



COVERED IN THIS MONTH'S EDITION:

Meeting Recordings

Upcoming Dates for your Diaries

PSHE Education Conference - Express your interest

New Local Resource launched - Anti-Social Behaviour

What's Out There; Social Media, TV & News

Update from National Partners

- Update from the DfE
- Knife Crime
- Online Safety
- Childline Consultation
- Child Financial Harm Consultation
- Changes to Pharmacy services
- Substance Data
- Talk Grief
- Harmful Sexualised Behaviour
- Gambling Education Hub
- NSPCC Schools update for the spring/summer term
- VAWG
- Loneliness Campaign

Update from Local Partners

- Drymester Campaign
- Local Risks
- Synergy Training Opportunity
- When to Call the Police guidance
- Drug Alert
- Child Exploitation
- Neighbourhood Watch

Parents & Carers

- Letter for Parents/Carers from Staffordshire Police and Stoke-on-Trent City Council
- Workshops for Parents/Carers with the Ben Kinsella Trust

Resources

- Stress Awareness Month - 1-30 Apr
- World Autism Day - 2 Apr
- World Health Day - 7 Apr
- National Stephen Lawrence Day - 22 Apr
- Earth Day - 22 Apr
- Beep Beep Day - 24 Apr
- World Immunisation Week - 24-30 Apr
- ...& PSHE - New packs launched

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 February

CPD in PSHE

Tackling Violence Against Women and Girls (Incel and Misogyny)

UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 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:

- 6th March 2024 4-5pm - Tackling Youth Violence (Street Whyze)
- 10th April 2024 4-5pm Sexualised Behaviours (Lucy Faithfull Foundation)
- 14th May 2024 4-5pm - Jobs and Careers (Careers Hub)
- 9th July 2024 4-5pm Supporting Boys and Young Men (Men at Work CIC)



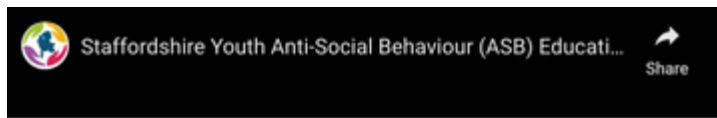
PSHE CONFERENCE - EXPRESS YOUR INTEREST

We believe that there is great benefit in coming together in one space to share best practices and increase knowledge on specific topics, as well as understanding what resources, services, and support are available locally. Because of this, we would like to host a PSHE Conference in the Autumn 2 term 2024-2025.

Our work has always been driven by the needs of our local education settings so we wanted to gain your thoughts on if you would think a conference would be of benefit, and for us to gain an idea of how many people might be interested in attending so we can ensure we find a suitable venue.

We have the opportunity to access some funding for this, but the deadline to access it is short - 7th March 2024. We have created a [short form](#) for you to complete - this will help indicate if there is an appetite for there to be a local conference and if so, the focus of the agenda/topics covered.

NEW LOCAL RESOURCE FOR 11-14 YEARS OLD TO TACKLE ANTI-SOCIAL BEHAVIOUR



Click on the video to view a trailer for the short film

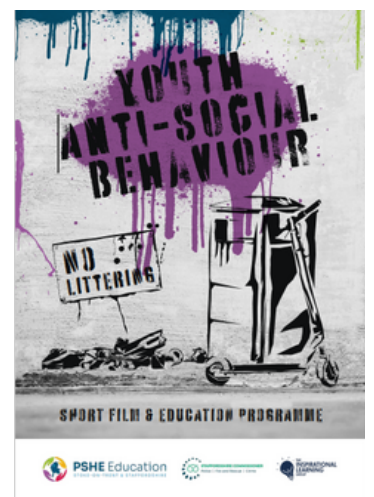
We are pleased to launch a [new local resource](#) created by The Inspirational Learning Group, the PSHE Education Service and Staffordshire Police, Fire & Crime Commissioners Office to support education settings to explore Youth Anti-Social Behaviour and the possible effects on communities and individuals using Safer Streets 4 funding.

We have worked consciously to create a local resource that does not label Anti-Social Behaviour as an issue caused by young people, but rather one that sparks discussion about how behaviours could be perceived and affect communities and how young people can be positive and active bystanders to cause positive change.

There is a [video for professionals](#) about the new resource which is accompanied by an [education pack](#) that includes a one-off session or a programme of work using a short film and active-learning techniques.

The resource can be found in the [Resource Library](#) under Communities ([registration](#) is required to access the Resource Library). To access the resource now click on the image to the right (the links to the videos can be found within the education pack).

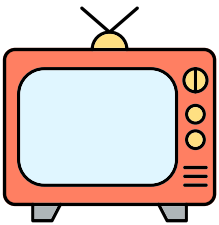
This resource supports the [comic book](#) resource and [supporting education pack](#) for 9-11 years old that was launched in October, which can also be found in the Resource Library, Communities section.



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.

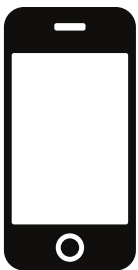
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- In Hollyoaks Frankie has accused Jack of touching her inappropriately and also looking into possible past trauma. Hollyoaks also continues to explore Conversion Therapy with Lucas.
- Coronation Street's Lauren Bolton has returned to create videos on an adult site in order to make money amid increasing financial worries.
- Strictly Come Dancing's Amy Dowden has announced that there is no evidence of cancer in her body, Amy now speaks about the importance of self-examination - our & PSHE pack can help professionals with these conversations.



- Dani Alves, the former Barcelona and Brazilian footballer has been found guilty of raping a woman in a Barcelona nightclub.
- Women who miscarry will be able to apply for a certificate to recognise loss.
- The Government released guidance for schools in England to prohibit the use of mobile phones throughout the school day. Newsround discusses the impact of this guidance to its readers.
- A BBC Bitesize Careers survey found that the career most 13-16 years in the UK aspire to is a doctor.



- A man in Wales who raped a 13 year old girl he met on Snapchat has been jailed for 10 and a half years.
- A new trend taking over TikTok is targeting vulnerable young men. The "looksmaxxing" phenomenon - to maximise one's look - is aimed at young men and boys who want to change their appearance to become more attractive and gain social acceptance. This trend has been linked to Incel and extremist content so please ensure your DSL is also aware of this disturbing trend. Our recent Bitesize Practice Development session gave more information about the Incel movement.

UPDATE FROM NATIONAL PARTNERS

UPDATES FROM THE DEPARTMENT FOR EDUCATION

The Department for Education published non-statutory guidance on how schools can prohibit the use of mobile phones throughout the day.

PSHE education should be part of a whole-school approach and this could include teaching children and young people about the risks associated with mobile phones so they understand the decision taken by the school.

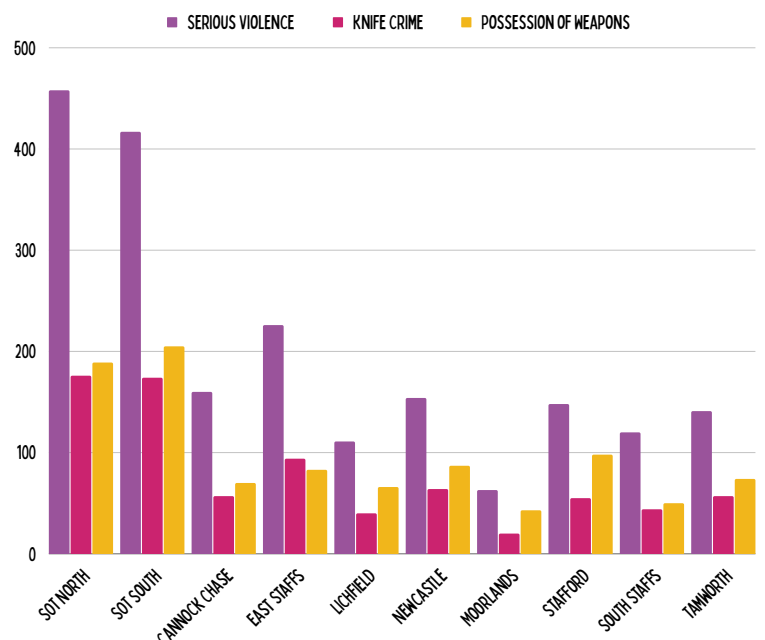
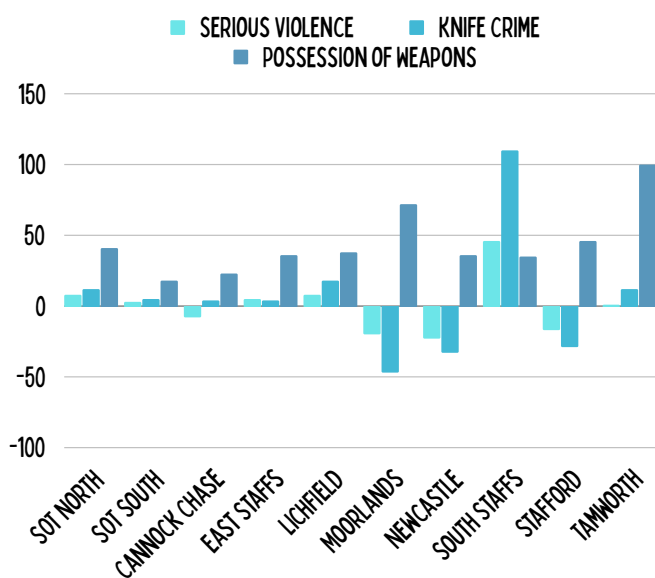
KNIFE CRIME

The Office for National Statistics has released the latest knife crime figures, which shows a 5% increase in England and Wales over the past 12 months. However, knife-enabled crime overall was still 5% lower than pre-COVID pandemic levels in the year ending March 2020.

In Staffordshire, data for the previous 12 months to January 2024 was shared at a recent Violence Reduction Alliance meeting which showed that:

- Knife crime had decreased by 1%
- Possession of Weapon offences has increased by 37% - this is through proactive policing resulting in more stop searches yielding positive results

The graphs below show the percentage change over the last 12 months (first graph) and number of recorded crimes between 19/01/23 and 19/01/24 (second graph) in Serious Violence, Knife Crime and Possession of Weapon Offences as recorded by Staffordshire Police. Some of the percentage changes look big, often this is due to a smaller starting position. We have lots of resources to support this element of the PSHE curriculum in our Resource Library and see our local update below about workshops being held for parents and carers.



ONLINE SAFETY

The Children's Commissioner for England has published a [blog](#) on the use of artificial intelligence (AI) in the UK and its impact on children.

The Commissioner raises concerns about the potential risk of AI poses for child protection including cyberbullying and sexual harassment, generative child sexual abuse material.

The UK Safer Internet Centre published [research](#) on online safety examining the experiences of children and their parents/carers. Findings from a survey of 2,008 parents and their children aged 8-17 years included:

- 74% of parents and carers are worried about the fast-changing online world as posing a safety-risk to their child
- 60% of 8-17 years old who say they have used AI believe it has online safety risks
- 48% of 8-17 years old think changing technology is making it harder for them to control who can access information about them online.

The UK Safer Internet Centre shared [guidance](#), to support Safer Internet Day, to help professionals discuss online safety with children. The blog post includes tips for creating an open discussion and giving young people space and time, as well as guidance around disclosures.

CEOP has launched their training dates for the rest of the academic year for both [Understanding Online Sexual Abuse](#) and [CEOP Education Ambassador Training](#).

Any professional working with children and young people can get in touch with any online safety concern that they, or the person in their care, may be having. The Helpline provides confidential and free advice and can be contacted between Monday to Friday, 10am-4pm, by calling 0344 381 4772 or by emailing helpline@saferinternet.org.uk.

CHILDLINE CONSULTATION

Childline has launched a [survey](#) to gather the views of children and young people about:

- The service that Childline offers
- What Childline should do in the future
- Their experiences of online safety

Please encourage the children and young people you work with to share their views.

CHILD FINANCIAL HARM CONSULTATION

The PSHE Association are running a consultation to explore teacher's perspectives on Child Financial Harms and its place in the PSHE curriculum.

Child Financial Harm refers to a number of different issues related to money and finance, particularly online, ranging from money laundering, fraud and scams, to loot boxes in video games and the risks of cryptocurrencies.

Responses will help the PSHE Association to develop guidance and curriculum materials.

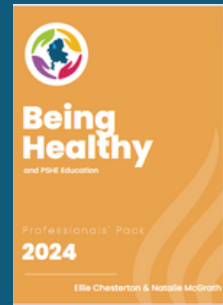
CHANGES TO PHARMACY SERVICES

To try and relieve the pressure on General Practice, the Government has introduced the ability for Pharmacists, as trained health professionals, to have greater input in the prevention and treatment of seven specific conditions:

- Earache (1-17 years)
- Impetigo (1 years and over)
- Infected insect bites (1 year and over)
- Shingles (18 years and over)
- Sinusitis (12 years and over)
- Sore throat (5 years and over)
- Urinary tract infections (UTIs - females aged 16-34 years only)

The Pharmacy First scheme is now allowing pharmacies to prescribe medication to patients without the need for appointments or referral.

Our new pack Being Healthy & PSHE contains information to support professionals to help children and young people to access health care at the right time by the right person - this is an important element of Health Education and key in improving the health literacy of our local communities.



SUBSTANCE DATA

Data published by the government on substance misuse treatment for young people: 2022-2023 shows that cannabis remains the most common substance (87%) that young people come to treatment for.

Around half of young people in treatment (44%) said they had problems with alcohol, 7% had problems with ecstasy and 9% reported powder cocaine problems.

The most common vulnerability reported by young people starting treatment was early onset of substance use (79%), which means the young person started using substances before the age of 15. This was followed by young people using multiple substances (polydrug use, affecting 56% of young people).

Proportionally, girls tended to report more vulnerabilities than boys, particularly self-harming behaviour (51% compared with 17%) and sexual exploitation (11% compared with 1.5%).

Nearly half (48%) of young people starting treatment this year said they had a mental health treatment need.

This information can help ensure your curriculum is meeting the needs of young people today.

TALK GRIEF

Every young person's grief is as unique as they are. Whatever form their grief takes and whatever feelings they experience, we can help them talk about it.

Powered by Winston's Wish, the UK's first childhood bereavement charity, Talk Grief is a new dedicated online space for teenagers and young adults (aged 13 to 25) which offers support that's as real as their feelings.

The website has been made by, and for, bereaved teenagers and young adults. It's a space where they share their experiences of what it's really like to grieve at a young age, alongside expert advice from bereavement professionals.

HARMFUL SEXUAL BEHAVIOURS

Fearless has produced a new resource for professionals that can be used alongside our Sexualised Behaviours & PSHE resource to help colleagues feel confident in addressing this topic within PSHE.



The Child Sexual Abuse Centre's report states that children are more likely than adults to be the victims of sexual offences - 40% of all sexual offences including rape and sexual assault (but only makeup 20% of the population) so it is essential that professionals working with children and young people feel confident to recognise and respond to sexualised behaviours, including using the Hackett's Tool.

All information collected should be recorded to enable a bigger picture to be built. This is crucial in safeguarding information. If you would like support in ensuring you document concerns and actions effectively please contact the ESAS Team.

The Lucy Faithfull Foundation has published a new paper into Situational Prevention of CSA - the simple, practical and applicable guide to preventing child sexual abuse. Shore by the Lucy Faithfull Foundation provides information, advice and confidential support for young people concerned about their own, or someone else's sexual thoughts and behaviours.

The Lucy Faithfull Foundation want to evaluate the service, understand how it's being used and explore young people's and professionals' responses to the site. If you would like to complete the survey to inform improvements to the site, and ensure it meets young people's needs, click here.

GAMBLING EDUCATION HUB

The English Gambling Hub (signposted to in our Resource Library) is hosting a film competition, inviting participants to create a film that explores the reasons why young people gamble, the associated risks and harms, as well as signposting to support and treatment for those suffering from gambling harms.

Additionally, the competition offers a limited number of grants of £250 to assist participants with the costs of creating their films. There are financial prizes for the winners, and the opportunity to see their film developed professionally.

Taking part in this competition enables young people to:

- Develop empathy and understanding
- Develop communication skills and work collaboratively
- Work with technology
- Discover new creative talents
- Build self-confidence
- Explore drama, scriptwriting and film making
- Increase awareness of gambling harms
- Increase awareness of where to access support and treatment for gambling harms

The closing date for submissions is 12th July 2024.

NSPCC SCHOOLS UPDATE FOR THE SPRING/SUMMER TERM

Colleagues from the NSPCC Schools team have asked us to share information that is part of their Spring/Summer term update.

Speak out. Stay safe. programme – primary

In 2022/23, 18,358 children in 102 schools took part in the Speak out. Stay safe. programme in Staffordshire and Stoke-on-Trent.

Speak out. Stay safe. is our free safeguarding programme which teaches children how to recognise abuse and neglect, empowering them to speak out if they are worried about anything.

It includes virtual assemblies and lesson packs for ages 5-11. For some schools across Staffordshire and Stoke-on-Trent, we can also organise follow-on workshops for Year 2, 5 and 6 classes, led by our local volunteers, dependent upon capacity. The Year 2 workshop has recently been launched and is helping schools to keep children safer from a younger age.

Register your school at nspcc.org.uk/speakout to receive the programme.

[Watch our short Speak out. Stay safe. video](#)

Talk PANTS – EYFS and primary

Talk PANTS has been updated!

Talk PANTS is here to help children understand that their body belongs to them and that if they need to speak out about something, someone will listen.

The resources introduce important safety messages in an age appropriate, child-friendly way and have been extended and refreshed for 2024.

There are teaching resources for ages 3-11, along with a specific lesson designed for SEND learners.

Find the updated PANTS resources for schools at nspcc.org.uk/pants-teaching

New Keeping Children Safe Online workshop – for parents/carers

NSPCC have a brand-new Online Safety virtual workshop for individual parents or groups.

The 40-minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to help and support.

The workshop can be shown in school or community settings to provide parents and carers with information about how to support their child in their online world.

Find the virtual workshop at nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/

Talk Relationships – secondary

Talk Relationships supports secondary schools to confidently deliver inclusive sex and relationships education.

The service includes e-learning courses to support educators to feel confident when delivering sex and relationships education, a series of free lesson plans and a dedicated helpline to provide advice and guidance.

Find the programme resources at nspcc.org.uk/talkrelationships

VIOLENCE AGAINST WOMEN AND GIRLS (VAWG)

A study by the University of Manchester asked 498 women who regularly run in Greater Manchester and Merseyside about their experiences.

About 68% of the women said they had experienced some form of harassment, including being wolf-whistled and, in some cases, followed.

But only 5% of those women had reported the incidents to the police.

This replicates the local survey carried out in June 2021, where 67% of women in Stoke-on-Trent and Staffordshire stated they had been a victim of harassment or intimidation in a public place.

In response to this survey, the Violence Reduction Alliance (VRA) created the Make No Excuses Campaign.

The VRA also supported the PSHE Education Service to work with the NSPCC's Together for Childhood (Stoke-on-Trent) to create a series of four comic books that explore different topics that fall under the VAWG umbrella - Bullying, Personal Space (Appropriate Behaviours), Harassment and Photo-sharing (Online Safety). These can all be found in our Resource Library under the relevant heading, shown in brackets if different from the comic name. We also have a small supply of printed copies, please email your PSHE Coordinator to order copies for your settings - these will be distributed on a first-come-first-served basis.

We have also created guidance for education staff to feel more confident about PSHE and discussing Violence Against Women and Girls.

LONELINESS CAMPAIGN

The Department for Digital, Culture, Media and Sport have launched the next phase of their six-week loneliness campaign activity, as part of the Better Health - Every Mind Matters Campaign.

Research shows that 16-24 years old are the loneliest age group but also the least likely to take action to help themselves. In fact, figures show that nearly half of students admit they've hidden their feelings of loneliness for fear of being judged.

The campaign aims to normalise loneliness as a part of life and to reduce the stigma of loneliness that often prevents people from accessing support. The campaign encourages young people to talk about feelings of loneliness, reminding them of things they can do to help and pointing to the Every Mind Matters web page where users can find more support and advice.

There are a range of resources which are now available to download here.

Public Health England has created a lesson plan for 11-16 years old that explores the meaning of loneliness and connection. This can be found in the Resource Library under Feelings and Emotions.

To help young people to build connections in their local area, SCVYS hosts a map of member organisation that provide positive activities for children and young people across Staffordshire that can be accessed here.

UPDATE FROM LOCAL PARTNERS

DRYMESTER CAMPAIGN

Recent research shows that Foetal Alcohol Spectrum Disorder (FASD) may affect up to 3.6% of children - that's the equivalent of 405 children in Staffordshire & Stoke-on-Trent.

When teaching about or supporting someone on their pregnancy journey, it's important to understand that alcohol can harm the baby. Potential risks include the risk of miscarriage, premature birth, low birth weight, and Fetal Alcohol Spectrum Disorder (FASD).

Across Staffordshire & Stoke-on-Trent, professionals have been working together to launch the Drymester Campaign.

[Click here](#) to learn more about FASD and access assets and resources for the Drymester campaign.

LOCAL RISKS

Last weekend saw the tragic news that a body was found in Rudyard Lake, near Leek on Saturday 24th February.

Partners have asked us to remind PSHE Leads that their curriculum should be reflective of local risks to children and young people in their area.

The PSHE statutory guidance (115) states that:

"Flexibility is important as it allows schools to respond to local public health and community issues"

This is a reminder for us all to reflect on your curriculum and consider if they are addressing local risks e.g. if your school is near a railway line, water or road is there sufficient coverage within the curriculum to equip your pupils with the relevant knowledge and skills.

SYNERGY TRAINING OPPORTUNITY

Synergy is an interactive table top exercise that follows a young individual who has been radicalised into extreme right-wing Ideology.

The programme's objectives include a greater awareness of extremism related issues, such as the process of radicalisation towards violent extremism, recognising the signs displayed by susceptible individuals at risk, diverting people away from the risks of being radicalised and an increased awareness of where and how to refer individuals for further help and support.

These are full day events designed for frontline practitioners working in social care, early years, education, safeguarding leads and others working with vulnerable individuals. The training will be delivered by Police practitioners and will commence at 9am and finish at 3:30pm and you can choose to attend on either:

- Tuesday 26th March 2024 or
- Wednesday 27th March 2024

Venue: The Factory Floor Space, Potbank Aparthotel, Spode Works, Elenora Street, Stoke-on-Trent, ST4 1QQ

To confirm attendance please email Iftikhar Ahmed on iftikhar.ahmed@stoke.gov.uk with the name, email address of the person attending and what date they would like to attend.

WHEN TO CALL THE POLICE GUIDANCE



Staffordshire Police has agreed to adopt the Child Centre Policing's "When to Call the Police Guidance for Schools and Colleges" document.

This advice is for school and college staff with responsibility for behaviour management in schools and colleges in England. It covers incidents on school and college premises where students have potentially committed a crime.

The advice has been produced by the National Police Chief's Council working alongside the DfE and PSHE Association. The advice is non-statutory and should be read alongside Keeping Children Safe in Education and Screening and Confiscation Advice for Schools.

PSHE education provides opportunities to make children and young people aware of the school or college's rules, engage in open discussion and feel confident about asking for help if necessary.

Please ensure you share this document with colleagues.

DRUG ALERT

Stoke-on-Trent's Trading Standards has asked us to make professionals aware of an alert created by Change, Grow, Live in London about vapes containing synthetic cannabinoids (Spice) which have led to people being hospitalised.

For more information on Spice please visit Talk to Frank

Whilst there is no evidence that these vapes are being used in Staffordshire or Stoke-on-Trent, Trading Standards and Staffordshire Police have asked for professionals to be vigilant and to ensure that children and young people are aware of the risks.

CHILD EXPLOITATION

Crimestoppers has produced some resources around Child Criminal Exploitation/County Lines that can be used with children and young people to highlight where they can access help and support.

There are posters that can be displayed in your setting and leaflets that can be distributed.

Staffordshire Police also ask for support in sending a letter to parents and carers around Child Exploitation - see the Parents and Carers section of this newsletter for more information.

NEIGHBOURHOOD WATCH

Staffordshire Smart Alert shared the latest edition of the [Neighbourhood Watch newsletter](#) which includes a link to [The Lookout](#) - the student watch magazine.

In this edition, there is an article on the Bystander Effect which includes useful tips that can help someone to become an active bystander as well as a discussion piece on removing the mask of masculinity that could be helpful when having conversations about gender, gender expectations and stereotypes.

Using this article we have created a discussion piece below, share the two quotes below and ask young people for their thoughts on if they feel it is an accurate reflection of gender expectations and what might be the possible issues from these expectations:

From The Lookout:

"But according to the fabulous hive mind that is the internet the perfectly happy, happily perfect man does exist - and there is a simple formula behind his success. You just have to be:

- Assertive, but not intimidating
- Confident, but not arrogant
- Fit and active, but not obsessed with being fit and active
- Masculine, but not toxically so
- Vulnerable, but not weak
- Passionate, but not obsessed
- Intellectual, but not a nerd
- Also tall, but not too tall
- Also conventionally attractive
- Oh, and rich"

From The Barbie Movie ([view the scene clip here](#))

"It is literally impossible to be a woman. You are so beautiful, and so smart, and it kills me that you don't think you're good enough. Like we always have to be extraordinary, but somehow we're always doing it wrong.

- You have to be thin, but not too thin and you can never say you want to be thin, you have to say you want to be healthy, but also you have to be thin.
- You have to have money, but you can't ask for money - because that's crass.
- You have to be a boss, but you can't be mean ...
- You're supposed to love being a mother, but don't talk about your kids all the damn time.
- You have to be a career woman, but also always be looking out for other people.
- You have to answer for men's bad behaviour, which is insane, but if you point that out, you're accused of complaining.
- You're supposed to stay pretty for men, but not so pretty that you tempt them too much or that you threaten other women because you're supposed to be a part of the sisterhood. But always stand out and always be grateful.
- But never forget that the system is rigged. So find a way to acknowledge that but also always be grateful.
- You have to never get old, never be rude, never show off, never be selfish, never fall down, never fail, never show fear, never get out of line. It's too hard! It's too contradictory and nobody gives you a medal or says thank you!
- And it turns out in fact that not only are you doing everything wrong, but also everything is your fault."

You could ask young people to create their own list of "rules" for what it means to be a "man" or a "woman" in 2024.

PARENTS AND CARERS

LETTER TO BE SHARED WITH PARENTS AND CARERS

Staffordshire Police and Stoke-on-Trent City Council has produced a letter for parents and carers to help them to feel more confident in discussing county lines with their child. They have asked that education settings share this with their parents and carers after 18th March 2024. This enables the letter to support a wider communications campaign.

Parents and carers offers valuable potential gains for safeguarding partnerships, therefore it is essential we provide them with the information to keep their children and young people safe.

Your support in distributing this letter is greatly appreciated.



WORKSHOPS FOR PARENTS AND CARERS

The Violence Reduction Alliance has funded two Ben Kinsella awareness workshops for parents and carers on Gangs, Exploitation and Knife Crime. The sessions will take place on:

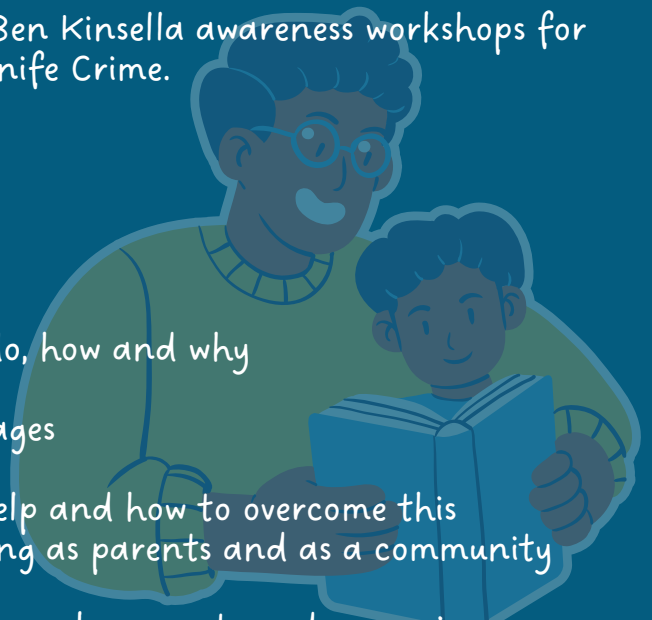
Tuesday 12th March - 6-7pm

Monday 18th March - 7-8pm

The sessions will cover:

- An understanding of gangs, what they are, do, how and why
- Language and slang
- County lines, Child exploitation, signs and stages
- Online risks for young people, social media
- Why exploited/at risk children might resist help and how to overcome this
- How we can prevent exploitation/knife carrying as parents and as a community

The Violence Reduction Alliance encourages you to make parents and carers in your local community aware of this opportunity.



Please remember that you can utilise our Parents and Carers' page on our website when sending out communications about your PSHE curriculum. We have information, resources and training opportunities to help parents and carers reinforce the learning taking place within your organisation.

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](#).

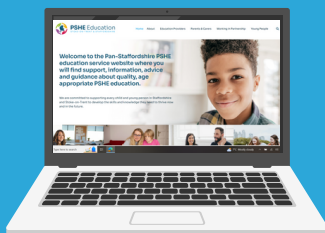
STRESS AWARENESS MONTH - 1-30 APR

April is recognised as National Stress Awareness Month to bring attention to the negative impact of stress.

Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimise exacerbation of health-related issues.

The PSHE Association have Mental health and emotional wellbeing packs for [KS1-2](#) and [KS3-4](#) which support education providers to feel confident planning and teaching lessons on how to talk about emotions, strategies to help manage feelings and stress. These lesson plans cover relevant content from the government's statutory RSHE guidance.

The Department for Education state that; "We believe that everyone working in education should have the opportunity to enjoy the highest possible standard of wellbeing and mental health." [Click here to read The Education Staff Wellbeing Charter.](#)



FEBRUARY SAW OUR 550TH SIGN-UP TO THE RESOURCE LIBRARY ON OUR [WEBSITE](#) WHERE YOU CAN FIND QUALITY ASSURED SOURCED AND LOCALLY PRODUCED PSHE RESOURCES LISTED BY TOPIC. [REGISTER HERE.](#)

WORLD AUTISM DAY - 2 APR

Autistic people can face discrimination and barriers across all sectors of society – in the health and social care systems, in education, in employment, and everywhere in between.

**Only
26%**
of autistic pupils
feel happy at
school.



**Only
29%**
of autistic people
are in any form of
employment.



The National Autistic Society state that; "Bullying and social exclusion are common experiences for autistic kids, causing their self-esteem to plummet. Angry outbursts are often a reaction to unkindness or personal frustration. Building autism and neurodiversity awareness into your Personal, Social, Health and Economic (PSHE) or Citizenship lessons is a good way to address this."

In the Similarities & Differences page in the [Resource Library](#) of our website, you will find a variety of resources which support children and young people to explore the different things that contribute to identity, demonstrate respect for difference and communicate this to others, identify stereotypes and challenge stereotypical thinking, clarify that it is wrong to tease or bully someone because they are different and develop strategies to support others who may encounter prejudice or discrimination.

Anna Freud and Mentally Healthy Schools have a [useful webpage](#) where you are able to learn about autism, how it presents in children and young people, and how to support your pupils in the classroom.

WORLD HEALTH DAY - 7 APR

[Click here for resources and information from the World Health Organisation](#) - currently 2024 materials haven't been added.

This month, we have launched the Being Healthy & PSHE professional's guidance which provides links to curriculum, useful resources, signposting and top tips for delivering best practice PSHE education on the topic.

The pack, along with other quality assured resources can be found in the Resource Library under Being Healthy ([registration](#) is required to access the Resource Library)

EARTH DAY - 22 APR

The theme for this year's Earth Day is Planet vs. Plastics.

To achieve the aim of a 60% reduction by 2040, [EARTHDAY.ORG](#)'s goals are to:

- Promote widespread public awareness of the damage done by plastic to human, animal, and all biodiversity's health and demanding more research be conducted on its health implications, including the release of any and all information regarding its effects to the public;
- Rapidly phase out all single use plastics by 2030 and achieve this phase out commitment in the United Nations Treaty on Plastic Pollution in 2024; (
- Demand policies to end the scourge of fast fashion and the vast amount of plastic it produces and uses; and
- Invest in innovative technologies and materials to build a plastic-free world.

PSHE resources and materials can be found in the Resource Library under The Environment ([registration](#) is required to access the Resource Library).

NATIONAL STEPHEN LAWRENCE DAY - 22 APR

On 22 April 1993, at the age of just 18, Stephen Lawrence was murdered in an unprovoked racist attack. Stephen's death led to profound cultural changes in attitudes to racism, to the law and police practice. It also paved the way for a greater understanding of discrimination of all forms and new equalities legislation.



Stephen Lawrence Day is an opportunity for people, communities, and organisations to come together and honour Stephen's life and legacy, stand up against discrimination in our daily lives, and work towards a more hopeful tomorrow.

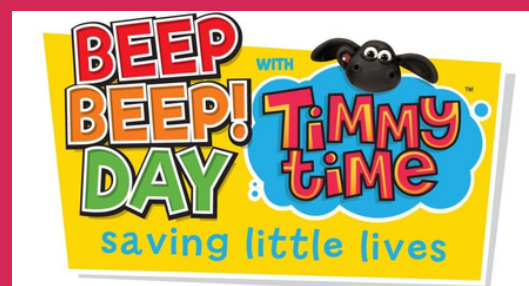
[Click here for classroom and assembly resources for KS1-4 from the Stephen Lawrence Day Foundation](#) - please note that 2024 materials have not yet been uploaded so if you've used these resources before you may want to check back closer to the date.

BEEP BEEP! DAY - 24 APR

Beep Beep! Day is an opportunity to engage with younger children aged 2-7 years about road safety issues.

Characters from Aardman Animations' Timmy Time will feature across your Beep Beep! Day action pack.

To access your free action pack from Brake, the road safety charity, [click here](#).



WORLD IMMUNISATIONS WEEK - 24-30 APR



MMR

The Stoke-on-Trent and Staffordshire Integrated Care Board are calling on all parents and carers to make sure their children are up to date with their 2 MMR doses.

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools, and can be a very unpleasant illness. In some children measles can be very serious, leading to hospitalisation and in rare cases tragically can cause death.

[Click here for the communication bulletin from the Stoke-on-Trent and Staffordshire ICB](#) which includes messaging for schools, leaders and parents/carers.

HPV

It has been reported that locally, HPV vaccine uptake has decreased this year in Staffordshire which is not in line with national and regional trends.

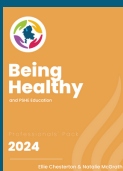
[Click here for the information leaflet produced by the UK Health Security Agency, NHS and HPV Action](#) to provide key information about the HPV vaccine.

The University of Bristol has produced a [PSHE Association Quality Mark resource](#) on the HPV vaccine that we strongly encourage settings to utilise. For future reference this can be found in Medicine Management section within the [Resource Library](#).

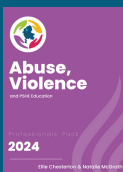
...& PSHE

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.

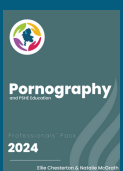
This month, the following packs have been launched and uploaded to the website:



[Being Healthy & PSHE](#)



[Abuse, Violence & PSHE](#)



[Pornography & PSHE](#)

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
GAMBLING	VARIOUS	YGAM	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.
SEXUAL ABUSE	VARIOUS	CEOP	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE
ONLINE SAFETY	VARIOUS	CEOP	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
RSE IN SEND SETTINGS	4 MARCH 9.30-11.30	SEX EDUCATION FORUM	£55-65	FOR COLLEAGUES IN SECONDARY/POST 16 SETTINGS. THIS WEBINAR FOCUSES ON PREPARING FOR ADULTHOOD OUTCOMES AND HOW THESE CAN BE SUPPORTED THROUGH HIGH QUALITY RSE.
PUBERTY	5 MARCH 9.30AM - 12.30PM	SEX EDUCATION FORUM	FROM £99.99	FOR COLLEAGUES TEACHING IN PRIMARY THIS COURSE HELPS TO DEVELOP AND DELIVER ROBUST TEACHING AROUND PUBERTY AND BODY CHANGES, AND TO INTRODUCE SEX EDUCATION IN THE PRIMARY PHASE.
RSE IN SEND SETTINGS	11 MARCH 9.30AM-3.30PM	SEX EDUCATION FORUM	£175-199	THIS FOUNDATION COURSE GIVES RSE LEADS AND DELIVERING TEACHERS THE OPPORTUNITY TO EXPLORE THE REQUIREMENTS OF THE GUIDANCE IN RESPECT OF LEARNERS WITH ADDITIONAL NEEDS, ADDRESSING VALUES AND ATTITUDES TOWARDS RSE IN THE SEND LEARNING ENVIRONMENT.

BULLYING	14 MARCH 1.30-4.30PM	<u>ANTI BULLYING ALLIANCE</u>	FREE	AIMS TO DEVELOP PARTICIPANTS' UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING.
KNIFE CRIME	14 MARCH 5-6PM	<u>THE BEN KINSELLA TRUST</u>	FREE	EXPLORES HOW EDUCATION SETTINGS, BOTH FORMAL AND INFORMAL CAN PREVENT YOUNG PEOPLE FROM BEING CRIMINALLY EXPLOITED AND PREVENT KNIFE CRIME
SELF-HARM	19 MARCH 12-1.30PM	<u>CHARLIE WALLER TRUST</u>	FREE	THIS WEBINAR IS FOR PARENTS, CARERS, EDUCATORS AND ANYONE WORKING WITH YOUNG PEOPLE TO GAIN A BETTER UNDERSTANDING OF SELF-HARM AND HOW TO SUPPORT A YOUNG PERSON WHO MIGHT BE USING SELF-HARMING BEHAVIOUR AS A WAY OF MANAGING DIFFICULT EMOTIONS.
CONSENT	20 MARCH 3.30-5.00PM	<u>SEX EDUCATION FORUM</u>	£40-50	THIS WEBINAR EXPLORES HOW THE KEY CONCEPTS OF PRIVACY, CONSENT AND TOUCH CAN BE TAUGHT TO YOUNGER LEARNERS AS PART OF STATUTORY RELATIONSHIPS EDUCATION AND LAYS THE FOUNDATIONS FOR TEACHING RSE. OUTLINING BEST-PRACTICE FOR CREATING A SAFE, INCLUSIVE SPACE; DEVELOPING A CURRICULUM AND WHAT ASSESSMENT LOOKS LIKE IN RELATION TO RSE.
MENTAL HEALTH	9 APRIL 12-1.30PM	<u>CHARLIE WALLER TRUST</u>	FREE	IN THIS WEBINAR, WE WILL CONSIDER SOME OF THE SIGNS OF DISTRESS, HOW TO RESPOND AND THE IMPORTANCE OF YOUR OWN SELF CARE.
VAWG	17 APRIL 2-5PM (IN-PERSON)	<u>STAFFS UNI VAWG HUB</u>	FREE	FOR THIS EVENT, WILL FOCUS ON VIOLENCE AGAINST WOMEN IN SOUTH ASIAN COMMUNITIES, WE WOULD LIKE SOME FEEDBACK ON A PROPOSAL AROUND SUPPORTING DOMESTIC ABUSE VICTIMS AND THERE WILL ALSO BE A CHANCE TO HAVE COFFEE, CAKE AND MINGLE WITH FELLOW DELEGATES.

E-LEARNING COURSES

TOPIC	PROVIDER	COST	OVERVIEW
BODY IMAGE	DOVE/NIKE	FREE	EQUIPS EDUCATORS WITH THE KNOWLEDGE, TOOLS AND INSPIRATION TO IMPROVE BODY CONFIDENCE IN THE YOUNG PEOPLE THEY WORK WITH
BULLYING	EQUALITEACH	FREE	SUPPORTS STAFF TO BE ABLE TO RECOGNISE AND RESPOND EFFECTIVELY TO INCIDENTS OF PREJUDICE AND BULLYING.
CHANGE AND LOSS	WINSTON'S WISH	FREE	FREE BEREAVEMENT TRAINING TO HELP THEM TO UNDERSTAND HOW TO SUPPORT GRIEVING CHILDREN AND YOUNG PEOPLE IN THEIR SCHOOL
GAMBLING	ENGLISH GAMBLING EDUCATION HUB	FREE	PREVENTING GAMBLING HARMS IN 18-25 YEAR OLDS – NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET) AND EMPLOYED
LEADING PSHE	NATIONAL COLLEGE	£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	BROOK LEARN	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	NSPCC	£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.
RSE IN CATHOLIC SCHOOLS	CATHOLIC EDUCATION SERVICE (TEN TEN)	FREE	ONLINE TRAINING TO SUPPORT CATHOLIC EDUCATION SETTINGS TO DELIVER RSHE IN A WAY THAT IS ALIGNED TO THEIR RELIGIOUS VALUES
SEXUALISED BEHAVIOUR	NSPCC	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK

NEXT MONTH...

Resources & Materials for:

- 5 May - World Hygiene Day
- 15 May - International Day of Families
- 16 May - International Boy's Day
- 17 May - International Day against Homophobia, Biphobia and Transphobia
- 21 May - World Day for Cultural Diversity, Dialogue & Development
- 29 May - Menstrual Hygiene Day
- 31 May - World No Tobacco Day

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



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@horizoncoat.co.uk

