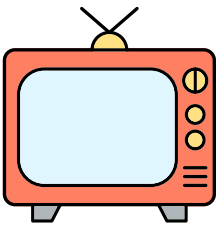
Over Summer, we have been planning ahead for the new academic year and have ensured that your feedback and requests have been reflected in upcoming webinars, resources and support.

Please make sure we have the correct details for your setting and if any updates are required, email [natalie@staffscvys.co.uk](mailto:natalie@staffscvys.co.uk).

# 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.



Hollyoaks are exploring the subject of suicide through Charlie Dean who has been experiencing mental health issues and stresses over the past few months.

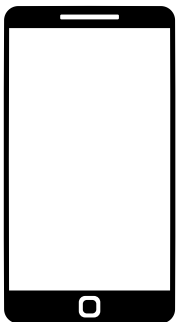
BBC's Panorama: Teenage Vaping: What's the Harm? is available on iPlayer and explores the increase in young people vaping and potential risks.

EastEnders are showing a story about Stacey Slater and stalking



AI has been in the news over the summer months with concerns raised over the creation of child abuse imagery through artificial intelligence.

News coverage around the Spanish FA and behaviours of Luis Rubiales and Jorge Vilda continues - this may create discussion around sexual harassment, inappropriate behaviours and gender roles.



Twitch will let streamers block banned users from watching streams. If moderators or streamers enable the feature, banned users will be booted not only out of chat but out of a livestream itself in real time.

Instagram has rolled out a new feature to protect users from receiving unwanted images and videos in their Direct Messages (DMs). The feature is designed to restrict users from receiving unwanted messages from people they do not know.



# UPDATE FROM NATIONAL PARTNERS

## EXPLOITATION

NSPCC Learning has published an updated learning from a [case review briefing](#) on child sexual exploitation (CSE). The briefing including key learning around; identifying children and young people at risk of CSE, recognising and responding to signs of CSE, and the use of victim blaming language.

The Commission of Young Lives and Manchester Metropolitan University published a [report](#) on girls at risk of criminal and sexual exploitation. The report explore issues around the reliability of data due to under-reporting concerns or offences relating to exploitation and stereotypical assumptions.

[BBC File on 4](#) has released a new episode on school exclusions and child criminal exploitation in England. The episode hears from parents/carers, pupils and teachers and discusses the targeting of children by criminal gangs.

Please make sure you check your teaching materials to ensure that perceived social norms are challenged, including gender stereotypes e.g. that boys don't get exploited sexually or girls aren't involved in county lines. Ensure that victim blaming language is not utilised and staff are aware of the proper referral mechanisms, including completion of the [Risk Factor Matrix](#) form.

Our [PSHE & Child Criminal Exploitation pack](#) will help ensure colleagues are aware of signposting opportunities and have the knowledge to effectively facilitate PSHE sessions on this topic. You may also want to re-watch and ask colleagues to watch our [Bitesize Practice Development Session](#) with Catch22 for top tips from the subject experts.

## HOMELESSNESS

The Department for Levelling Up, Housing and Communities (DLHUC) published official [statistics](#) showing that on the 31st March 2023 almost 105,000 households were in temporary accommodation, including more than 131,000 children. This figure is up 10% from the same day last year and [reasons for homelessness](#) included domestic abuse. In our [Central Resource Library](#) you will find a PSHE Association Quality Assured [resource](#) from Cumbria Council for 14-18 years old. You will need to be signed-in to access the resource library.

## NATIONAL WELLBEING

The Office for National Statistics (ONS) have created a new [dashboard](#) that provides a visual overview of how people in the UK are faring across ten domains of national wellbeing. It brings together the latest data on how people in the UK are doing as individuals, communities and as a nation.



# MENTAL HEALTH

A report from Young Minds shares the experiences of young people and their mental health.

- An average of 70% had sought support for mental health issues in the last two years
- 93% were worried about loneliness and isolation
- An average of 71% of Black and minority ethnic young people had experienced racism.

It is important to remember that these young people have lived through a global pandemic, cultural shifts, political instability and a cost-of-living crisis.

The House of Commons Library has published a briefing on support for children and young people's mental health in England. This report includes statistics around the number of children and young people with mental health conditions, policies on mental health and suicide prevention as well as exploring mental health in schools.

The Safeguarding Network has produced some top tips, advice and resources to support those who work with children and young people.

Action for Children are the local commissioned service who can provide input into your PSHE provision. Our Bitesize Practice Development session, run last academic year, provides information on how your PSHE curriculum can support children and young people to develop the skills to manage their mental health.

There are also digital offers from Action for Children (15+) that helps young people to understand their anxiety and worries for all boroughs and districts in Staffordshire and for South Staffordshire there is also support available for young people at The Sandbox.

# THINK! CAMPAIGN

Changes to The Highway Code came into force from January 2022 to help improve road safety for cyclists, pedestrians and horse-riders.

To raise awareness of these changes, THINK! has launched a campaign "Travel Like You Know Them".

To support staff to be confident about delivering sessions on Road Safety we created, in conjunction with Staffordshire Safer Roads Partnership our Road Safety & PSHE pack you'll also find resources to support your Road Safety sessions in our Central Resource Library. Remember you'll need to be signed up and logged in to access these resources.

You can also access support from Staffordshire Safer Road's Partnership. Please find their latest catalogues for 23-24 academic year - EYFS - KS2 & for priority schools KS3+

# ONLINE SAFETY ALERT



iNEQE Safeguarding Group have published an alert for parents, carers and professionals who work with children and young people highlight the risks of Emerald Chat.

Emerald Chat is an anonymous chat website, marketing itself as "the new Omegle" (another platform that encourages users to talk to strangers). Emerald Chat is not appropriate for children and young people as it contains harmful and age-inappropriate content, including highly sexual imagery and language.

The NSPCC reports there has been an 82% rise in online grooming crimes against children and young people in the last five years, with 1 in 4 grooming crimes against primary school children.

ESAS have produced a helpful seven minute briefing guide to support education settings around Online Safety. You can access the briefing via the SLN or click here.

You may remember in July's edition we mentioned the increase in online Sextortion. The Internet Watch Foundation (IWF) has produced resources around Sextortion for professionals, parents/carers and young people.

## PICTURE NEWS SPECIAL – LIONESSES

Picture News have produced a free assembly pack to help education settings to explore the recent Women's World Cup and the success of the Lionesses.

This can be a great step in challenging gender stereotypes and raising aspirations.

You can download the pack here.



## TEENAGE BOYS AND SEXUAL CONSENT

The University of Surrey has produced a guidance document for educator around "Teenage Boys and Sexual Consent". This guidance, written by Dr Emily Setty, is designed to support educators and others who work with young people to effectively address the topic of "sexual consent with teenage boys"

This is a useful document to compare your own teaching and resources against, including considering the suitability around how your setting may use the Thames' Valley Police's Cup of Tea video

# CHANGES TO PRIVATE SCHOOL INSPECTIONS



TES have provided some important messages about the importance of PSHE in independent schools, following the new Independent Schools Inspectorate Framework. Please note you will need a TES subscription to access the article. You can also find support on the ISI's website.

Based on the new framework the importance of PSHE education has never been clearer to support schools to achieve the top inspection outcomes - particularly sections three and four.

We have a number of resources to support you in getting ready for inspections including:

- Our Best Practice Guidance documents on our website
- Our Central Resource Library to help assure you are accessing quality resources to support your curriculum
- Join our PSHE Leads Network Meeting to meet other people in similar roles to yourself

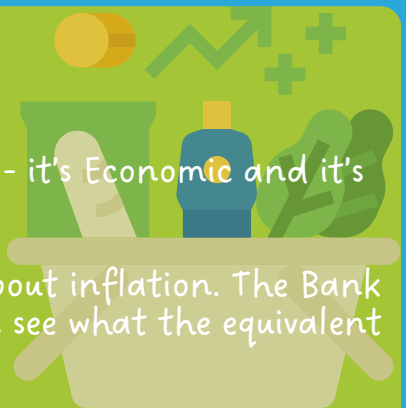
## DON'T FORGET THE "E"

Many people think that the "E" in PSHE stands for Education - it's Economic and it's important we don't forget about it.

With the cost-of-living crisis there has been lots of mention about inflation. The Bank of England has an online "[inflation calculator](#)" where you can see what the equivalent sum of money would have been as far back as 1209!

In May 2023, MyBnk and Compare the Market launched new research on the current state of financial education in UK secondary schools. Using data from surveys with teachers and young adults, the research showed only 2/5 young adults are financially literate and 61% did not recall receiving financial education at school. The BBC also report on the need for more financial education within schools.

At a time when more people are struggling with budgeting it is vital that children and young people develop effective financial literacy skills to improve their confidence in managing their money.



The Sex Education Forum has published a new [blog](#) to bust the myths about RSE.

The Sex Education Forum and Brook are asking organisation to pledge their support to high quality RSHE. You can find out more information [here](#).

# UPDATE FROM LOCAL PARTNERS

## SERIOUS VIOLENCE REPORT



Following the recent engagement exercise to better understand young people's perceptions around safety, violence, social media and violence against women and girls. SCVYS, in conjunction with Staffordshire's Police, Fire & Rescue and Crime Commissioners Office is delighted to publish the report, on behalf of the VRA.

If you helped to promote this engagement, then thank you, and hopefully the findings will be of interest to you in your role.

The findings and recommendations within the report will be used to inform the review of the current Serious Violence Strategy and we hope will also help Staffordshire secure new, or align existing funding, to deliver responses to the recommendations.

Police, Fire & Rescue and Crime Commissioner and Chair of the VRA, Ben Adams said:

"It is important that children and young people are given the opportunity to have a voice on the things that matter to them. I am pleased to see that a high number of young people from across Staffordshire and Stoke-on-Trent have engaged and shared their views and concerns through this exercise."

"The findings and recommendations from this report will help to inform partners and partner agencies of the concerns children and young people have around violence and community safety.

Additionally, the report will allow the VRA to better utilise recently received funding from the government's Serious Violence Duty to help young people living in Staffordshire and Stoke-on-Trent to live happy and fulfilling lives."

OFSTED has published guidance on inspections of the multi-agency response to children affected by serious violence in England. The guidance, aimed at inspectors conducting joint targeted area inspections (JTAI), explains how to evaluate the effectiveness of the police, children's social care, education, youth offending services and relevant health services in working together to address and prevent serious youth violence.



# DOMESTIC ABUSE SERVICES FROM 1ST OCTOBER 2023

There will be some changes to the commissioned Domestic Abuse Services for Staffordshire and Stoke-on-Trent from 1st October 2023.

The Staffordshire, Police, Fire & Rescue and Crime Commissioner's Office have been working with Staffordshire County Council and Stoke-on-Trent's City Council to commission Domestic Abuse services for Pan-Staffordshire. The contract will continue to be delivered by Victim Support under the branding New Era. A [bulletin](#) has been created by New Era to share the changes that will come into place from 1st October. To help partners to understand these changes there is an [online stakeholder event](#) on 25th September 10-11am for education colleagues.

The main changes are:

- New Domestic Abuse Perpetrator Service

Depending on the risks assessment there will be a number of programmes of support available to those who display domestic abusive behaviours.

Referrals will be made via [email](#).

Please ensure that your referrals contain all relevant information to support the risk assessment.

Please ensure that, if a Service User is/was known to Probation Service, or has previously undertaken a New Era Perpetrator programme, this is highlighted in your referral.

- New Children's Neutral Front Door to Domestic Abuse Services

All children aged 17 years and under will be able to be referred to the Children's Neutral Front Door. Please note that incorrect referrals of children to the New Era service will be returned to the referring agency.

Referrals to this service will be made via either [web](#) or [email](#).

All children must be referred through the Neutral Front Door. Referrals of children to the Perpetrator service will be returned to the referring agency. Following assessment, children will be referred to the Victim or Perpetrator service.

There are no changes to the New Era Domestic Abuse Victim Service or referral process.

# COMMUNITY SAFETY PLANS

Community Safety Partnerships (CSPs) are multi-agency groups that work closely together to reduce crime and improve the quality of life for local people through their Community Safety Partnership Plans. A number of CSPs have updated their priorities and actions plans.

Cannock Chase - 2023-2024

East Staffordshire - 2021-2024

Lichfield - 2022-2025 (refreshed April 2023)

Newcastle-under-Lyme - 2020-2023

South Staffordshire - 2023-2026

Stafford

Staffordshire Moorlands - 2023-2024

Tamworth - 2023-2026

The PSHE Education Service is working with CSP across the county to ensure that education is utilised as an effective prevention and early intervention tool, and these plans have helped inform our priorities for this academic year. They also help CSPs to commission PSHE education that meets best practice guidance and enhances an education settings own provision as shown in this report about Alison Cope delivering sessions in schools across Cannock, Lichfield and Tamworth.

## TALKING THERAPIES LEAFLET

In July's PSHE Digest we updated you that IAPT has changed its name to Talking Therapies.

Leaflets have now been designed to reflect this change of name.



## T3 REFERRAL FORM

T3 want to ensure that all organisations who work with children and young people aged 10-20 years have the correct referral form on file as we start the new academic year.

## STAFFORDSHIRE YOUTH UNION

SCVYS hosts the Staffordshire Youth Union, an apolitical organisation that creates a platform for young people to be heard from and speak up for Staffordshire.

Members of the Staffordshire Youth Union can be elected to represent the county at the UK Youth Parliament.

Young people can now express an interest in joining the Youth Union, with ballots opening in October, and results published in November. Each district/borough will have at least four representatives.

To support education settings to promote this opportunity to your young people we have created an assembly pack and slide deck for 11-18 years old. Being involved in these forums will enable young people to develop skills linked to the PSHE Association's Living in the Wider World theme.



STAFFORDSHIRE POLICE

# EARLY INTERVENTION AND PREVENTION IN SCHOOLS



EMAIL US TO BOOK OR FOR MORE INFO



[PSHE.EDUCATION@STAFFORDSHIRE.POLICE.UK](mailto: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

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. You can view the full year calendar [here](#).

## BLACK HISTORY MONTH: 1-31 OCT

UK Parliament Learning provide a [downloadable resource](#) suitable for ages 5-11, which contains stories of influential black Britons who have impacted UK laws and equal rights. Launched to mark Black History Month 2020, this resource can be used throughout the academic year to embed stories of important black Britons across the curriculum including; Mary Prince, who through sharing her powerful story of slavery, helped to change the views of Parliament and those of the British people, and, Bernie Grant MP, one of the first black African MPs ever to be voted into the House of Commons in 1987 and life-long fighter for equal rights.

## BREAST CANCER AWARENESS: 1-31 OCT

The charity Coppafeel provide [three lessons plans](#) containing activities and resources to deliver engaging sessions with young people around breast cancer. Their "[CoppaCollege](#)" is an online module around teaching about breast cancer.

We have written the [Self Examination & PSHE pack](#) which is available on the website, to increase confidence and competence in teaching this topic.

## ADHD AWARENESS: 1-31 OCT

Attention Deficit Hyperactivity Disorder (ADHD) affects areas of the brain involved in attention, concentration and impulsivity.

This [resource from Educare](#) covers what ADHD is, what causes it, the prevalence of ADHD and ways the condition can be treated.

PSHE education should be inclusive of all learners and resources tailored to the needs of the group. Our PSHE Leads meeting in [March](#) will support PSHE Leads to ensure their curriculum and resources are inclusive.



# WORLD MENTAL HEALTH DAY: 10 OCT

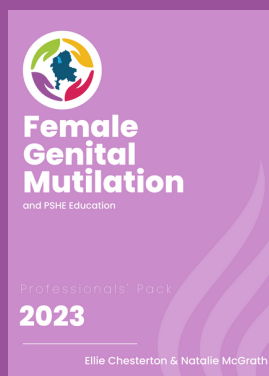
The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

Mental Health is a broad and complex topic. Sign up for the PSHE Resource Library to access [Mental Health resources](#).



# INTERNATIONAL DAY OF THE GIRL CHILD: 11 OCT

International Day of the Girl (IDG) is an annual celebration held on October 11 to promote girls' empowerment and highlight the challenges girls face worldwide.



In response to request for support, we have produced professional guidance on FGM & PSHE which shows the links between Female Genital Mutilation (FGM) and the curriculum. Develops subject knowledge around FGM to enable professionals to deliver sessions confidently and competently.

Click on the image to access the document.

# HATE CRIME AWARENESS WEEK: 14-21 OCT

We have been working with [Uniting Staffordshire Against Hate \(USAH\)](#) as the commissioned service for supporting victims of Hate driven crime or incidents in Staffordshire, to produce an education package for KS1-5.

This spiral curriculum aims to create a safe and inclusive Staffordshire by recognising and celebrating diversity and difference.

Click on the links below to access the lesson plans which contain supporting resources, and links to accompanying slide show presentations.

[KS1 - Similarities & Differences](#)

[KS2 - Prejudice](#)

[KS3 - Hate Crime](#)

[KS4 - Hate Crime](#)

[KS5 - Changing our communities](#)



# GLOBAL HANDWASHING DAY: 15 OCT

You can participate in Global Handwashing Day by organising handwashing-related activities such as games, lessons and assemblies. Global Handwashing Day UK partners have compiled a [variety of resources](#) for use in primary schools, providing guidelines, ideas and inspiration, not only for Global Handwashing Day, but for hygiene promotion throughout the year.

The UK Health Security Agency provide [resources](#) to support children and young people to learn about microbes, infections prevention and control, antibiotics and vaccinations. e-Learning is also available to improve knowledge and confidence around teaching e-Bug topics.

# WORLD FOOD DAY: 16 OCT

Beano for Schools has joined forces with Ocado to create this latest lesson programme, suitable for Primary schools and linked to the PSHE curriculum. The sessions explore food waste, how we can reduce it and its impact on the environment. These complete lesson materials, including lesson plans, worksheets, presentations, and game activities, are [free to download](#).

[Eat Like a Champ](#) is a free healthy eating education programme aimed at primary school children aged 9-10 years. The aim of the campaign is to tackle the growing issue of poor nutrition and obesity amongst children through six specially tailored lessons about healthy eating.

# RESTART A HEART DAY: 16 OCT

Every year, an alliance of partners come together to raise awareness of cardiac arrests and help more people learn CPR.

[St John Ambulance's free resources and lesson plans](#) have been developed to support teaching first aid as part of health education.

[Resuscitation Council UK's lesson plan](#) will help you ensure your students have the confidence and skill to identify a cardiac arrest and attempt to save a life with skills in cardiopulmonary resuscitation and defibrillation.

[First Aid Champions](#), from British Red Cross, is a new first aid teaching site for learners aged 5-18.

# RECYCLE WEEK: 16-22 OCT

This year's theme - The Big Recycling Hunt - focuses on "missed capture": the items that can be recycled but are commonly missed in the home.

Primary schools can sign up for [The Action Pack](#) to receive all the latest information and details of how you can get your school to take part.

[View the Recycle Week 2023 campaign toolkit and collection of assets](#)



The ... & PSHE series is a localised series of professional guides to support linking the topic to curriculum and statutory guidance and also information to upskill staff delivering PSHE with information about signposting & statistics. Each month, we will share any newly created packs in the newsletter. All editions that have been previously shared are housed in the [Resource Library](#) on the website. Topics are prioritised by monitoring requests for support, information and intelligence from working with partners and needs in the local context.

This month, the following packs have been launched and uploaded to the website:



Click on the pack picture to access.

Previously shared packs available on the website:

- Puberty
- Knife Crime
- Sexual Health
- Fire Safety
- Road Safety
- Alcohol
- Oral Health
- Child Criminal Exploitation
- Extremism
- Water Safety
- Self Examination & Screening
- First Aid

Where able, we utilise subject matter experts to support with content, local relevance, signposting and support.

# 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
TEENAGER BRAIN DEVELOPMENT	11TH SEPTEMBER 6-7PM	<a href="#">THE CHARLIE WALLER TRUST</a>	FREE	THIS WEBINAR COVERS THE MAIN CHANGES IN THE BRAIN RELATING TO HORMONES, RISKY BEHAVIOURS, SLEEP AND THE ROLE OF PARENTS/CARERS AND OTHER ADULTS
SEXUAL EXPLOITATION	14TH SEPTEMBER 10AM-12PM	<a href="#">BROOK</a>	£10	BROOK IS LAUNCHING ITS UPDATED AND ENHANCED SECTOR-LEADING SPOTTING THE SIGNS TOOL, WITH BESPOKE TRAINING AND Q&A
RSHE	14TH SEPTEMBER 4.30-6.00PM	<a href="#">BROOK</a>	FREE	THIS EVENT WILL BRING TOGETHER EXPERTS TO DISCUSS THE INTERSECTION BETWEEN RSHE AND SAFEGUARDING AND HOW WE CAN ENSURE RSHE IS EFFECTIVE.
DOMESTIC ABUSE	25TH SEPTEMBER 10-11AM	<a href="#">NEW ERA</a>	FREE	TO HELP UNDERSTAND NEW ERA'S SERVICE OFFER FROM 1ST OCTOBER 2023
TEENAGER BRAIN DEVELOPMENT	27TH SEPTEMBER 6-7PM	<a href="#">THE CHARLIE WALLER TRUST</a>	FREE	THIS WEBINAR COVERS THE MAIN CHANGES IN THE BRAIN RELATING TO HORMONES, RISKY BEHAVIOURS, SLEEP AND THE ROLE OF PARENTS/CARERS AND OTHER ADULTS
HATE CRIME	28TH SEPTEMBER 10-11.30AM	<a href="#">USAH</a>	FREE	THIS SESSION RAISES AWARENESS OF HATE CRIME INCLUDING EXPLORING PREVALENCE, IMPACT AND AVAILABLE SUPPORT
SMOKING & VAPING	28TH SEPTEMBER 4-5PM	<a href="#">PSHE EDUCATION SERVICE</a>	FREE	EVERYONE'S HEALTH PRESENTS THIS WEBINAR ON SMOKING & VAPING TO INCREASE THE CONFIDENCE OF THOSE DELIVERING PSHE SESSIONS ON THIS TOPIC



TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
PSHE	3RD OCTOBER 4-5.15PM	<a href="#">PSHRE TEACHER'S NETWORK</a>	FREE	TEACHING PSHRE IN KS5 IS HARD WORK. THIS EVENT IS DESIGNED TO HELP YOU LEARN HOW TO DO IT WITH MORE CONFIDENCE!
MENTAL HEALTH	5TH OCTOBER 12.00-1.30PM	<a href="#">THE CHARLIE WALLER TRUST</a>	FREE	THIS SESSION IS TO EXPLORE THE POTENTIAL BARRIERS YOUNG PEOPLE MAY FACE WHEN IT COMES TO SEEKING HELP FOR THEIR MENTAL HEALTH
DIET & NUTRITION	10TH OCTOBER 9.30AM-12.30PM	<a href="#">FOOD A FACT FOR LIFE</a>	FREE	DESIGNED TO DEVELOP "BACK TO BASICS" FOOD SKILLS TO HELP PROFESSIONALS BECOME MORE CONFIDENT IN BASIC FOOD SKILLS
ONLINE SAFETY	11TH OCTOBER 9.30-11.30AM	<a href="#">UK SAFER INTERNET CENTRE</a>	FREE	OPEN TO ALL PROFESSIONALS WHO WORK WITH CHILDREN AND YOUNG PEOPLE, THIS EVENT WILL PROVIDE INFORMATION ON THE LATEST IN ONLINE SAFETY RESEARCH, LEGISLATION, TECHNOLOGY, TOOLS AND RESOURCES ALONG WITH EXCLUSIVE ACCESS TO THE PRESENTATION AND RESOURCE MATERIALS.
FGM	18TH OCTOBER 4-5PM	<a href="#">PSHE EDUCATION SERVICE</a>	FREE	RAISE EDUCATION PRESENTS THIS WEBINAR ON FGM TO INCREASE THE CONFIDENCE OF THOSE DELIVERING PSHE SESSIONS ON THIS TOPIC
MENTAL HEALTH	19TH OCTOBER 12.45-2.15PM	<a href="#">THE CHARLIE WALLER TRUST</a>	FREE	THIS SESSION IS TO EXPLORE THE POTENTIAL BARRIERS YOUNG PEOPLE MAY FACE WHEN IT COMES TO SEEKING HELP FOR THEIR MENTAL HEALTH
HEALTH LITERACY	9TH NOVEMBER 4-5PM	<a href="#">PSHE EDUCATION SERVICE</a>	FREE	STAFFORDSHIRE LIBRARIES AND NHS KNOWLEDGE HUB HEALTHY LITERACY AMBASSADOR PRESENTS THIS WEBINAR ON IMPROVING HEALTH LITERACY TO INCREASE THE CONFIDENCE OF THOSE DELIVERING PSHE SESSIONS ON THIS TOPIC
DOMESTIC ABUSE	10TH NOVEMBER 9.30AM-1PM	<a href="#">NEW ERA</a>	FREE	TO HELP PARTICIPANTS DESCRIBE THE IMPACT OF DOMESTIC ABUSE ON CHILDREN AND YOUNG PEOPLE

## NEXT MONTH...

Resources & Materials for:

- Bonfire Night
- Anti-Bullying Week
- Road Safety Week
- International Men's Day
- International Day for Elimination of VAWG

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 have been changes to the PSHE Lead's details for this 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 61% 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.

“The newsletter is so useful. Thank you very much :)”

PSHE Lead, Primary School, Stafford

We love hearing how the PSHE Education Service is supporting you, your setting and the children and young people you work with.

Please let us know if you have used any of our resources, information in the digest in your own practice so we can share with others.



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

[natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk)

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