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## MEETING RECORDINGS:

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



[PSHE Leads Meetings](#)

[Bitesize Practice Development Webinars](#)

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- [11th February 2025 -4-5pm](#)
- [26th March 2025 - 4-5pm](#)
- [7th May 2025 - 4-5pm](#)
- [24th June 2025 - 4-5pm](#)

Reserve your space via our Eventbrite page and an MS Teams invite will then be sent to you

[BOOK NOW](#)

## JOIN OUR MAILING LIST

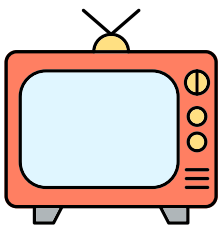
Has this Digest been forwarded to you. If you would like to receive our monthly newsletter directly please email:

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

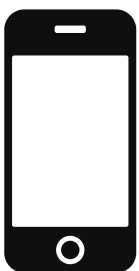
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- A storyline in Coronation Street this week has seen Mason Radcliffe die after being stabbed by his own brothers with a zombie knife. The narrative covers the impact on victims and offenders and the wider context, including the effects of hoax calls and possibly an exploration into joint enterprise.
- Love Island All Stars returns this month.
- The Traitors returned at the start of the month, this programme can be utilised within PSHE to explore how people gain influence over others - especially at the Roundtable where there is very little evidence on who the traitors are - one dominant voice can lead others to banishing others.



- RuPaul's Drag Race UK Series 1 winner, The Vivienne (James Lee Williams) has died. Social media tributes have acknowledged the impact that online trolling and homophobic abuse has on LGBTQ+ people.
- A new study from the Department for Health finds that smokers lose approximately 20 minutes of life per cigarette, equating to 7 hours per 20 pack.
- 17 year old, Luke Littler has become the youngest ever PDC World Championship winner with a 7-3 victory over Michael van Gerwen.
- A school in North Somerset have created a video to challenge "toxic masculinity" and encourages students and staff within the school to be kinder to each other.
- BBC Wales explores some of the reasons for the drop-in teenagers' use of condoms. Brook has created a series of videos that captures the reality of sex.
- The senior national co-ordinator for Counter Terrorism Policing has said that the UK is facing a "smouldering" terror threat level with children as young as 10 accessing extreme online material.
- Apple is facing calls to withdraw its AI news alerts after it has generated inaccurate news alerts and in some instances invented entirely false claims.
- Starting in the US, Meta is abandoning the use of third-party fact-checking on Facebook and Instagram and will replace it with X-style "community notes", where commenting on the accuracy of posts is left to users



# UPDATE FROM NATIONAL PARTNERS

## PSHE ASSOCIATION UPDATE

The PSHE Association has published more information about their 2025 Conference. Those attending can choose 2 workshops to attend of the day and then get recorded copies to watch afterwards. You can find [more details here](#).

The PSHE Association's Fully Human has [published another podcast](#) that explores the current state of children's play.

The PSHE Association has updated and extended their [Drugs Education lesson suite](#). The lesson plans are free to download, but the accompanying slide decks are only available to members. They have also developed [What is AI?](#) a resource for KS2-3 in partnership with The Alan Turing Institute. Finally, they have created a new [Sleep Factor lesson](#) for KS5 (post-16) and updated the KS1-4 packs for members only.

## DEVELOPING RSE SPECIALISM IN SEND SCHOOLS

The Sex Education Forum is hosting training to support teachers in becoming more competent and confident RSE leads in SEND schools. The programme starts on 4th February 2025.

- Become skilled in developing an inclusive and comprehensive RSE curriculum, including what to teach & how to teach it.
- Gain confidence in providing meaningful RSE for learners with SEND that aims to foster learners' independence.
- Apply the statutory RSHE guidance.
- Successfully lead and champion RSE, bringing together your school community including families and support staff.

The training comprises a series of three interactive online one day sessions with discussion and small group work, enabling practice sharing with peers. Course dates are carefully paced, giving opportunity for trainer input and putting learning into practice.

The course costs £575 for members or £595 for non-members, providing over 20 hours of CPD.

For more information please [see this flyer](#), scan the QR code or email [info@sexeducationforum.org.uk](mailto:info@sexeducationforum.org.uk)



# HEALTHY EATING

The New Year is often a time when people set fresh goals about living a healthier lifestyle. Bite Back has [created a report](#) that explores how big food chains have grown. The top five fast food chains that most appeal to young people - Domino's, Subway, McDonalds, KFC and Burger King - have seen nearly a 50% growth in outlets since 2014.

Fast food chains have cultivated an image which appeals to young people as a safe haven: there's Wi-Fi, warmth, and affordable food. Nationally, there are 3,411 schools that have a big food chain within 400m of their gates – that's about a 5 minute walk. This has increased by nearly 1,000 schools compared to 2014. In December the government announced stronger and clearer powers for local authorities to block new fast-food outlets near schools and other places where children and young people congregate (unless within a town centre)

Check out if fast food chains have surrounded you by using Bite Back's [handy postcode tool](#) – simply pop in a postcode, this could be your school's postcode to see how many fast food outlets are located nearby. For example using SCVYS postcode, we found out that there has been an 111.1% increase in fast food outlets in the area since 2014 - this is more than twice the national average.

## New Resources for EYFS and Primary Schools

[Belly Bugs](#) introduces children to a set of fun characters based on the latest scientific research in gut microbes. The initiative has been developed by a highly experienced team of writers, illustrators, and teachers, with the support of Professor Tim Spector, the UK's foremost authority on the microbiome, and Keith Chapman, the creator of Bob the Builder and Paw Patrol.

Children will discover that they have their own unique gang of Belly Bugs living inside them 24/7, keeping them healthy and happy. If they look after their Belly Bugs, their Belly Bugs will look after them.

The lesson plans are cross-curricular including science, literacy, maths, art and PSHE (Health and wellbeing).

The programme will educate children on the many benefits good nutrition has on their health and well-being. It comprises EYFS, KS1 & KS2 cross-curricular lesson plans, supported by a 'whole-school' approach, whereby what the children learn in the classroom is carried through to the school dining hall, although there is flexibility in how the programme is delivered.

These have been added to the [Resource Library](#) under Being Healthy and Diet and Nutrition.



# PHYSICAL ACTIVITY



Research from Sport England suggests that four million children do not complete 60 minutes of daily physical activity and NHS figures show that almost one quarter of children are classified as obese at the end of primary school.

The [BBC has released four 20-minute dance resources](#) for Key Stage 1 PE lessons, themed around topics like space and oceans, and presented by Naomi Wilkinson and Nigel Clarke. The films include warm-ups, dance movements, and cool-downs, with teacher notes for support.

The Royal Ballet School has launched "Primary Steps on Demand," a digital arts programme for children aged 7-11. It aims to improve physical and mental health, motor skills, social skills, and confidence. The programme includes video classes, lesson plans, pupil resources, and support materials.

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# MEDIA LITERACY - OPPORTUNITY FOR PRIMARY SCHOOLS

[SIGN UP](#)



NewsWise - a national news literacy initiative for primary schools - is a partnership between the PSHE Association, the Guardian Foundation and the National Literacy Trust. Alongside PSHE lessons, which can be found in our Resource Library.

Alongside these lessons, there is also a full package, including an immersive fake news detective workshop, expert news literacy CPD for teachers, a journalist visit, resources to transform your classroom into a newsroom, and a fully planned and resourced news writing unit of work for the classroom.

This opportunity is open to primary schools that meet any of the following criteria:

- high rates of free school meals,
- small rural schools,
- schools with Service Children.



To find out more and to register please visit the [NewsWise website](#).

# CHILD EXPLOITATION

The Digital Futures for Children centre has released a report on technology-facilitated child sexual exploitation and abuse (CSEA). Drawing from expert interviews, consultations, and desk research, the report outlines six guiding principles to aid policymakers, researchers, and practitioners in addressing this issue. These principles are rooted in a holistic and context-sensitive child rights approach. Key recommendations include:

- Children's voices matter: Their input should shape the design of measures to combat technology-facilitated CSEA.
- Language is crucial: Professionals must avoid using language that blames children.
- Blame-free responses: Efforts by legislators, law enforcement, social welfare institutions, or parents/carers should not place blame on children, either explicitly or implicitly.

The Children, Young People and Education Committee in Wales has released a report on child criminal exploitation and abuse. This report includes 23 recommendations and focuses on several key areas: missing and criminally exploited children, issues affecting marginalized children, and risk factors for marginalization.

Key recommendations for the Welsh Government include:

- Collaborating with local authorities and police forces to ensure the accuracy and reliability of data published about children missing from care.
- Working with health boards, police forces, and other relevant agencies to develop a pan-Wales child criminal exploitation risk assessment tool for frontline staff, including those in healthcare settings.

The report also highlights the importance of educating frontline staff about the signs of criminal exploitation and providing them with the tools to respond effectively. Locally Catch22 are commissioned to provide this training for frontline professionals in Staffordshire and Stoke-on-Trent. To find out more information or to book your session please email [catch22cce@catch-22.org.uk](mailto:catch22cce@catch-22.org.uk). You can find out about the referral pathways for sexual exploitation and criminal exploitation in Staffordshire here.

Barnardo's has released the second edition of its Real Love Rocks Healthy Relationships and Exploitation educational resources. These resources help teachers and professionals discuss topics like consent, grooming, mental health, technology, bullying, and appropriate relationships with children and young people.

The packs, priced at £299 plus postage, include animations and activities for interactive discussions on Children's Rights, Feelings, Healthy Relationships, Safety, and the Online world. They emphasize emotional regulation, support networks, and empathy.

Available for Primary, Secondary, and SEND, the packs come with a 3-year licence, with a £99 renewal fee after three years. A link to this resources can be found in the Resource Library.

# YOUTH VIOLENCE

The Youth Endowment Fund has published the final 2 themes for their "[Children Violence and Vulnerability](#)" report.

The 4th report shared information about [what do children and young people think about the police](#). The findings highlight the complex views young people have about police practices and the need for fair and effective law enforcement strategies. One of the findings

"Direct experiences with the police also affect perceptions, but the effect differs depending on racial background. White teenagers who've had contact with the police are more likely to say the police do a good job than those with no direct experience."

This reinforces the findings of the PSHE Association and National Council of Police Chiefs guidance [Police in the Classroom](#) that highlights how interaction within the classroom can support positive relationships and breakdown potential barriers. If you are interested in how Staffordshire Police can support your PSHE curriculum please [email them directly](#).

The 5th and final report in this series [who has access to positive activities, youth clubs and trusted adults](#) shows the importance of providing accessible and supportive environments for young people, especially those at risk of violence.

SCVYS [Census Report for 2024](#) showcases the voluntary sector in Staffordshire and how children and young people attend positive activities or support. To find out details of activities local to you please see the [SCVYS Activities Map](#).

A [DfE survey](#) has revealed that more than a quarter of secondary school leaders recorded a "weapons incident" in Spring 2024, with the proportion reporting knife crime increases across all school phases from March to May.

## ABUSE

The Child Safeguarding Practice Review has published the results of its [national review](#) into child sexual abuse within the family environment after working with the CSA Centre over the past 12 months.

The report highlights that education and awareness influences disclosures of child sexual abuse.

## IMPORTANCE OF RSE

An [article in Conservation UK](#) highlights how relationship and sex education can play a vital role in reducing harmful, abusive and controlling behaviours between young people.

# ONLINE SAFETY AND SOCIAL MEDIA

Last month we shared about the prevalence of deepfakes and we regularly see AI in the news. Get Safe Online has published an article about AI, exploring the benefits and risks. In October 2024 they ran an one hour webinar that featured 4 presentations from experts. The session is now [available as a recording](#) and is available here and on our training page of the website.

The Guardian has [reported on research](#) conducted by Digitalt Ansvar into harmful content on social media. The study investigated whether Meta has enhanced its moderation and removal processes for such content. Researchers created a private self-harm network on Instagram and observed that no images were removed during the month-long experiment. The findings pointed to issues with the Instagram algorithm and the proliferation of self-harm networks.

The Guardian has also reported on the impact of online beauty filters on teenagers. [The article](#) examines the prevalence of beauty filter usage on social media apps and its effects on teenagers' mental health and wellbeing. It also discusses TikTok's recent announcement of restrictions on the use of beauty filters by young people.

## NEVER JUST A PERIOD

[The Women and Equalities Committee](#) has found misogyny in medicine that is impacting on the lives of many women through a "clear lack of awareness and understanding of women's reproductive health conditions amongst primary healthcare practitioners"

Bodyform has [created a video](#) as part of their [#NeverJustAPeriod campaign](#) which highlighted a knowledge gap between people's understanding of having a period to and the reality. This is reinforced in a [study by the University of Bristol and Anglia Ruskin University](#) which found that lessons focussed on biological content with a lack of practical information needed to help children and young people manage menstruation and menstruation health.

- Is your setting signed up to the [DfE's free period product scheme](#)?
- Do your staff feel confident delivering sessions around menstruation and menstruation health? Brook and Lil-lets have a [free e-learning course](#) recommended for professionals working with young people aged 10-14. However, the course will give you a strong grounding in puberty useful for teaching at all levels, and the resources could be adapted for use with other age groups on puberty education.



# SUBSTANCES

The use of snus among young people is on the rise, largely due to its normalisation by celebrities and athletes. Snus, a moist, smokeless tobacco product popular in Scandinavian countries, is placed between the lip and gum. Modern versions include tobacco-free nicotine pouches, which deliver nicotine without the traditional tobacco base. These pouches are discreet, odourless, and often resemble chewing gum or mints, making them harder to detect than vapes.

These pouches are particularly appealing to students who want a concealed way to consume nicotine during school hours.

Some pouches contain double or triple the nicotine of a pack of cigarettes, posing risks such as dizziness, nausea, gum irritation, receding gums, and a higher likelihood of addiction.

Prolonged use can lead to serious oral health issues like gum disease and tooth loss. Studies have also shown potential negative effects on the developing brain. For young people already vulnerable to peer pressure, the risk of addiction can escalate quickly.

The legal status of snus is complex. Traditional tobacco-based snus has been banned in the UK since 1992, but tobacco-free pouches exploit a regulatory loophole. These products are not subject to the same age restrictions as cigarettes or vapes, allowing them to be sold to minors.

Efforts are being made to close this gap, with proposals to ban the sale of nicotine pouches to under-18s.

PSHE education can be used to highlight the risks of tobacco and help young people understand the marketing strategies aimed at attracting them to the tobacco and nicotine industries.



## FREE TREES - APPLY NOW CLOSES MONDAY



Trees help combat climate change, pollution and flooding while creating valuable shade and wildlife habitats. This all adds up to create a healthier planet for people and nature.

The Woodland Trust are offering free tree packs for schools and communities. Applications close 13th January, so order now for delivery in late February to early March 2025. You can choose from 15, 30, 105 or 420 saplings. You can order up to four packs or a total of 420 saplings. If you can't plant trees at your school consider teaming up with a local community group who have access to land and making a joint application. For more information and to apply [click here](#).

# YOUTH WORK AND TEACHING A COLLABORATIVE PARTNERSHIP?

Being hosted by SCVYS, the Pan-Staffordshire PSHE Education Service gets to see first hand how youth workers and schools working together can positively impact on the lives of children and young people. The National Youth Agency (NYA) has created a new toolkit for schools and colleges to promote partnership working with youth workers.

"Youth Work and Teaching: Lost in Translation?" is designed to assist school and college leaders in leveraging the value of youth workers to enhance attendance, learning engagement, and behaviour.

Targeted at practitioners and those commissioning interventions for young people in secondary schools, academy trusts, and colleges, it outlines how youth workers can provide additional capacity and expertise to address barriers to learning, such as unmet mental health needs and the impact of poverty.

This new resource aims to dispel myths about youth work and highlight the shared responsibilities of youth workers and educational institutions. These responsibilities include preparing young people for employment, supporting their health and wellbeing, and ensuring their safety.

**SIGN UP**



## RESEARCH OPPORTUNITY - SECONDARY

Schools are invited to participate in a survey for children and young people about loot boxes in video games. The survey is part of a project commissioned by the UK Government Department for Culture, Media and Sport (DCMS) and carried out by PUBLIC Group International Ltd.

The survey seeks to understand how children and young peoples interact with loot boxes in video games, focusing on their purchasing activities and awareness of potential risks. The insights gained will inform the government's understanding of loot boxes in video games.

The survey is designed for young people aged 11-18 years and involves completing a 20 minute online survey during January and February. Schools that participate will be given exclusive access to PSHE lesson plans that will help your students understand the nature of loot boxes and be better positioned to consider and avoid their risks. Deadline to register is 31st January 2025. For more information or to register [please click here](#).

# UPDATE FROM LOCAL PARTNERS

## BE BRIGHT BE SEEN

Staffordshire Active Travel Team are encouraging education settings to promote safer school journeys during the darker months.

The team has created a PowerPoint presentation to promote the use of bright and reflected clothing and a [YouTube video](#) that can be used in the classroom

Using the Think.gov website (also available via our Resource Library under Road Safety) you've find a Colour Me Bright Template and an interactive Be Bright Be Seen game that is suitable for KS1/2 (5-11 years).

The team have also suggest education settings hold a "Brightest Class in School" day and encourage children and young people to wear their brightest and most reflective clothing for one day.

Share with the Active Travel Team what you are doing and if you require any support or advice, or access to the campaign resources please get in touch at [INTO@Staffordshire.gov.uk](mailto:INTO@Staffordshire.gov.uk)

The team has produced social media tiles to help promote the campaign again get in touch with the team to access these. Check out their social media on Facebook and Twitter where you can share their messages on active travel - @AirAwareStaffs

## DRINK DRIVING IN STAFFORDSHIRE

On 1st December [Staffordshire Police launched a month-long intensification campaign](#) called Operation Limit.

Forces across the UK have been supporting the initiative since 2022 after statistics revealed that 467 collisions were caused by drink or drug driving. In December 2023 this figure was reduced to 422.

Officers around Staffordshire and our Road Crime team have been carrying out enforcement throughout the county resulting in:

- 1544 roadside drink or drug driving tests being done.
- 78 people being arrested for providing positive roadside tests
- 53 motorists arrested for suspected drug driving offences
- 13 people being arrested for drunk in charge of a vehicle

# CO-PRODUCTION OPPORTUNITY FOR MENTAL HEALTH

The MPFT Participation Team is offering schools the chance to join the Whose Shoes Roadshow, a co-production session to gather children's and young people's views on mental health care in Staffordshire.

Whose Shoes is a board game that uses real scenarios to promote collaboration and feedback on mental health services. It allows participants to hear different perspectives and share their own views.

The aim is to prioritise young people's voices in shaping mental health services. By bringing Whose Shoes to schools, more children can participate and have their say.

The team offers workshops for all ages of children and young people, staff, and governing bodies, with activities designed to introduce mental health topics and encourage discussion. Sessions are inclusive and tailored to meet the needs of all children and young people.

Each session includes an icebreaker, the Whose Shoes game, and information on mental health support organisations. The project is led by a qualified teacher and supported by the MPFT Mental Health Support Teams.

To take up this fantastic opportunity to enable your children and young people to share their thoughts and hear different perspectives please email [victoria.lally@mpft.nhs.uk](mailto:victoria.lally@mpft.nhs.uk)

## CYBERCHOICES

In '[Keeping Children Safe in Education 2024](#)' (page 152) it mentions the "Cyber Choices Programme". This early intervention programme, developed by the National Crime Agency and delivered locally by the Cybercrime team at Staffordshire Police, and the Regional Cyber Crime Unit, aims to deter and prevent involvement in cybercrime, educate on the Computer Misuse Act 1990, and promote legal cyber opportunities.

Staffordshire Police will host webinars to explain the programme in more detail. Look out for dates in February's newsletter.

Additionally, over the past year, many schools and colleges have faced cyber attacks. Staffordshire Police offers free cyber security training through the 'Cyber Champions' programme, which aims to educate staff on preventing and mitigating cyber attacks. Sessions will be held throughout the year, and the police also offer sessions to community and support groups. For more information, email [cybercrimeunit@staffordshire.police.uk](mailto:cybercrimeunit@staffordshire.police.uk).

# BIKEABILITY – FUNDED OPPORTUNITY FOR EARLY YEARS

Road Safety is a key priority for Staffordshire County Council and the Police, Fire and Crime Commissioner. The Department of Transport, supported by the Department for Education has funded Get Cycling in Schools programme for EYFS. This is a fantastic initiative designed to enhance cycling skills among young pupils in nursery, reception, and Year 1.

This is a significant opportunity to support long-term goals of improving road safety, encouraging active travel, and promoting healthy lifestyles. By investing in early cycling education, we're helping to lay the foundation for safer, more sustainable travel choices in the future. To take part in the programme you need to express your interest on the Bikeability's Trust website.

## Benefits to School:

- Free training
- Free equipment- six balance bikes and helmets
- Develop skills in children
- Healthier lifestyle



## Commitment from school:

- Release 1 or 2 staff member of staff (Teachers/TA) to attend a half-day training event and 1 hour e-learning
- Provide cycle training for children throughout the year
- Register participating staff on The Bikeability Trust's database and commit to logging delivery data
- Maintain and keep 6 balance bikes and helmets.

If you have any questions or would like more information about the programme, take a look at the Get Cycling website or email [getcycling@bikeabilitytrust.org](mailto:getcycling@bikeabilitytrust.org)

## LOCAL OPPORTUNITIES AND UP-TO-DATE CONTACT DETAILS

Several Community Safety Partnerships for the district and boroughs have commissioned external providers to support your PSHE curriculum in school.

The PSHE Education Service will send information about funded opportunities, that are locality-specific to the named PSHE Lead on our database. Please ensure that we have the correct details in our database so you don't miss out on these opportunities. To check or change your information please email [natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk)

# E-SCOOTERS

Staffordshire Police want to remind people about the law around e-scooters, recognising that some children and young people may have received e-scooters over Christmas.

In Stoke-on-Trent Staffordshire Police have been cracking down on the illegal use of e-scooters and wanted to remind people about their leaflet that highlights the laws around e-scooters.

In our locally produced education package on Anti-Social Behaviour for Key Stage 3 (11-14 years old) there is a section that explores the use, law and possible consequences of e-scooters (page 14 of the delivery guide) that can be utilised within PSHE sessions or form time. This can be found in the Resource Library under Communities (inc. ASB),



# FOR PARENTS AND CARERS

The Autism Team is hosting training events for parents and carers of children with autism, including those not yet referred. Please share this flyer with relevant parents and carers.

Staffordshire's Family Hubs have launched a directory of over 1,200 activities for children and young people aged 5-25. You can view activities by district using the 'Service is Based In' option on the left-hand menu.

# LOCAL NEWSLETTERS

- The Violence Reduction Alliance (VRA) has published their 5th newsletter that covers what work is taking place in Staffordshire and Stoke-on-Trent across the 5 priority areas of the VRA strategy. The VRA has also published its Resource Round-up for January.
- Catch22 has published the latest in its monthly Missing, Child Exploitation and Vulnerability Research and Development round-up a festive edition.
- New Era has published their latest bulletin which highlights the number of children and young people who have been referred and support and includes a case study about a 16 years old.
- Kind Minds has published their Spring Term edition to provide update and information specifically around mental health and wellbeing.

# 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](#) in the website and below.



**PSHE Education**  
STOKE-ON-TRENT & STAFFORDSHIRE

## AWARENESS CALENDAR 24-25

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
1-30: Childhood Cancer Awareness Month	1-31: Black History Month	1-30 Islamophobia Awareness Month	1: World AIDS Day	1-31: Veganuary	1-28: LGBT History	1-31: Women's History Month	1-30: Stress Awareness Month	1-31: Local and Community History Month	1-30: Pride Month	1-31: Plastic Free July
2-6: Zero Waste Week	1-31: Breast Cancer Awareness	1-30: Movember	2-8: National Grief Awareness Week	10-16: National Obesity Awareness Week	6: Time to Talk Day	1-31: National Bed Month	2: World Autism Day	1: Staffordshire Day	1-30: Gypsy, Roma & Traveller History Month	1-31: Talk to Us (Samaritans)
9-13: National Schools Breakfast Week	1-31: ADHD Awareness	1-30: Lung Cancer Awareness Month	3: International Day of People with Disabilities	20: Brew Monday	3-9: Children's Mental Health Week	1: Self-injury Awareness Day	2: International Walking Day	5: World Hygiene Day	5: Stoke-on-Trent Day	
9-15: UK Savings Week	9-15: Baby Loss Awareness Week	5: Bonfire Night	5: International Volunteer Day	24: International Day of Education	6: International Day of Zero Tolerance to FGM	3-16: Fairtrade Fortnight	7: World Health Day	15: International Day of Families	5: World Environment Day	
10: World Suicide Prevention Day	10: World Mental Health Day	7: International Day against Violence and Bullying at School, including cyberbullying	10: Human Rights Day		9: World Toothache Day	8: International Women's Day	10: National Siblings Day	16: International Boy's Day	12: Brake's Kids Walk	
14: World First Aid Day	11: International Day of the Girl Child	13: World Kindness Day			11: Safer Internet Day	10-14: Empathy Week	19: Beep Beep! Day	17: International Day against Homophobia, Biphobia and Transphobia	14: World Blood Donor Day	
11-17: Sexual Health Awareness Week	12-19: Hate Crime Awareness Week	11-15: Anti-Bullying Week			14: Valentine's Day	10-16: Nutrition and Hydration Week	22: Earth Day	21: World Day for Cultural Diversity, Dialogue & Development	15-21: Refugee Week	
13: World Sepsis Day	15: Global Handwashing Day	12: Odd Socks Day			14-20: Kindness Week	18: Global Recycling Day	22: National Stephen Lawrence Day	28: Menstrual Hygiene Day	21: National Selfie Day	
16-22: Genes for Jeans Week	16: World Food Day	14: World Diabetes Day			15: International Childhood Cancer Day	18: Stop Child Exploitation Awareness Day	24-30: World Immunisations Week	31: World No Tobacco Day	25: Drowning Prevention Day	
16-22: Travel Wise Week	16: Restart a Heart Day	17-23: Road Safety Week			24-2 (Mar): Eating Disorders Awareness Week	19: Beep! Beep Day				
18: National Fitness Day	16-22: Recycle Week	18-24: UK Parliament Week			20: International Day of Happiness	20: International Day of Happiness				
19: Youth Mental Health Day	24: UN Day	19: International Men's Day			20: World Oral Health Day	21: International Day for the Elimination of Racial Discrimination				
21: International Day of Peace		25: International Day for the Elimination of VAWG			31: International Transgender Day of Visibility					



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Using engagement analytics of the Resource Library on our website, we have identified the top 5 topics that users are visiting, to look for resources. This data will help to guide us in identifying further resources, support and guidance on priority topics.

- BULLYING
- COMMUNITIES
- FRIENDSHIP
- ONLINE SAFETY
- BODY IMAGE



We value ongoing feedback to help us shape the service and ensure that we are responding to support needs. You are welcome to share any feedback, suggestions and thoughts by emailing [natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk).

# LGBTQ+ HISTORY MONTH - 1-28 FEB

The 2025 UK LGBTQ+ History Month theme is Activism and Social Change.

Schools OUT founded UK LGBTQ+ History Month to be a dedicated space to celebrate our rich and diverse history. Throughout history LGBTQ+ people have been activists and helped shape and create social change, advancing society for everyone.

Each year they set the theme, choosing five LGBTQ+ historical figures to highlight and provide free resources to education settings, organisations, and businesses.

The 2025 LGBTQ+ Historical Figures are:

Octavia Hill

Ivor Cummings

Annie Kenney

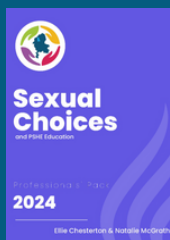
Charlie Kiss

Olaudah Equiano



Remember that language is important in PSHE.

Our & PSHE professional guidance packs support education providers around use of language, terminology and definitions to support classroom practice and working with children and young people. These are all housed in the Resource Library on our website.



Each year there is an official badge for LGBTQ+ History Month which helps raise awareness and funds to help continue the work of Schools OUT. Children and young people from the ages of 5 to 18 (key stages 1 to 5) are invited to design the LGBTQ+ History Month 2026 badge, providing a fantastic opportunity to be part of LGBTQ+ history as well as a great activity for education settings to run during Pride month. The winning design will be made into the official badge for 2026 and sold across the UK. [Register your interest here.](#)

On our website, we have areas for [Young People](#) and [Parents/Carers](#) which includes signposting to further information, support and advice on a range of topics. For LGBTQ+ we signpost to Staffordshire Sexual Health Charity, Trans Staffordshire, as well as national services and organisations. It is essential that, at the end of any PSHE lesson, children and young people know where to go for further information and support. You can use information in these areas as part of any plenary & signposting you do at the end of your lessons as well as directing parents and carers and young people to our website.



# CHILDREN'S MENTAL HEALTH WEEK - 3-9 FEB

The theme for this year's Children's Mental Health Week is "Know Yourself, Grow Yourself" with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. This year Place2Be are partnering with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters. in partnership with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters.

There are free resources for schools and families to help you take part in the week, as well as a fundraising pack and bonus resources to get involved in fundraising.

Further resources to support teaching and learning about mental health can be found in the Resource Library on our website in the section "Mental Health". Register or Log In.

Locally, Action for Children deliver the Staffordshire Emotional Health and Wellbeing Service, supporting children and young people, from 5 to 18, with their mental health. Changes deliver the Stay Well CYP Service, which can be accessed digitally, i.e. via on-line training programmes and one-to-one support, (video or phone).



## TIME TO TALK DAY - 6 FEB

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.

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.



## INTERNATIONAL DAY OF ZERO TOLERANCE TO FGM - 6 FEB

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.

We know, from conversations with many schools, that this is one of the more sensitive topics, highlighted in staff surveys, that colleagues find challenging to cover.

Our FGM & PSHE Professional Guidance pack is designed to increase topic knowledge, confidence and competence by showing curriculum links, highlighting key information and signposting to support services and resources. The recording of our Bitesize Practice Development webinar "FGM Awareness" can be found here.

## WORLD TOOTHACHE DAY - 9 FEB

A reminder that Oral Health & PSHE Professional's Guide is available on the website as well as resources to support teaching and learning about oral health and dental hygiene including:



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

## SAFER INTERNET DAY - 11 FEB

Safer Internet Day is the UK's biggest celebration of online safety. Each year they cover an online issue or theme that speaks about the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day's theme is "Too good to be true? Protecting yourself and others from scams online", focusing on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them.

There are a range of resources to help you deliver sessions for Safer Internet Day on their website, whether you are a school, nursery, youth group, library, or wider. These educational resources have been specifically designed to support educators in delivering messages about the campaign theme of scams online.

Further resources to support teaching and learning about online safety and associated risks can be found in the Resource Library on our website in the section "Online Safety". Register or Log In.



**NEW  
RESOURCES  
ADDED!!**

WITH OVER 900 COLLEAGUES SIGNED UP TO THE RESOURCE LIBRARY ON OUR WEBSITE MAKE SURE YOU ARE NOT MISSING OUT ON QUALITY-ASSURED SOURCED AND LOCALLY PRODUCED PSHE RESOURCES LISTED BY TOPIC. MAKE SURE YOUR SETTING IS NOT MISSING OUT REGISTER HERE.



## VALENTINES DAY - 14 FEB

Valentines Day gives us an opportunity to revisit and recap learning around Healthy Relationships and it is important that we consider all types of relationships that children and young people have, not just the "romantic" ones.

You will find resources to support you on a variety of topics linked to Relationships and Sex Education in the Resource Library on our website which have been grouped under 3 key themes. [Register](#) or [Log In](#).



## KINDNESS WEEK - 14-20 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.

## INTERNATIONAL CHILDHOOD CANCER DAY - 15 FEB

International Childhood Cancer Day (ICCD) is a global campaign that aims to:

- Raise awareness about childhood cancer
- Support children, adolescents, survivors, and their families
- Highlight the need for more access to treatment
- Demonstrate the importance of community participation and support

The [Self-Examination, Screening & PSHE pack](#) shows the curriculum learning outcomes linked to Self-Examination and Screening, and gives information to enable professionals to build their own knowledge on the topic to competently facilitate PSHE sessions with confidence.

## EATING DISORDERS AWARENESS WEEK - 24 FEB-2 MAR

Eating disorders such as bulimia nervosa, binge eating disorder and anorexia nervosa, are a serious mental illness, affecting 1 in 50 people in the UK, across ages, genders, ethnicities and backgrounds.

Resources to support this topic, including our [Eating Disorders & PSHE pack](#) can be found in the Resource Library on our website.

[Register](#) or [Log In](#).

# 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.

## Reminder

It is important to us that we signpost to any training opportunities that may enhance your CPD offer in your settings.

In addition to the PSHE Education Service webinars; monthly PSHE Leads Network Meetings, detailed on Page 1 which can be booked, for free through Eventbrite, we signpost to wider training opportunities.

We signpost to training from reputable sources, nationally and locally however, are not responsible for the content. If you have any feedback to share regarding training which you attend, please feel free to share with us - [natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk).

## E-LEARNING COURSES

Please check out the training page on our website - <https://pshestaffs.com/training/>

## TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SIMILARITIES AND DIFFERENCES	VARIOUS	<a href="#">USAH</a>	FREE	FREE HATE CRIME AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
DOMESTIC ABUSE	VARIOUS	<a href="#">NEW ERA</a>	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
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.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SEXUAL ABUSE	VARIOUS	<a href="#">CEOP</a>	£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	<a href="#">CEOP</a>	£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
FINANCIAL LITERACY	VARIOUS	<a href="#">YOUNG ENTERPRISE</a>	FREE	FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. ACCESS TO QUALITY FINANCIAL EDUCATION RESOURCES, SHARE BEST PRACTICE, FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.
MENTAL HEALTH	24TH JANUARY 9.30-3.30 AND 25TH FEBRUARY 1.30-3.30PM	<a href="#">STAFFORDSHIRE COUNTY COUNCIL EDUCATION PSYCHOLOGY SERVICE</a>	FREE	MUST ATTEND BOTH SESSIONS, FIRST IS FACE-TO-FACE AND SECOND IS VIRTUAL. THE TRAINING FOCUSES ON INTRODUCING AND DEVELOPING PRACTITIONERS' AWARENESS AND UNDERSTANDING OF EMOTIONS, BEHAVIOURS AND THE ROLE OF RELATIONSHIPS
SUICIDE	28TH JANUARY 9.30AM-12PM	<a href="#">WINSTON'S WISH</a>	£80.00	THIS COURSE WILL EXPLORE THE COMPLEX EMOTIONS ASSOCIATED WITH SUPPORTING PUPILS BEREAVED BY SUICIDE AND DISCUSS EFFECTIVE COMMUNICATION STRATEGIES TO HELP YOUNG PEOPLE EXPRESS THEIR FEELS.
DIET & NUTRITION	29TH JANUARY 4-4.30PM	<a href="#">FOOD - A FACT FOR LIFE</a>	FREE	KEY HEALTHY EATING MESSAGES AND USEFUL WAYS TO DISCUSS AND APPLY THE EATWELL GIODE AT PRIMARY SCHOOL.
SELF-HARM	4TH FEBRUARY 4.30-6.30PM	<a href="#">ANNA FREUD</a>	FREE	THIS WEBINAR OFFERS SCHOOLS AND COLLEGES A UNIQUE OPPORTUNITY TO IDENTIFY EARLY WARNING SIGNS AND EMBED A SAFE AND SUPPORTIVE ENVIRONMENT
DEVELOPING RSE IN SEND SETTINGS	FROM 4TH FEBRUARY	<a href="#">SEX EDUCATION FORUM</a>	FROM £575	DESIGNED FOR TEACHERS OF RSE IN SPECIAL SCHOOLS WORKING WITH LEARNERS WITH MODERATE TO SEVERE LEARNING DISABILITIES, AND AUTISTIC SPECTRUM CONDITIONS.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SIMILARITIES & DIFFERENCES	6TH FEBRUARY 10AM - 1.30PM	<a href="#">USAH</a>	FREE	EXPLORES THE DEFINITION OF HATE CRIME AND THE SUPPORT AVAILABLE TO THOSE AFFECTED BY HATE CRIME
DIET AND NUTRITION	12TH FEBRUARY 4.30-5.15PM	<a href="#">FOOD - A FACT FOR LIFE</a>	FREE	A MORE IN DEPTH LOOK AT THE EATWELL GUIDE, HEALTHY EATING AND THE IMPACT OF NUTRITION ON HEALTH AND SOCIETY. FOR SECONDARY SCHOOL TEACHERS
ALCOHOL/ PREGNANCY	18TH FEBRUARY 3.00-5.00PM	<a href="#">ELUCIDATE TRAINING</a>	FREE	A 2-HOUR VIRTUAL AWARENESS COURSE ON FOETAL ALCOHOL SPECTRUM DISORDER
COMMUNITIES	19TH FEBRUARY 2-3.30PM	<a href="#">FEARLESS</a>	FREE	INFORMATION SESSION FOR PROFESSIONALS WORKING WITH YOUNG PEOPLE ACROSS THE UK. THE SESSION WILL COVER WHAT IS FEARLESS?, THE DIFFERENCE BETWEEN SNITCHING AND REPORTING AND THE BYSTANDER APPROACH.
SIMILARITIES AND DIFFERENCES	19TH FEBRUARY 10AM - 1.30PM	<a href="#">USAH</a>	FREE	FREE HATE CRIME AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
CHANGE AND LOSS	25TH FEBRUARY 9.30AM-12PM	<a href="#">WINSTON'S WISH</a>	£80	THIS ONLINE SESSION WILL LOOK AT THE NEEDS OF YOUNG PEOPLE FACING THE DEATH OF SOMEONE IMPORTANT TO THEM AND HOW BEST TO TALK TO THEM ABOUT WHAT IS HAPPENING.
PERSONAL DEVELOPMENT	1ST MARCH 9:45AM-2PM	<a href="#">PD NETWORK UK</a>	£22.38	FACE-TO-FACE CONFERENCE IN CAMBRIDGESHIRE THAT AIMS TO PROVIDE INSPIRING AND THOUGHT-PROVOKING EXPERT CPD WORKSHOPS, WHERE THROUGHOUT THE DAY YOU CAN CHOOSE THE SESSIONS MOST RELEVANT TO YOUR ROLE
MANAGING CHALLENGES	8TH APRIL OR 25TH APRIL 3.45-4.45PM	<a href="#">ENTRUST'S BENAUIUOUR SUPPORT TEAM</a>	£29	A WEBINAR LOOKING AT MANAGING PUPILS MOVING TO SECONDARY SCHOOL, IDENTIFYING SOME OF THE POSSIBLE BARRIERS AND EXPLORING SOME STRATEGIES TO SUPPORT PUPILS.

# PODCASTS

SUBSTANCES INC VAPING	<a href="#">TEACHERS TALK RADIO</a>	TOPICAL DISCUSSION ABOUT SOME OF THE CURRENT CHALLENGES FACING SCHOOLS AROUND DRUG TAKING AND VAPING. GUESTS INCLUDE JOHN REES.
MEDIA LITERACY	<a href="#">TEACHERS TALK RADIO</a>	FEATURING GUESTS FROM THE ECONOMIST EDUCATION FOUNDATION THIS SHOW TALKS ABOUT FAKE NEWS AND MEDIA LITERACY
COMMUNITIES	<a href="#">TEACHERS TALK RADIO</a>	DISCUSSES THE RECENT PROTESTS AND RIOTS THAT HAVE TAKEN PLACE ACROSS THE UK. WHAT SHOULD SCHOOLS DO? HOW SHOULD SCHOOLS REACT?
EFFECTIVE PSHE & SEND	<a href="#">TEACHERS TALK RADIO</a>	LOOKS AT THE PEDAGOGY OF INCLUSION, COMMON MISTAKES, CHALLENGES AND OPPORTUNITIES IN EVERY CLASSROOM AS WELL AS EXPLORING THE IMPORTANCE OF VARIOUS TRAINING ROUTES FOR TEACHERS TO ENHANCE THEIR KNOWLEDGE OF SEND.
MENTAL HEALTH	<a href="#">THE CHARLIE WALLER TRUST</a>	OPENS DIALOG ON MENTAL HEALTH AND THE HIGHS AND LOWS OF ADOLESCENTS. GINYA WILL BE JOINED BY FELLOW AMBASSADORS TO COVER A RANGE OF TOPICS CHOSEN FOR AND BY THE YOUTH AMBASSADORS WHILST POINTING YOU IN THE DIRECTION OF HELPFUL RESOURCES.
CONFLICT RESOLUTION	<a href="#">THE NATIONAL COLLEGE</a>	BRINGING EFFECTIVE, REASONABLE SOLUTIONS TO DISPUTES IS A DIFFICULT TALENT TO LEARN AND AN EVEN HARDER ONE TO MASTER. IT'S VITAL THAT PARENTS AND EDUCATORS KNOW HOW TO SUPPORT YOUNG PEOPLE IN DEVELOPING THIS CRITICAL SKILL. THIS WEEK'S PODCAST COVERS HOW BEST TO HELP CHILDREN MANAGE CONFLICTS!
GENDER	<a href="#">TOMORROW IS THE QUESTION</a>	WHAT'S ACTUALLY HAPPENING IN THE MANOSPHERE? HOW IS IT AFFECTING CHILDREN AND YOUNG PEOPLE? AND HOW MIGHT WE RESPOND? IN THIS EPISODE OF TOMORROW IS THE QUESTION, THE FULLY HUMAN PODCAST, JONO BAGGALEY CHATS TO PROFESSOR HARRIET OVER AND DR DAVID ZENDLE FROM THE UNIVERSITY OF YORK AND FULLY HUMAN'S OWN DR ELLY HANSON TO EXPLORE THEIR DEEP RESEARCH INTO THESE QUESTIONS.
GENDER	<a href="#">TOMORROW IS THE QUESTION</a>	COULD JAMES BOND BE A USEFUL SOURCE OF TEACHING ABOUT SEX, RELATIONSHIPS, GENDER NORMS AND MISOGYNY? IN THIS EPISODE OF TOMORROW IS THE QUESTION, JONO BAGGALEY CHATS TO DR IAN KINANE, EDITOR OF THE INTERNATIONAL JOURNAL OF JAMES BOND STUDIES, DR KATHY WESTON, FOUNDER OF TOOLED UP EDUCATION AND FULLY HUMAN'S DR ELLY HANSON TO EXPLORE BOND AS A PROBLEMATIC SYMBOL: A LOADED FIGURE OF SEX AND VIOLENCE AND POTENT STORE OF TEACHING MATERIAL FOR TEENAGERS.
GENDER	<a href="#">BBC</a>	ABOUT THE BOYS - HEAR FROM TEENAGE BOYS ACROSS THE UK ABOUT THEIR FEARS, WORRIES AND AMBITIONS
GENDER	<a href="#">THE CRIME ANALYST</a>	TWO EPISODES FEATURING ANDREW 'BERNIE' BERNARD WHO SHARES HOW HE USES THIS TO EDUCATE BOYS ABOUT COERCIVE CONTROL, MALE ENTITLEMENT, MISOGYNY AND SEXISM TO BREAK THE CYCLE. <a href="#">EPISODE TWO CAN BE FOUND HERE.</a>
DOMESTIC ABUSE	<a href="#">THE CRIME ANALYST</a>	TWO EPISODES FEATURING MICHAEL CONROY DISCUSSING WORKING WITH BOYS TO CHALLENGE SEXISM, RAPE, DOMESTIC ABUSE AND COERCIVE CONTROL, MISOGYNY AND PORN USE AND HIS WORK WITH DOMESTIC ABUSE PERPETRATORS. <a href="#">EPISODE TWO CAN BE FOUND HERE.</a>

DOMESTIC ABUSE	<a href="#">NSPCC</a>	FEATURES REPRESENTATIVES FROM CHILDLINE AND THE NSPCC HELPLINE DISCUSSING: WHAT CHILDREN ARE TELLING CHILDLINE ABOUT DOMESTIC ABUSE AND HOW THIS DIFFERS FROM WHAT ADULTS ARE TELLING THE HELPLINE; THE WAYS IN WHICH THE EFFECTS OF DOMESTIC ABUSE MAY PRESENT THROUGH A CHILD'S BEHAVIOUR; THE IMPORTANCE OF LISTENING TO THE VOICE OF THE CHILD; AND SAFEGUARDING ACTIONS FOR PROFESSIONALS WHO IDENTIFY DOMESTIC ABUSE.
SELF-HARM	<a href="#">THE ASSOCIATION FOR CHILD AND ADOLESCENT MENTAL HEALTH</a>	THE PODCAST DISCUSSES: THE PREVALENCE OF SELF-HARM AND RISK FACTORS; THE SUPPORT ACCESSED BY CHILDREN AND YOUNG PEOPLE WHO SELF-HARM; AND DIFFERENT DIGITAL INTERVENTIONS.
ONLINE SAFETY	<a href="#">THE NATIONAL COLLEGE</a>	MISINFORMATION, THE ABUSE OF AI, AND CONCERNING FINDINGS ABOUT ONE OF THE MOST POPULAR MESSAGING APPS ON THE MARKET. ALL THESE AND MORE ARE COVERED IN THE INAUGURAL EPISODE OF THE ONLINE SAFETY MONTHLY ROUNDUP, BRINGING YOU THE MOST PROMINENT NEWS FROM AUGUST 2024!
YOUTH VIOLENCE	<a href="#">THE BEN KINSELLA TRUST</a>	THE BEN KINSELLA TRUST HAS LAUNCHED A COMPELLING PODCAST SERIES TITLED "KNIFE CRIME: REAL STORIES, REAL PEOPLE", AIMED AT RAISING AWARENESS OF THE DEVASTATING IMPACT KNIFE CRIME HAS ON INDIVIDUALS, FAMILIES, AND COMMUNITIES.
EFFECTIVE PSHE	<a href="#">PSHE ASSOCIATION</a>	NICK CONSIDERS SOME WAYS OF DECONSTRUCTING A STORY, INCLUDING USING CASE STUDIES AND 'TIMELINE', IN ORDER TO HELP US USE IT TO EXPLORE ISSUES AND STRATEGIES IN PSHE.
EFFECTIVE RSE	<a href="#">NSPCC</a>	EXPLORES THE CHALLENGES TEACHERS CAN FACE WHEN TEACHING RSE. DISCUSSION POINTS INCLUDE: THE IMPORTANCE OF FOCUSING ON EQUALITY, DIVERSITY AND INCLUSION; THE IMPACT OF SOCIAL MEDIA ON THE WAY YOUNG PEOPLE LEARN ABOUT SEX AND RELATIONSHIPS; AND TAKING A WHOLE SCHOOL APPROACH TO DELIVERING SRE.
DOMESTIC ABUSE	<a href="#">NSPCC</a>	IN THE EPISODE, EXPERTS FROM THE NSPCC HELPLINE AND CHILDLINE DISCUSS THE DIFFERENCES BETWEEN WHAT CHILDREN AND ADULTS TELL THE HELPLINES ABOUT THEIR EXPERIENCES, HOW DOMESTIC ABUSE MAY PRESENT ITSELF THROUGH A CHILD'S BEHAVIOUR AND THE IMPORTANCE OF LISTENING TO THE CHILD'S VOICE.
EXPLOITATION	<a href="#">CHILDREN &amp; YOUNG PEOPLE'S CENTRE FOR JUSTICE</a>	FEATURES ACADEMICS FROM BLACK BOX RESEARCH & CONSULTANCY ADDRESSING AUDIENCE QUESTIONS AND EXPLORING THE COMPLEX REALITIES OF EXPLOITATION THAT CHILDREN AND YOUNG PEOPLE FACE.



IF YOU WANT TO SHARE A PODCAST,  
TRAINING OR DOCUMENTARY YOU'VE FOUND  
USEFUL FOR YOUR PRACTICE PLEASE EMAIL  
NATALIE




# DOCUMENTARIES

THIS LIST IS NOT ABOUT DOCUMENTARIES THAT ARE SUITABLE FOR YOUNG PEOPLE - YOUNG PEOPLE STATE THEY DON'T WANT VIDEOS ANY LONGER THAN 15 MINUTES IN THEIR SESSIONS BUT TO GIVE PROFESSIONALS GREATER KNOWLEDGE INTO VARIOUS PSHE TOPICS

BBC	29 MINUTES	<a href="#"><u>JORDAN NORTH THE TRUTH ABOUT VAPING</u></a>	JORDAN NORTH ASKS, SHOULD I QUIT VAPING? IS IT BAD FOR ME OR NOT? TO FIND OUT, HE UNCOVERS THE TRUTH ABOUT VAPING AND REALISES THERE'S A LOT HE DIDN'T KNOW
BBC	58 MINUTES	<a href="#"><u>MURDER GAMES: THE LIFE AND DEATH OF BRECK BEDNAR</u></a>	DOCUDRAMA TELLING THE TRUE STORY OF BRECK BEDNAR, A 14-YEAR-OLD SCHOOLBOY WHO WAS LURED TO HIS DEATH AFTER BEING GROOMED ONLINE BY LEWIS DAYNES WHILE GAMING.
BBC	30 MINUTES	<a href="#"><u>MY MURDER</u></a>	THE SHOCKING STORY OF GEMMA, A YOUNG WOMAN WITH A LEARNING DISABILITY WHO WAS ABANDONED BY THE SYSTEM AND BRUTALLY MURDERED BY PEOPLE SHE THOUGHT OF AS FRIENDS.
BBC	53 MINUTES	<a href="#"><u>ZARA MCDERMOTT - REVENGE PORN</u></a>	WHEN ZARA MCDERMOTT LEFT LOVE ISLAND IN 2018, SHE WAS TOLD THAT NAKED PHOTOS OF HER WERE CIRCULATING WORLDWIDE. NOW SHE'S LOOKING FOR ANSWERS.
BBC	58 MINUTES	<a href="#"><u>ZARA MCDERMOTT - UNCOVERING RAPE CULTURE</u></a>	ZARA MCDERMOTT UNCOVERS A 'RAPE CULTURE' RAGING IN BRITAIN'S SCHOOLS. SHE SPEAKS FOR THE FIRST TIME ABOUT HER OWN SEXUAL ASSAULT BY A SCHOOLBOY, AND ASKS WHAT NEEDS TO CHANGE.
BBC	58 MINUTES	<a href="#"><u>ZARA MCDERMOTT - DISORDERED EATING</u></a>	RECORD NUMBERS OF YOUNG PEOPLE ARE BEING TREATED FOR EATING DISORDERS. ZARA MCDERMOTT EXPLORES THE REASONS BEHIND THIS EXPLOSION AND ASKS IF SOCIAL MEDIA IS PART OF THE PROBLEM.
BBC	57 MINUTES	<a href="#"><u>JESY NELSON - ODD ONE OUT</u></a>	LITTLE MIX STAR JESY NELSON GOES ON A JOURNEY OF REHABILITATION AS SHE OPENS UP ABOUT ABUSE SHE HAS SUFFERED AT THE HANDS OF CYBERBULLIES AND ITS EFFECTS ON HER MENTAL HEALTH.
BBC	45 MINUTES	<a href="#"><u>MYLEENE: MISCARRIAGE AND ME</u></a>	BROADCASTER AND MUSICIAN MYLEENE KASS DISCUSSES THE TRAUMA OF HER MISCARRIAGES, WITH THE AIM OF BREAKING THE TABOO WHICH OFTEN SURROUNDS THIS TYPE OF PREGNANCY LOSS. MYLEENE OPENS UP TO HER HUSBAND FOR THE FIRST TIME AND MEETS WOMEN FROM ACROSS THE COUNTRY WHO SHARE THEIR EXPERIENCES OF BABY LOSS, INCLUDING CLOSE FRIENDS AN
BBC	180 MINUTES (3 X 60 MINS)	<a href="#"><u>THREE GIRLS</u></a>	THE TRUE STORY OF THE YOUNG VICTIMS IN THE 2012 GROOMING AND SEX TRAFFICKING CASE IN ROCHDALE.
BBC	59 MINUTES	<a href="#"><u>MATT WILLIS: FIGHTING ADDICTION</u></a>	THIS RAW DOCUMENTARY SEES BUSTED'S MATT WILLIS OPEN UP ABOUT HIS STRUGGLES WITH ADDICTION AND THE PRESSURE IT PUTS ON HIS FAMILY, AS WELL AS LOOKING INTO WHAT HELPS HIM AND OTHERS STAY CLEAN.
BBC	59 MINUTES	<a href="#"><u>THE REAL MO FARAH</u></a>	MO FARAH REVEALS THE TRUTH ABOUT HIS CHILDHOOD, THE JOURNEY HE MADE TO THE UK AS A YOUNG BOY, AND THE SUBSEQUENT YEARS THAT LED TO HIM WINNING TWO GOLD MEDALS AT THE 2012 OLYMPICS.

BBC	58 MINUTES	<u>ROMAN KEMP: OUR SILENT EMERGENCY</u>	ROMAN KEMP EXPLORES THE MENTAL HEALTH AND SUICIDE CRISIS AFFECTING YOUNG MEN. WHEN ROMAN LOST HIS BEST FRIEND, HE HAD NO IDEA HE WAS STRUGGLING. NOW, ROMAN IS SEARCHING FOR ANSWERS.
BBC	59 MINUTES	<u>LEIGH-ANNE: RACE, POP AND POWER</u>	LITTLE MIX'S LEIGH-ANNE PINNOCK EXPLORES RACISM ACROSS THE MUSIC INDUSTRY AND CONFRONTS HER OWN EXPERIENCES AS THE ONLY BLACK MEMBER OF THE BAND.
BBC	27 MINUTES	<u>HIDDEN GIRLS</u>	A LOOK AT THE HIDDEN WORLD OF GIRLS IN GANGS AND THE EXTENT TO WHICH TEENAGE GIRLS ARE BEING CRIMINALLY AND SEXUALLY EXPLOITED.
BBC	59 MINUTES	<u>DRIVEN: THE BILLY MONGER STORY</u>	FOLLOWING THE REMARKABLE STORY OF 18-YEAR-OLD BILLY MONGER AS HE ATTEMPTS TO BECOME THE FIRST EVER AMPUTEE TO RACE COMPETITIVELY IN A SINGLE-SEATER RACING CAR.
BBC	59 MINUTES	<u>IS THIS SEXUAL HARASSMENT</u>	SOCIAL EXPERIMENT HOSTED BY JOURNALIST AND PRESENTER BEN ZAND IN WHICH A GROUP OF PEOPLE COME TOGETHER TO TRY TO UNDERSTAND WHAT CONSTITUTES SEXUAL HARASSMENT.
BBC	59 MINUTES	<u>IS THIS COERCIVE CONTROL</u>	JOURNALIST AND PRESENTER ELLIE FLYNN BRINGS TOGETHER A GROUP OF 20 YOUNG PEOPLE AGED 18-25 FOR A SOCIAL EXPERIMENT, TO SEE IF THEY UNDERSTAND WHAT CONSTITUTES COERCIVE CONTROL.
BBC	59 MINUTES	<u>EMILY ATAK: ASKING FOR IT</u>	ACTRESS EMILY ATAK EXPLORES WHY SHE IS SEXUALLY HARASSED ONLINE ON A DAILY BASIS AND SEEKS TO UNDERSTAND WHY THE BLAME FOR UNWANTED SEXUAL ATTENTION IS SO OFTEN PUT ON THE VICTIM.
BBC	57 MINS	<u>ME, MY BROTHER AND OUR BALLS</u>	AN INTIMATE, PERSONAL AND HUMOUR-FILLED LOOK INTO THE INS AND OUTS OF MALE FERTILITY WITH LOVE ISLAND STAR CHRIS HUGHES AND HIS BROTHER BEN.
CHANNEL 4	47 MINUTES	<u>CONSENT</u>	OLD AND AUTHENTIC DRAMA SET AT AN ELITE SCHOOL WHERE THE LINES OF SEXUAL CONSENT ARE DANGEROUSLY BLURRED. WHEN A SERIOUS ACCUSATION IS MADE AGAINST 'ONE OF THEIR OWN', HOW WILL THE SCHOOL REACT?
CHANNEL 4	47 MINUTES	<u>UNDERCOVER: SEXUAL HARASSMENT - THE TRUTH</u>	ELLIE FLYNN GOES UNDERCOVER, EXPOSING THE HARSH REALITY OF SEXUAL HARASSMENT AGAINST WOMEN AND GIRLS IN BRITAIN TODAY, FROM 'DICK PICS' TO BEING FLASHED, GROPED, SPIKED AND RAPED
NETFLIX	1 HOUR 34 MINUTES	<u>THE SOCIAL DILEMMA</u>	THIS DOCUMENTARY-DRAMA HYBRID EXPLORES THE DANGEROUS HUMAN IMPACT OF SOCIAL NETWORKING, WITH TECH EXPERTS SOUNDING THE ALARM ON THEIR OWN CREATIONS.
BBC	3 X 29 MINUTES	<u>TEEN PREDATOR/ONLINE KILLER</u>	DOCUMENTARY THAT SHARES HOW A CATFISH KILLER WAS CAUGHT IN NORTHERN IRELAND

BBC	60 MINUTES	<u><a href="#">IRRESISTIBLE: WHY WE CAN'T STOP EATING</a></u>	CHRIS VAN TULLEKEN (KEY NOTE SPEAKER AT THE PSHE ASSOCIATION CONFERENCE) SHARES A PERSONAL VIEW AT WHY ULTRA-PROCESSED FOODS ARE SO IRRESTIBABLE AND HOW THEY HAVE COME TO DOMINATE FOOD CULTURE
BBC IPLAYER	59 MINUTES	<u><a href="#">ROSE AYLING -ELLIS: SIGNS FOR CHANGE</a></u>	EXPLORES WHETHER SOCIETY IS ADAPTING FAST ENOUGH TO ALLOW EQUALITY AMONGST THE DEAF AND HEARING WORLDS, ROSE CHALLENGES THE PERCEPTION OF DEAFNESS AS SOMETHING THAT NEEDS TO BE CURED, AND HIGHLIGHTS THE BEAUTY OF SIGN LANGUAGE AND THE DEAF EXPERIENCE.
CHANNEL 4	10 MINUTES	<u><a href="#">DEEPPFAKE PORN</a></u>	IN AN EXCLUSIVE INVESTIGATION, CHANNEL 4 NEWS REVEALS MORE THAN 250 FAMOUS BRITONS HAVE BEEN TARGETED BY SEXUALLY EXPLICIT DEEPPFAKE IMAGES
BBC	58 MINUTES	<u><a href="#">KILLED BY MY DEBT</a></u>	DOCUDRAMA ABOUT 19-YEAR-OLD JEROME ROGERS, WHO FOUND HIMSELF UNDER A CRUSHING DEBT AND WHO EVENTUALLY TOOK HIS OWN LIFE AS A CONSEQUENCE.
BBC	75 MINUTES	<u><a href="#">MURDERED BY MY FATHER</a></u>	POWERFUL CONTEMPORARY DRAMA. A YOUNG WOMAN FALLS IN LOVE WITH THE WRONG MAN, WITH TRAGIC CONSEQUENCES FOR EVERYONE.
BBC	59 MINUTES	<u><a href="#">MURDERED BY MY BOYFRIEND</a></u>	DRAMA TELLING THE TRUE STORY OF WHAT HAPPENS TO A TEENAGE GIRL WHEN SHE FALLS IN LOVE WITH THE WRONG MAN, A CHARMER WHO ENDS UP DOMINATING EVERY ASPECT OF THE YOUNG WOMAN'S LIFE.
BBC	50 MINUTES	<u><a href="#">ABUSED BY MY GIRLFRIEND</a></u>	THE REMARKABLE STORY OF ALEX SKEEL, A 23-YEAR-OLD MAN FROM BEDFORD WHO SURVIVED AN ABUSIVE RELATIONSHIP WITH HIS GIRLFRIEND JORDAN WORTH.
BBC	57 MINUTES	<u><a href="#">HUNTING THE CATFISH CRIME GANG</a></u>	HAVING POSTED HIS LIFE ON SOCIAL MEDIA, JAMES BLAKE FOUND THAT HIS IDENTITY WAS STOLEN AND USED IN SCAMS. IN A FIGHT TO GET HIS IDENTITY BACK, HE UNCOVERS A WORLD OF ORGANISED CRIME
BBC	59 MINUTES	<u><a href="#">ALEX BROOKER: DISABILITY AND ME</a></u>	COMEDIAN AND TV PRESENTER ALEX BROOKER EXAMINES HIS DISABILITY TO ACKNOWLEDGE FOR THE FIRST TIME HOW MUCH IT IMPACTS ON WHO HE IS.
ITV	120 MINUTES	<u><a href="#">A TIME TO DIE</a></u>	DOCUMENTARY EXPLORING THE HUMAN COST OF BRITAIN'S CURRENT LAW ON ASSISTED DYING. HEAR THE MOVING STORIES OF FIVE PEOPLE WHO ALL WANT THE RIGHT TO DIE WHEN THEY WISH.
 CHANNEL 4	2 X 47 MINUTES	<u><a href="#">SWIPED - THE SCHOOLS THAT BANNED SMARTPHONES</a></u>	EMMA AND MATT WILLIS CHALLENGE A GROUP OF YEAR 8 PUPILS AT THE STANWAY SCHOOL IN COLCHESTER TO GIVE UP THEIR SMARTPHONES COMPLETELY FOR 21 DAYS

## NEXT MONTH (FEBRUARY)...

Resources & Materials for:

- 1-31 Mar: Women's History Month
- 1-31 Mar: National Bed Month
- 1 Mar: Self-Injury Awareness Day
- 3-16 Mar: Fairtrade Fortnight
- 8 Mar: International Women's Day
- 10-14 Mar: Empathy Week
- 10-16 Mar: Nutrition & Hydration Week
- 18 Mar: Global Recycling Day
- 18 Mar: Stop Child Exploitation Awareness Day
- 19 Mar: Beep! Beep Day
- 20 Mar: International Day of Happiness
- 20 Mar: World Oral Health Day
- 21: International Day for the Elimination of Racial Discrimination
- 31 Mar: 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

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

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Join our [Facebook Group](#) and join fellow PSHE Leads to share best practice, resources and be kept updated in between Digests .

