



## COVERED IN THIS MONTH'S EDITION:

Meeting Recordings

Dates for your diary

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

Update from National Partners:

- Updates from the DfE
- Racism in Schools
- Oral Health Competition
- Online Safety Updates
- Parental controls on new devices
- PSHE Association Updates
- Updated Sexual Health Statistics
- Gender Diversity - new e-learning course
- Gender Action Accreditation Scheme
- Spiking Laws
- Banter or Bullying? Research
- Diversity Role Models Steering Group
- Evidence of Good Practice - NSPCC
- Mental Health

Update from Local Partners:

- Updated Walking and Cycling Statistics
- New LGBTQ+ Youth Club in Newcastle
- Picture News funded license for Primary schools
- Staffordshire Police - Don't Choose to Abuse Campaign
- NSPCC Gaming Festival

New Resources to support key dates/themes:

- Brook's Big Period Lesson Live
- Conflict in Israel and Palestine
- Dove and Nike - Body Confidence

Resources to support key dates/themes:

- LGBT History Month
- Time to Talk Day
- Children's Mental Health Week
- Safer Internet Day
- International Zero Tolerance to FGM
- World Toothache Day
- Random Acts of Kindness Day

...& PSHE Series - New packs launched

- Sexuality and Sexual Orientation

Best Practice Guidance - New pack launched

- Writing Learning Outcomes

New Local Resources Launched

- New SEND RSE Resource - Secondary
- New Trusted Adults Resource - All phases

Training Opportunities

## MEETING RECORDINGS:

We 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 from December:

[Modern Slavery Awareness](#)

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 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

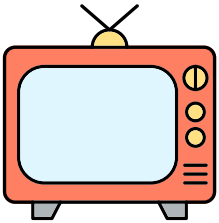
Bitesize Practice Development Sessions:

- 24th January 2024 4-5pm - Diet and Nutrition (MPFT)
- 21st February 2024 4-5pm - Tackling Violence Against Women and Girls (Everyone's Invited)
- 6th March 2024 4-5pm - Tackling Youth Violence (Street Whyze)

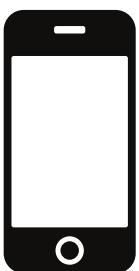
# WHAT'S OUT THERE...

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.



- Channel 4 demonstrate the impact of being spiked in [The Truth about Spiking](#). The Stoke-on-Trent and Staffordshire VRA has purchased [Stamp Out Spiking's Train the Trainer](#) course.
- Channel 4 also aired "[I am Andrew Tate](#)" a documentary that explores the man behind the headlines.
- The Festive Period saw many local areas suffer from flooding, a sign of the impact of climate change. The Young People's Trust for the Environment has lesson plans for Key Stage 2 and 3 that can be found in the Resource Library under Environment.
- A [house fire](#) in Shelton, Stoke-on-Trent was caused by a lithium-ion battery in an electric bike.
- iNews [reported](#) that UK police are investigating the first alleged case of virtual rape after a child's online avatar was "attacked" while playing a VR game with a group of adult men.
- The Guardian [reported](#) that thousands of UK young people have watched online child abuse images. The [Report Remove tool](#) can support young people to remove sexual images of themselves online.
- Idris Elba urges stronger action on [knife crime](#), stating that a planned change to the law, which would ban "zombie" knives and machetes, needs to be fast-tracked.



- The Stoke-on-Trent and Staffordshire VRA have been running their Make No Excuses Campaign video on Tik Tok. Partners can access the campaign [here](#).
- Almost half of teenagers feel as if they are addicted to social media, according to a [study](#) by the University of Cambridge. Girls were more likely to reported they feel addicted (57%) compared to boys (37%).
- The BBC [reports](#) that young people are turning to AI therapist bots via a platform [Charater.ai](#).

# UPDATE FROM NATIONAL PARTNERS

## UPDATES FROM THE DFE

Gillian Keegan MP appeared at a Select Committee on 6th December 2023, where she gave details of the RSHE review sequencing details. The RSHE draft guidance is now expected to be published early this year. During the Select Committee, Gillian Keegan MP stated that the RSHE review needed to come after the publication of the consultation on the guidance to schools and colleges on gender questioning children. This consultation closes on 12th March 2024.

The Oak National College are currently working on developing a full curriculum and materials that are in line with the government's guidance.

An updated version of Working Together to Safeguard Children (2023) guidance was published prior to the Christmas Holidays. This guidance is for "multi-agency working" around child safeguarding. Whilst the legal requirements for schools have not changed there are some important points to note.

- Schools are a central part of multi-agency safeguarding (paragraphs 76 and 77)
- There needs to be better information sharing between education settings and other agencies. (paragraph 128)
- There is a focus on the importance of engaging positively with families, in cases of safeguarding concerns (paragraph 18)
- Take into account what the child wants (paragraph 13) so children and young people are involved and safeguarding is not "done" to them.

The NSPCC have compiled a briefing that outlines the main changes.

The PSHE curriculum can provide a great space to give children and young people general information and explanation about safeguarding, so that they fully understand what is happening.

Our website provides lots of information around signposting and advice and guidance for parents and carers.

The Commons Education Select Committee also held an evidence session on the impact of screen time on education and wellbeing in which MP questioned experts from education charities and BBC Education.

# RACISM IN SCHOOLS

The Children's Commissioner for Wales has published a report on racism in secondary schools which explores young people's experiences of racism through focus groups and interviews with children and young people, teachers and education professionals. Findings indicate that racist language is "being normalised" by students; and racism in secondary schools in Wales can be experienced in many different ways, from microaggressions to verbal and physical abuse. Recommendations include: the Welsh Government should direct schools to deal with and record racist incidents as equivalent to safeguarding incidents; and training on racism and anti-racism should be made mandatory for education professionals.

The PSHE Association has written a blog on how racism can be challenged through PSHE education.

Show Racism the Red Card is running a free to enter competition for children and young people of all ages and abilities that is a great extension activity to educational work around racism. Entries can be in any medium - artwork, creative writing, song, film, music, football boots and T-Shirt designs to give a few suggestions....

Education Settings need to register by 19th February 2024 with entries being received by 4th March 2024. Find out more information here.

Resources to support education around racism can be found in our Similarities and Differences section in the Resource Library at [www.pshestaffs.com](http://www.pshestaffs.com). Click to log in or sign up.

# ORAL HEALTH COMPETITION

Aquafresh Shine Bright has launched a brand new competition, with a chance to win £2,000 of sports equipment for your school, and lots of other great prizes.

The Aquafresh Shine Bright resources provide a fun and engaging way for children to learn about oral hygiene. They can then put this learning to the test and take part in the Shine Bright Competition. The competition closes Friday 1st March 2024.



# ONLINE SAFETY UPDATES

Meta have announced that end-to-end encryption (E2EE) is being rolled out as default. Encryption plays an important role in protecting privacy online, it must be balanced with the imperative to safeguard children and young people online.

The National Crime Agency has reported concerns that the roll out of E2EE will affect the ability of social media companies to detect child sexual abuse on their platforms, and instead places undue pressure on children and young people to self-report instances of abuse, rather than platforms having security features in place to both prevent and detect abuse before it occurs.

CEOP has created information and advice for parents and carers, professionals, and young people. CEOP are also seeking the views and experiences of children's workforce professionals on their reporting processes via this short questionnaire.

Risks regarding the misuse of AI technology continue to be revealed. In a recent blog post, the UK Safer Internet Centre (UKSIC) says that it's receiving reports from schools that children are using AI technology to generate sexual imagery of other children.

The Marie Collins Foundation are aiming to produce a free intervention toolkit that addresses some of the recovery needs of a child harmed by Technology-Assisted Child Sexual Abuse (TACSA). This resource will be available to any professional working directly with a child and their family, with a focus on supporting them in their recovery; designed to reduce the trauma they are, or have experienced.

The toolkit is currently in the developmental stages and the Marie Collins Foundation are asking for input via a short survey.

# PARENTAL CONTROLS ON NEW DEVICES

At this time of year, it's highly possible that children or young people have a new phone, games console or other digital device at home. Many parents also prefer to place some protective measures on those gifts – to keep their child shielded from potential Online Safety risks – while others would like to, but aren't sure where to begin.

The National College and National Online Safety teams have produced Top Tips for setting up parental controls on new internet-enabled devices, from smartphones to laptops to consoles. Please feel free to share this poster with your parents and carers.

# PSHE ASSOCIATION UPDATES

The PSHE Association has released a new podcast episode - Teaching about friendship and bullying.

This episode looks at the statistics and research base around the impact of bullying, as well as the importance of establishing and maintaining friendships for all children and young people. They also consider schools' statutory duties, and the nuances of teaching this topic in primary school and secondary school settings via the PSHE education curriculum. This should be listened to in conjunction with our Bullying & PSHE and Friendships & PSHE packs.

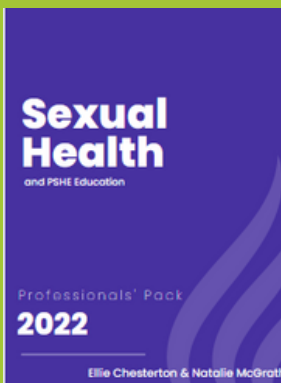
The PSHE Association has also awarded it's Quality Mark to Sure Breaking Limits Programme. These cross curriculum (PE and PSHE) free lessons for Primary and Secondary help children and young people to understand how regular exercise benefits both physical and mental health. Please note sign-up is required.

# SEXUAL HEALTH STATISTICS

The Office for Health Improvement and Disparities (OHID) showed that Gonorrhoea diagnosis rates in England for 2022 were 146.1 per 100,000 - the highest figure recorded up from 97.2 in 2021. It's not all doom and gloom, locally both Cannock Chase and Tamworth saw decreases in their rates per 100,000.

For Stoke-on-Trent the rate was 146.1 in 2022 compared with 77.9 in 2021.

Brook has produced a handout on how to use a condom correctly and what to do if one breaks, and locally we have C-Card Services for people over 13 years access to free condoms.



The Pan-Staffordshire PSHE Education Service has published Sexual Health & PSHE to provide professionals with information to help them to meet the learning outcomes, including local statistics, details around contraception and STIs and where to find more information to help them deliver sessions on this topic with confidence.

You can also view our Bitesize Practice Development Webinar with MPFT our local Sexual Health Provider.

Click the image to access the pack or find it in our Resource Library under both Contraception and Sexually Transmitted Infections.

# NEW E-LEARNING COURSE: GENDER DIVERSITY

Brook and Gendered Intelligence have teamed up to produce a new course for educators on Gender Diversity. This online course is designed to support professionals to deliver high quality RSE on gender diversity in a way that aligns with the current RSHE guidance and Equality Act (2010). The course will also provide colleagues with confidence to better support transgender, non-binary and gender questioning young people in your settings.

The course costs £35 and takes approximately three hours to complete. You will have unlimited access to the course for two years to learn when it suits you best. Brook will update the course with any updates if government guidance changes. These updates will be available for free and you'll be notified of any new content.

Brook's Live Lesson on Gender Stereotypes can also be replayed in the classroom to explore the impact of gender stereotypes and misogyny.

## GENDER ACTION ACCREDITATION

Gender stereotypes and sexism have a huge impact on children and young people's experiences, negatively affecting the career aspirations of males and females.

Gender Action is an award programme that promotes and encourages a whole-school approach to challenging stereotypes. The programme was founded by the Institute of Physics (IOP), King's College London (KCL), UCL Institute of Education (IOE) and University Council of Modern Languages (UCML), and the Development Education Centre South Yorkshire (DECSY) engaged with the project as a partner.

DECSY are now administrating the award programme and the founding members and DECSY are continuing to oversee and steer the programme as a consortium.

Gender Action is supported by Mission 44; a charitable foundation launched by Sir Lewis Hamilton to build a fairer, more inclusive future in which every young person can thrive.

Details of the briefing events can be found here, however DECSY can provide bespoke sessions.

## SPIKING LAWS

The Home Office has committed to amending the Criminal Justice Bill and updating the Offences Against the Person Act (1861) to make it clear that spiking is illegal. The Section 182 guidance which accompanies the Licensing Act (2003) has also been updated to include a definition of spiking (paragraph 2.7).

A new factsheet has been created that provides a definition, information about what happens when someone is spiked, facts and statistics, information about the laws against spiking and the police's commitment to tackling spiking.

# BANTER OR BULLYING? RESEARCH

The Anti-Bullying Alliance has published [research](#) into banter and bullying in schools in the UK.

Over 1 in four teachers say that face-to-face banter in schools is a serious problem in their schools, yet 84% receive no training on how to deal with banter.

This [SecEd article](#) outlines the key elements to help educators to identify when banter may have crossed the line and encourage reflection on what is meant by the term banter, the role banter plays in bullying and how to tackle it.

The Department for Education has funded a number of anti-bullying programmes since 2021 that are available for schools to access:

- [Diana Award](#)

The Diana Award is implementing an anti-bullying programme to empower young people with the skills, tools, confidence, and knowledge needed to significantly transform school culture and provide support to peers.

They will create tailored resources and training to deliver content that meets the needs of students and school staff tackling bullying behaviour in school, the wider community and online.

Training will be delivered through large, multiple-school sessions at venues across the country, offering schools the opportunity to share and support learning.

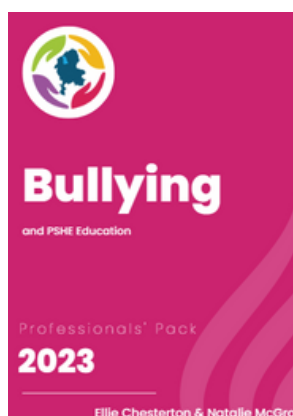
Each school will have teams of around 10 students who will be Anti-Bullying Ambassadors, these will be supported by school staff.

- [Diversity Role Models](#)

Embracing Difference, Ending Bullying is a package of interventions to schools which will help make sure that staff have the knowledge and skills to tackle and prevent bullying and create inclusive school cultures.

The programme will be underpinned by identifying and understanding knowledge gaps within schools and specific challenges they face.

At the end of the project, policies and processes will be widely understood by staff, while both staff and pupil participants will feel confident in intervening if they witness bullying.



Our [Bullying & PSHE Professional's Pack](#) has more information to support you to deliver sessions on this topic.

The Resource Library on our website will also provide activity ideas and lesson plans for use with children and young people.



# DIVERSITY ROLE MODELS STEERING GROUP

Diversity Role Models (DRM) are looking for professionals to join their Education Steering Group. The group provides support, advice and strategic direction and is made up of teachers and experts.

The group meets termly to discuss the latest developments in education and to shape the future of Diversity Role Models. It provides a space to share best practice and new resources for use in schools, as well as regularly reviewing DRM's current work, to ensure they are providing schools with the highest quality, most relevant support possible.

They are also looking for young people to join their Student Voice Group. This group ensures that young people are at the heart of their work. Through engaging a diverse group of young people from a range of educational environments, DRM ensures that the advice and support given to schools is relevant to the young people they support. The Student Voice Group meets termly to discuss the issues facing LGBT+ people in their schools and what they wish their peers and teachers would do differently, as well as sharing best practice. The group aims to empower the members to be agents of positive social change in their schools.

## EVIDENCE OF GOOD PRACTICE

NSPCC Learning has published an evaluation of its Young Voices programme on healthy relationships and preventing peer-on-peer sexual harms. The programme was part of the Together for Childhood place-based approach in Plymouth. Between 2019-2022 96 young people aged 13-16 years were involved in the design and development of campaigns. Findings show: the young people involved reported that they gained a deeper understanding of healthy relationships through a participatory approach; and school staff recognised the value of participation and learning from young people.

This report reinforces that using active-learning techniques within PSHE is most impactful at enabling children and young people to learn and gain a deeper understanding of topics than just listening passively - if you would like support to understand how active-learning techniques can be used in your setting please contact Ellie.

## MENTAL HEALTH

The Children and Young People's Mental Health Coalition has published a manifesto for babies, children and young people's mental health which includes embedding a whole educational approach to mental health and wellbeing across all education settings.

The Create for Confidence project, funded by the Prudence Trust, is looking for secondary school staff based in the UK who support mental health to share their views on art and mental health in schools.

The University of Exeter and University of Bristol are looking for headteachers, SENCOs and safeguarding leads to take part in their survey on self-harm and suicide prevention and postvention.

Schools in Mind have launched a new targeted support toolkit on their Mentally Healthy Schools Website.

The toolkit gives balanced, evidence-based advice to help staff choose the most effective support for their students. It is user-friendly and helps staff with mental wellbeing responsibilities identify need, review their current offer, and filter targeted support options by education phase, outcome and delivery method.

# UPDATE FROM LOCAL PARTNERS

## WALKING AND CYCLING STATISTICS

The Department of Transport has published a new report that highlights walking and cycling statistics. Across England the proportion of adults who do any walking or cycling for any purpose at least once a week was 70.6% in 2022 compared to 71.2% in 2021. In Stoke-on-Trent this figure was 64.4% compared to 59.1% in 2021, which is really positive to see.

## NEW LGBTQ+ YOUTH GROUP

Staffordshire Sexual Health Charity are launching a new LGBTQ+ Youth Group every Wednesday 4-5:15pm at Newcastle Library for young people aged 11-18 years.

The youth group is for LGBTQ+ people, allies and friends. You can access the flyer by clicking on the image below or [here](#).



Staffordshire Sexual Health Charity also provide counselling, drop-ins and a Rainbow Charter Accreditation. You can find out more details about how they support the LGBTQ+ community [here](#).

If you wish to book the Staffordshire Sexual Health Charity to deliver education sessions please ensure you utilise our guidance documents on [Using External Providers](#).

## PICTURE NEWS FUNDED LICENSE - PRIMARY SCHOOLS

From 8th January 2024, all primary schools in Stoke-on-Trent will have access to a one year licence enabling access to both Picture News Early Years and Picture News Primary Online weekly packs through funding accessed by the Local Authority.

For schools in the city who have funded from September 2023 themselves, 'Picture News' has written to those schools respectively confirming an extension of their pre-agreed license end dates by an additional year.

If you haven't received information about your license, please [get in touch](#).



STAFFORDSHIRE  
POLICE

# DON'T CHOOSE TO ABUSE CAMPAIGN

Staffordshire Police have relaunched their "Don't Choose to Abuse" campaign with two new videos aimed at perpetrators of violence and intimidation against women and girls.

For many, the emotional and physical abuse suffered at the hands of those who display abusive behaviours can have lasting effects. The two videos show how this suffering can affect those affected by this behaviour in their everyday life, and are designed to shine a spotlight on the common abusive behaviours to encourage those who may display these behaviours to change.

There is help and support available to those that recognise that they are displaying unhealthy and abusive behaviour within their relationship and are willing to change, as well as support services for those who are affected by these behaviours - these are delivered by [New Era](#).

Back in September, Staffordshire Police arrested 61 people during a week-long intensification period as part of our commitment to tackling Violence Against Women and Girls (VAWG). Part of this enforcement saw specialist officers contact more than 45 victims of domestic abuse alongside partner agencies to offer advice and support.

You can watch the new videos and find out more about the campaign by visiting Staffordshire Police's [website](#):

If you choose to use these videos within your PSHE curriculum, it is important to ensure that gender stereotypes are not reinforced and that young people are reminded that any gender and sexual orientation can be affected by domestic abuse.

## NSPCC GAME SAFE FESTIVAL

Together for Childhood (Stoke-on-Trent) have asked us to share that from 5-11 February 2024, the NSPCC are collaborating with developers, platforms, industry bodies, esports teams and influencers to play and act for a better way to game.

They will be hosting workshops for parents and carers, education professionals and people involved in the gaming community. You can find out more info [here](#).

A poster highlighting a webinar that will be held 7th February 7-8pm for parents, carers, and those working with children and young people to have conversations about online gaming can be found [here](#). for you to promote to your colleagues and local community.

# 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](#).

## BROOK'S BIG PERIOD LESSON

Brook in partnership with Lil-Lets are delivering their second Big Period Live Lesson aimed at children in Years 6 and 7 (9-12 years) and is free to access. You can register [here](#).

The lesson is on Thursday 7th March 2024 9.30-10.30am and will support participants to:

- Understand puberty and the changes that happen to their bodies
- Correctly name the reproductive organs
- Understand key facts about periods, period pains and heavy menstrual bleeding
- Learn about different period products and how to manage menstrual cycles
- Understand how periods and hormones can affect mental health
- Know where to go for support

## NEW RESOURCES AROUND CONFLICT IN ISRAEL AND PALESTINE

[Educate Against Hate](#) have uploaded a new resource from Parallel Histories. The resources are split into seven weeks of content that cover the history of the conflict.

They challenge students and learners to examine a range of sources such as images, maps and documentation in order to debate and discuss different view points in a polite and respectful way, and in the controlled environment of a classroom, before reaching their own views on the topic.

To access these resources you will need to set up a Parallel Histories account.

## NEW RESOURCES FROM DOVE AND NIKE

41% of teenage girls are quitting sports with low body confidence given as the top reason.

Dove and Nike have teamed up to create "[Body Confident Sport](#)". These resources couple coaching education with easy-to-use programme curriculum and guides to inspire and build body confident young people.

There is also an [e-learning course](#) that takes just over an hour the equips professionals with knowledge around body image, how to tackle negative body image and promote body confidence.



# LGBT HISTORY MONTH

The theme for this year's LGBT+ History Month is Medicine - #UnderTheScope. This theme celebrates LGBT+ people's contribution to the field of Medicine and Healthcare both historically and today. Resources will be published on this website closer to the date

Diversity Role Models will shortly be launching a series of animated videos aimed at primary school children. These videos encourage children to be "upstanders" rather than "bystanders" illustrating the positive outcomes of compassion and inclusivity. You can also access their resources page for primary and secondary aged resources.

The Pan-Staffordshire PSHE Education Service has added to our ... & PSHE Professionals' Pack. Introducing Sexuality and Sexual Orientation; showing the curriculum links to the topics and then providing knowledge to support colleagues to deliver PSHE sessions around this topic. Click here or on the picture below to access the latest pack.



Remember that language is important in PSHE. This professional's guide aims to show the difference between the terms "sexuality" and "sexual orientation" and tips on how to create an inclusive curriculum.

This pack also links to our Consent & PSHE, Puberty & PSHE, Bullying & PSHE, Pressure & PSHE, Sexualised Behaviours & PSHE Professional Packs which can all be found on our website.



Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

**time to  
talk day**

**01/02/24**



Rethink  
Mental  
Illness.

A host of resources can be downloaded to help start mental health conversations in your community, workplace or school. You'll find posters, postcards, social media tiles, conversation starters, bunting and much more.

## CHILDREN'S MENTAL HEALTH WEEK - 5-11 FEB

The theme this year is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

The Beano and Place2Be have partnered up to create resources to support Mental Health Week.

The first set of free Beano x Place2Be resources, , are now available to download:

- Activities for 4-11 years old
- Activities for 11-18 years old

Make sure you add your organisation to the official Children's Mental Health Week map so we can ensure Stoke-on-Trent is represented.

Now and Beyond (registration required) also have lesson plans for children and young people aged 4-18 years old to support Children's Mental Health Week.



## SAFER INTERNET DAY - 6 FEB

The 2024 theme for Safer Internet Day is all about inspiring change.

Digital Matters has a number of lessons to support this including:

- Online Bullying - calling out friends' negative behaviours (9-11 years old)
- Copywrite and Ownership - making safe use of emerging technology (9-11 years)
- Self-image and identity - supporting positive self-image (10-11 years)

The UK Safer Internet Centre has also created education resources to support this awareness day. These cover 3-7 years, 7-11 years, 11-14 years, 14-18 years and resources for parents and carers.



# INTERNATIONAL DAY OF ZERO TOLERANCE TO FGM

## - 6 FEB

Use these resources alongside our [FGM & PSHE Professional's Guide](#) and our [Bitesize Practice Development Webinar](#).

The government statutory guidance on Relationships and Sex Education (RSE), makes it compulsory for secondary schools to teach pupils about Female Genital Mutilation (FGM) and other harmful practices, including forced marriage and honour-based abuse. Although the duty to teach about FGM is not mandatory for primary schools, it can optionally be applied.

The National Centre for FGM and the Eve Appeal have created a session plan for [KS2](#) and one for [KS3](#) that provides an introduction to FGM.

# WORLD TOOTHACHE DAY - 9 FEB

Use these resources alongside our [Oral Health & PSHE Professional's Guide](#).

The [Oral Health Foundation](#) has lesson plans and activities suitable for primary-aged children (including early years) to support oral health education in the classroom.

Public Health England has a [Science lesson PowerPoint](#) about Keeping our Teeth Healthy.

For setting who work with secondary-aged young people the [BRIGHT dental health lesson pack](#), that has been awarded the PSHE Association Quality Mark which aims to develop their understanding and knowledge about the importance of tooth brushing.

# RANDOM ACT OF KINDNESS DAY 17 FEB

Public Health England has a [lesson plan](#) for 7-11 years (KS2) to help children to learn about the effects of kindness on themselves, others and the world around them.

[The School of Kindness](#) has resources for Primary-aged children, that teach about the importance of kindness and the impact on both our physical and mental health. Sign-up to their newsletter is required to access the lesson plans.

For secondary-aged young people Clued Up Coaching has created a [lesson plan](#) for Now & Beyond that explores empathy and how using empathy can help with relationships with others.

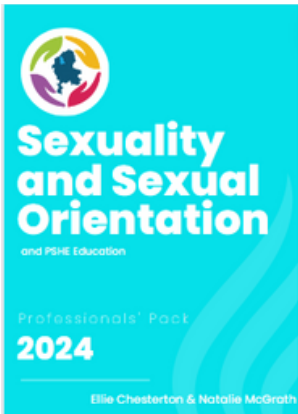


# PSHE Education

STOKE-ON-TRENT & STAFFORDSHIRE

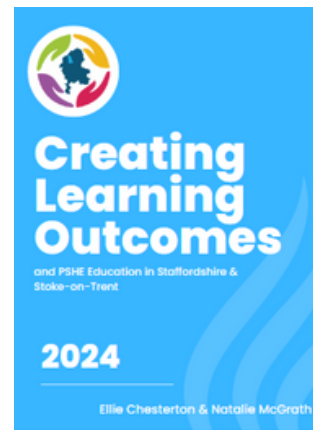
The ... & PSHE series is a localised series of professional guides to support linking the topic to curriculum and statutory guidance and also information to upskill staff delivering PSHE with information about signposting & statistics. Each month, we will share any newly created packs in the newsletter. 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.

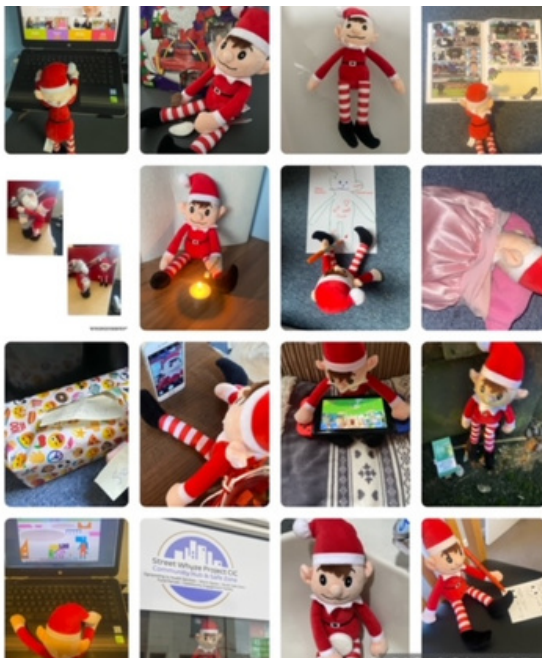
Where able, we utilise subject matter experts to support with content, local relevance, signposting and support.



Our Best Practice Guides are also available on the [website](#).

These documents contain information to help, advise and guide education providers in implementing best practice principles of PSHE education development and delivery in their own settings.

This month we have added guidance around [Creating Learning Outcomes](#)



You may have seen on our X (formerly Twitter) account @PSHEStaffs that we had a new team member join us in December - Elfis.

Elfis helped us to explore PSHE topics such as:

- Oral Health
- Diet & Nutrition
- Water Safety
- Anti-Social Behaviour
- Personal Space
- Fire Safety
- Friendships
- Sleep
- Balanced Lifestyles
- Mental Health
- Sharing Images
- Online Safety
- Vaping
- The Environment
- Appropriate Touch
- Trusted Adults
- Hygiene
- Change and Loss

Please follow us to ensure you are keeping up to date with what is happening through the service and across the partnership in relation to PSHE (@PSHEStaffs)



# NEW LOCAL PSHE, SEND RESOURCE

Having spoken to many of you, we recognise that there are few SEND resources available to those of you who work with children and young people with additional needs.

We've also heard how colleagues delivering PSHE find the relationship and sex education aspects of PSHE more challenging. To support you, we have developed a new programme of work called "Growing Up".

This is a programme of education sessions to be delivered to a group of young people with special education needs, including learning disabilities and SEMH needs. Before teaching any of the sessions or activities in this guide the facilitator should be sure of what the individual needs are of the group members to ensure their needs are met.

Children and young people with SEND are generally more vulnerable to abuse, bullying and other issues because of their SEND so it is vital they receive effective PSHE education.

The sessions are aimed at young people aged 11-25 with SEND, There are Ten sessions within the programme, settings are free to pick the sessions most appropriate to their setting:

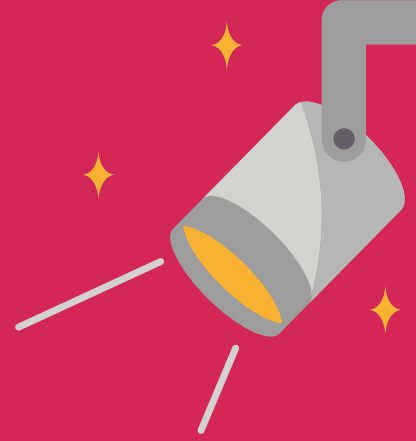


- Session One - Introduction to the Programme
- Session Two - Friendships
- Sessions Three - Feelings and Emotions
- Session Four - Self-Esteem and Body Image
- Session Five - Appropriate Behaviours
- Session Six - Relationships
- Session Seven - What is Sex?
- Session Eight - Keeping Safe
- Session Nine - Consent
- Session Ten- Pregnancy and Parenthood

This activity guide meets the Pan-Staffordshire PSHE Education Service's quality framework for effective PSHE.

We welcome your feedback on this new, local resource.

# NEW LOCAL TRUSTED ADULTS RESOURCE



Last year we were delighted to be involved in Staffordshire Childrens Safeguarding Board's inaugural Children and Young People's conference. We had such good feedback on the day from those who attended about the activities, and a number of professionals asking us if they could run the activities in their own settings.

We have created an Activity Guide and uploaded these to our Resource Library under People Who Can Help Us (for future reference).

The activities include:

- What is a Trusted Adult?
- Who is a Trusted Adult?
- My Trust Team
- Advice Line
- Post the Vote
- What Makes a Good Friend?
- Telling Tales?
- Friend or Trusted Adult?



All the activities utilise active-learning techniques and the supporting resources can be found at the back of the pack.

These activities are designed to enable children and young people to think about who the Trusted Adults in their lives are, what might stop someone from speaking out about a situation and most importantly to help to safeguard our children and young people across the local area.

Practitioners should should their common sense, and knowledge of the group/person they are working with to ensure the suitability of the activity before the session.

This activity guide meets the Pan-Staffordshire PSHE Education Service's quality framework for effective PSHE.

We welcome your feedback on this new, local resource.

# 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
LEADING PSHE	17TH JANUARY 4-6PM	<a href="#">CHAMELEON PDE</a>	FREE	TWILIGHT WEBINAR THAT EXPLORES SOME OF THE ESSENTIAL ASPECTS OF PSHE LEADERSHIP. TOPICS TO BE ADDRESSED INCLUDE PARENTS AND CARERS, BARRIERS TO STAFF ENGAGEMENT, INSPECTION, ASSESSMENT ETC.
MENTAL HEALTH	17TH JANUARY 8-9PM	<a href="#">CHARLIE WALLER TRUST</a>	FREE	LIVE WEBINAR TO DEMONSTRATE HOW TO EFFECTIVELY USE THE CHARLIE WALLER CORAY RESOURCE, FOLLOWED BY A LIVE Q & A SESSION.
HATE CRIME	19TH JANUARY 23RD JANUARY 31ST JANUARY 10-11.30AM	<a href="#">USAH</a>	FREE	THIS FREE WEBINAR PROVIDES AN OVERVIEW OF HATE CRIME AND THE SUPPORT AVAILABLE WITHIN STOKE-ON-TRENT AND STAFFORDSHIRE
GAMBLING	30TH JANUARY 10AM-12PM	<a href="#">THE ENGLISH GAMBLING EDUCATION HUB</a>	FREE	THIS ONLINE EVENT WILL DELVE INTO THE MORE INSIDIOUS AREAS OF INFLUENCE FOR YOUNG PEOPLE AND SOME OF THE OTHER ADVERTISING METHODS YOUNG PEOPLE ARE EXPOSED TO.
GAMBLING	VARIOUS	<a href="#">YGAM</a>	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
EXPLOITATION	7TH FEBRUARY OR 14TH FEBRUARY 2.30-4.30PM	<a href="#">THE CLEWER INITIATIVE</a>	FREE	A COURSE EQUIPPING POTENTIAL TRAINERS WITH THE KNOWLEDGE AND SKILLS FOR DELIVERING A BREAKING COUNTY LINES FAITH BASED COURSE.
DOMESTIC ABUSE	21ST FEBRUARY 9.30AM-1PM	<a href="#">NEW ERA</a>	FREE	THIS SESSION EXPLORES THE IMPACT OF DOMESTIC ABUSE ON CHILDREN AND YOUNG PEOPLE.

# E-LEARNING COURSES

TOPIC	PROVIDER	COST	OVERVIEW
BODY IMAGE	<a href="#">DOVE/NIKE</a>	FREE	EQUIPS EDUCATORS WITH THE KNOWLEDGE, TOOLS AND INSPIRATION TO IMPROVE BODY CONFIDENCE IN THE YOUNG PEOPLE THEY WORK WITH
BULLYING	<a href="#">EQUALITEACH</a>	FREE	SUPPORTS STAFF TO BE ABLE TO RECOGNISE AND RESPOND EFFECTIVELY TO INCIDENTS OF PREJUDICE AND BULLYING.
CHANGE AND LOSS	<a href="#">WINSTON'S WISH</a>	FREE	FREE BEREAVEMENT TRAINING TO HELP THEM TO UNDERSTAND HOW TO SUPPORT GRIEVING CHILDREN AND YOUNG PEOPLE IN THEIR SCHOOL
GAMBLING	<a href="#">ENGLISH GAMBLING EDUCATION HUB</a>	FREE	PREVENTING GAMBLING HARMS IN 18-25 YEAR OLDS – NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET) AND EMPLOYED
LEADING PSHE	<a href="#">NATIONAL COLLEGE</a>	£300 + VAT	THIS RSHE/PSHE LEAD TRAINING COURSE PROVIDES THE KNOWLEDGE AND SKILLS NEEDED TO UNDERSTAND THE STATUTORY RSHE REQUIREMENTS, RECOMMENDED PSHE EXPECTATIONS AND DRIVE LOCAL ADAPTATION IN YOUR SCHOOL OR COLLEGE
RSE	<a href="#">BROOK LEARN</a>	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	<a href="#">NSPCC</a>	£9.50	ONLINE TRAINING TO SUPPORT SECONDARY SCHOOL TEACHERS AND LEADERS TO DELIVER INCLUSIVE SEX AND RELATIONSHIPS EDUCATION. INCLUDES ACCESS TO LESSON PLANS AND A DEDICATED SUPPORT HELPLINE.
SEXUALISED BEHAVIOUR	<a href="#">NSPCC</a>	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK

Westminster Insight is hosting a [Relationships, Sex and Health Education in Schools Conference](#), in London, on Thursday 8th February 2024, 9:30-13:45. The cost to schools is £299 (plus VAT) - if paying online using a credit card there is a 10% discount.

## NEXT MONTH...

Resources & Materials for:

- 1-31 Women's History Month
- 1 Self-Injury Awareness Day
- 1 Zero Discrimination Day
- 4-14 Fairtrade Fortnight
- 8 International Women's Day
- 11-17 Nutrition and Hydration Week
- 18 Global Recycling Day
- 18 Stop Child Exploitation Day
- 20 International Day of Happiness
- 20 World Oral Health Day
- 21 International Day for the Elimination of Racial Discrimination
- 31 International Transgender Day of Visibility

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

This month we are looking forward to visiting St Peters Academy to see their PSHE Curriculum in action. If you'd like us to attend your setting please get in touch.

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:

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

