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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:

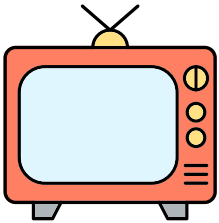
[natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk)

*We look forward to seeing many of you on Tuesday 11th February at the first PSHE Leads Network Meeting of 2025*

# 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.

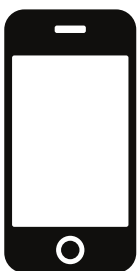


- Molly-Mae Hague has spoken about how Tommy Fury's drinking affected their relationship in her new documentary series on Amazon Prime.
- Since its release this week, *Celebrity Bear Hunt* has shot to number one in the UK TV Top 10 Netflix chart. Set in a jungle in Costa Rica, 12 celebrities become prey as they are hunted down by Grylls.

- A boy, aged 15, has died after being stabbed at a school in Sheffield. Another 15-year-old boy has been arrested on suspicion of murder. See page 4-5 for support and resources.
- Following concerns raised about online prescriptions for "weight loss" jabs, the General Pharmaceutical Council says that online pharmacies must conduct a two-way consultation by video or in person, alongside information from a GP.
- The government reports that over 1 million adults experience sexual violence each year, yet many aren't aware of the free help available through the 24/7 Rape and Sexual Abuse Support Line. A new campaign is raising awareness and support for those affected which can be accessed on 08085002222.
- The crime figures for the year ending September 2024 have been published. Crime in total is up 12%, Fraud increasing by 19%, Shoplifting by 23%, Knife Crime by 4% and offences involving firearms down by 17%.
- President Trump began his presidency last month Chameleon PD has created a blog around Trump's Presidency and the ripple effect on PSHE education.
- January was the warmest on record despite scientists expecting it to be cooler.



- All websites on which pornographic material can be found, including social media platforms, must introduce "robust" age-checking techniques such as demanding photo ID or running credit card checks for UK users by July reports the BBC.
- The Education Secretary has rejected a Conservative Party plan to bring in a new law to ban phones in classrooms. She agreed that mobile phones should not be in class, but said that the "vast majority" of schools already keep phones out of lessons.



# UPDATE FROM NATALIE



It has been fantastic to visit some of you over the past few weeks and see the incredible work you are doing to develop and deliver high-quality PSHE education. I've love sharing ideas and making connections so we really can make a difference in the lives of the children and young people of Staffordshire.

I'd heard from children about the difference their learning is making to them, discussed with schools how they can ensure the curriculum truly reflects their local context and seen PSHE be embedded within whole school approaches.

You all continue to inspire me with your commitment to helping children and young people thrive now and in the future in challenging times.

## PSHE LEADS DETAILS

We have noticed that there have been several changes for PSHE Leads within our schools, having sent the last PSHE Digest we had a few bouncebacks. It really helps us to have a named person that we can engage with, to keep them updated and informed.

We would be grateful if you could complete this short form which provides basic information about the PSHE Lead in your settings and some optional questions about how PSHE education is delivered in your setting, even if we already have your details on file. This helps us gain a better understanding on the local picture.

## DFE MEETING - RSHE REVIEW

We have been invited to attend a meeting with the DfE to discuss some of the key issues in the RSHE guidance, later this month, following the consultation that took place last summer.

The meeting will be focused on the following:

- How could the guidance be improved?
- What support do schools need to deliver this effectively?

The DfE are particularly interested to hear views on teaching about sexual relationships and sexual health; violence against women and girls; and mental health and suicide prevention. As a service, we want to ensure we are reflecting our local schools so please feel free to share any thoughts on the above by completing this MS Form. The deadline is 21st February to enable us time to collate responses ahead of the meeting.

## CONFERENCE REPORT

As promised please find the link to the report from last November's PSHE Education Service. There is a full report with appendices to share the learning, we also have created a one-page summary that can be shared with SLT, Governors etc...

# UPDATE FROM NATIONAL PARTNERS

## KNIFE VIOLENCE

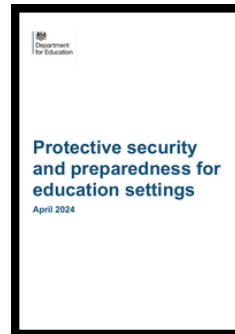
The past few weeks has seen a number of incidents both nationally and locally where young people are reported or known to have had knives in school, including the tragic death of a 15 years old boy in a secondary school in Sheffield earlier this week. Given this, we recognise that education settings may wish to talk to their children and young people about the issue of knife violence.

We wanted to take this opportunity to remind you of the resources available for Primary and Secondary settings and also signposting information. These are all available on our website and more. Click on the picture to take you to the resource directly.

### GUIDANCE:



Our Knife Crime & PSHE pack sets out the specific learning outcomes that link to this theme and provide information to ensure staff can deliver sessions with confidence.



This non-statutory guidance provides advice to help educational settings to become better prepared for and able to respond to terrorism and other major incidents. It sets out practical steps to keep learners and staff safe in the event of an incident through simple and cost-effective methods.

### PRIMARY:

~~No knives~~  
Better lives



Blog on [How to teach Knife Crime Awareness in Primary Schools](#) by 1Decision

### SECONDARY:



~~No knives~~  
Better lives



~~No knives~~  
Better lives

**Toolkits**



#### Knife crime resource

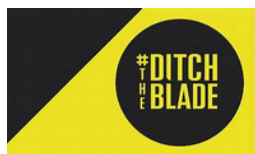
This resource has been produced for professionals working with young people throughout the UK. It provides information on knife crime such as the law, including joint enterprise and stop & search. It also covers information on why young people may carry knives and combats some myths.

Download resource

## SIGNPOSTING:



The Violence Reduction Alliance works to make the city and county safer for the residents including children and young people, by working with partners and communities to prevent and reduce violence/



Local campaign to encourage people to "Ditch the Blade"

## TARGETED SUPPORT:



Catch22 can provide targeted group workshops to children across the city and county on topics linked to Child Criminal Exploitation including on knife crime.



YOS Prevention (Staffordshire)- The service is targeted at any young person with a risk of offending or reoffending. (Service leaflet for parents/carers)

## EXTERNAL PROVIDERS:

Many external providers deliver sessions around this theme, and many of them have had lived experiences. It is important that education settings are able to effectively safeguard their children and young people and that external providers do not use shock or fear tactics as research shows these have limited impact on long-term behaviour change.

It is the responsibility of the education setting to quality assure any external provider and ensure they are working in line with your own vision and values. Our Using External Providers pack may help reassure you in this process.

## FUNDED OPPORTUNITY - CANNOCK SECONDARY SCHOOLS ONLY

Secondary schools in Cannock have been contacted regarding funding that has been provided by Cannock Chase Community Safety Partnership for another Alison Cope schools delivery this academic year. Alison Cope is the mother of Joshua Ribera who was murdered in 2013. Her presentations convey: the importance of prevention, the emotive realisation of how choices affect loved ones and how young people retain hope for the future.

Sessions are being booked up and limited availability remains, email Duncan Rollo for more information or to book your session.



# PSHE ASSOCIATION UPDATE

The PSHE Association has announced their 2nd keynote speaker for their Spring Conference (6th March 9.30am - 1pm). Joining Dr Chris van Tulleken, is Jeffrey Boakye - ex-teacher turned writer, speaker, broadcaster, and educator, with compelling insights on identity, masculinity, education, popular culture and more.

Jeffrey's keynote will explore educators key role in helping children and young people navigate identities in shifting contexts, looking at the pressures that arise from various ideologies, systems and social constructs. There will be a particular focus on masculinity, drawing upon Jeffrey's writing on the issue, and ensuring a positive presentation of masculinity to counteract some of the dangerous online narratives that can lead to division and misogyny.

Tickets cost £115 for PSHE Association Members. To find out the full agenda or to book please [click here](#).

The PSHE Association is currently working on a guide to using generative AI for PSHE leads and teaching, as they, and us, recognise that AI may be a tool in your toolkit, but AI can only take us so far. Technology should only be embraced to the extent that it supports people in their role.

What it is important to remember is that you are the key agent that makes a positive difference through a carefully considered and delivered curriculum. You can be supported, but never replaced, by technology.

High-quality PSHE education isn't something you can just 'grab and go'. There's no viable 'one-size-fits-all' solution. And your crucial role can never be replaced by off-the-shelf programmes, AI lesson builders or passive classroom videos.

## KINDNESS - CHILDREN'S WORD OF THE YEAR



The word kindness has been chosen as the Children's Word of the Year following a survey by Oxford University Press (OUP) of more than 6,000 children across the UK.

More than half (61) said kindness was their chosen word for 2024.

We know many education settings have Kindness as one of their school values and thought this would be a good celebration of the amazing work you do.

# ONLINE SAFETY & GENDER

ECP Safeguarding are reporting there is an increasing trend on social media of the "Trad Wife" - a growing group of women turning back to traditional, routines, and expectations and becoming stay-at-home wives and mothers. A "Trad Wife" has no job or career and is entirely financially dependent on her husband, not just for income but also housing, food and necessities. Many showcase their lives to the world on TikTok, YouTube and Snapchat.

The trend is especially popular with some women. It has been criticised for its links to white supremacist and far-right ideologies, as some groups promote it alongside nationalism traditionalist gender roles and anti-progressive beliefs.

It is important to recognise that the movement is diverse, and not all followers may share these extreme ideologies. On TikTok, videos with the hashtag #tradwife have been viewed over 251 million times.

## IMPACT OF DIGITAL MEDIA

Springer has published a free eBook on the impact of digital media on infants, children and adolescents. Each chapter is written by different academics and experts and explores current research on the cognitive, physical, mental and psychosocial impacts on children and young people and how digital media influences relationships, families, culture and society. Chapters include: cognition and brain development; cyberbullying; social media and youth mental health; gaming disorders among children and adolescents; dysregulated use of smartphones; digital wellbeing and social connectedness; and adolescents' experiences of sharing nude images. This eBook is open access and each chapter is freely available to download as a PDF.

## TRANSITION

Data gathered through The Engagement Platform (TEP) has revealed key disparities in engagement between girls and boys, particularly as they enter secondary education.

The interim findings show that girls feel safer than boys during primary school. However, upon entering secondary school, both girls and boys experience a steep decline in feelings of safety. By Year 8 girls' sense of safety falls sharply below that of boys and stays that way for the remainder of school.

The research also found that girls report more worry about school compared to boys, who tend to trust peers and teachers more.

# DIET & NUTRITION UPDATE

The [Lancet has produced a report](#) that looks at the definition of obesity and with new terms “clinical obesity” and “pre-clinical obesity”. With these new recommendations obesity would not just be defined solely by BMI, but be combined with other measurements, such as waist circumference, plus evidence of health problems linked to excess weight.

Under the new criteria, about 20% of people who used to be classed as obese wouldn't longer meet the definition, preliminary analysis suggests. About 20% of people with serious health effects but lower BMI would now be considered clinically obese.

[Click here for a Summary Infographic](#)

[Click here for a quick read summary](#)



**REGISTER NOW**

The British Nutrition Foundation has [opened registrations](#) to all education settings who work with 5-16 years for Snack-tember 2025. This awareness campaign aims to help children and young people have healthier, more sustainable snacks.

Registrants will receive updates and access to free digital resources, including activity ideas, recipes and posters, to help children and young people explore their current snacking choices, and learn about, make and try new snack options!

## CAREERS AND STEREOTYPES

Research shows that by Year 2, children are already ruling out options based on gender, limiting pathways for girls in particular. By Year 4 social class comes into play. These perceptions feed into career outcomes later in life.

The Careers and Enterprise Company (CEC) have been running a pilot programme with primary schools and employers in disadvantaged areas to break down stereotypes and the [results are encouraging](#).

Consider how in your setting you weave career-related learning into your whole curriculum for instance when building bridges demonstrate the link between engineering jobs, or when reading books think about a range of professions. You can also find [resources for primary settings on their website](#).

There is a [free CEC Career's Excellence Seminar on 12th March](#) for all education settings that focuses on driving impact in careers education.



# SEXUAL ABUSE

NSPCC Learning has updated its [statistics briefing on child sexual abuse in the UK](#). This briefing looks at data and statistics about child sexual abuse to help professionals and their organisations make evidence-based decisions.

For those schools who utilise the NSPCC's PANTS resource, this briefing can help reinforce to parents and carers the importance of earliest prevention education.

For all education settings, it can also be used to engage non-specialists to:

- Recognise why in Primary-age settings it is important that children know how to report concerns of abuse, and the vocabulary and confidence needed to do so.
- For colleagues in Secondary-aged settings why young people need to recognise the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships and how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report or find support if they have been affected by those behaviours.

The Lucy Faithfull Foundation has [published a blog post](#) on preventing child sexual abuse and exploitation. The blog discusses the different forms child sexual abuse can take and looks at factors that can help prevention such as; knowledgeable parents and carers, professionals having a good knowledge of the warning signs and high-quality PSHE education for children and young people.

The [Internet Watch Foundation \(IWF\)](#) reported that in 2024, they removed child sexual abuse material (CSAM) from 291,273 web pages, the highest number since 2014. The IWF is urging the Government to strengthen legislation and ensure Ofcom enforces the Online Safety Act more robustly. Additionally, the IWF has partnered with AI company Hive to integrate their datasets into Hive's content moderation services to combat CSAM online.

[Childline's new campaign, "Behind the Screen,"](#) aims to raise awareness about the sexually coerced extortion (sextortion) of boys and young men. Sextortion involves threats to share intimate images or videos to extort money or force actions. The campaign includes a film for young people featuring an AI-generated image challenge and a guide for professionals on understanding and supporting victims of sextortion.

The Department for Education's [Teaching Relationship Education to Prevent Sexual Abuse](#) (September 2024) provides evidence and recommendations that settings can check against their own curriculum and provision. This document can also be found in the [Linked Guidance](#) section of the website, under Education Providers

# SEXUAL HEALTH

There has been a rise nationally in the proportion of women seeking abortions despite using "natural" methods to prevent pregnancy, like fertility tracking apps, a [study in England and Wales](#) suggests.

The data, published in [BMJ Sexual and Reproductive Health](#), shows a "shift" in contraception use in the last 5 years from "more reliable" hormonal contraceptives e.g. the pill, to "fertility awareness-based methods". This method remains in the minority, but the rise is significant (from 0.4% to 2.5%).

It is essential that young people are aware of the full range of contraception and the pros and cons so they can make informed decisions - rather than listening to experiences, including paid-for partnerships, on social media platforms.

Our [Sexual Health & PSHE pack](#) provides information on the various methods of contraception. You may also wish to signpost young people to [Brook's Contraception Tool](#).

Open Clinic may be able to support your setting, please check out [their website](#) for more information.

# YOUTH HOMELESSNESS

[Action for Children](#) has published a blog on children affected by homelessness in the UK. The blog discusses the scale of the issue and the main causes of youth homelessness including family breakdown; leaving care; and mental health problems. It also highlights minority groups who are at higher risk of youth homelessness due to discrimination or disadvantage and looks at the impact of homelessness on children and young people.

"[The Door is Still Closed](#)," a report published by Coram, highlights ongoing failures by local authorities to support homeless 16- and 17-year-olds. Despite legal obligations, many of these vulnerable youths are left without proper assessments, support, or safe housing. The report identifies seven barriers preventing these children from receiving the care they are entitled to and offers recommendations to improve their access to necessary services.

In our [Resource Library](#), you will find a resource on Homelessness from Crisis, Shelter and The Homeless Foundation that is suitable for all phases of education. This helps children and young people explore the causes of homelessness and the available support.

# UPDATE FROM LOCAL PARTNERS

## CHILD EXPLOITATION – FORM CHANGE

The Child Exploitation Team at Staffordshire County Council want to ensure that education settings and partners are aware that the Risk Factor Matrix is being replaced with the [Risk Screening Tool](#). The Team will be running lunch and learn to showcase the revised screening tool and process on the following dates:

- Wednesday 12th February 4pm
- Wednesday 19th February 12pm
- Friday 28th February 9.30am
- Tuesday 4th March 2pm
- Wednesday 12th March 9.30am
- Thursday 20th March 12pm

To reserve your space please email [cseinbox@staffordshire.gov.uk](mailto:cseinbox@staffordshire.gov.uk) with your preferred data and the Microsoft Teams link will be shared with you.

## POLICE INTELLIGENCE FORM

Staffordshire Police has advised that the [police intelligence form](#) has been updated and the new form should be used to share any information with the police. The information provided will be recorded on the Police Intelligence system and used to support activity by the police, and where appropriate, partnership agencies.

The new form can be found on the [Safeguarding Children Partnership website](#).

Please share updates with relevant partners to ensure that they are aware of things appropriate for their role including your DSL, Mental Health Lead, SLT, and PSHE teaching team.

## DITCH THE BLADE DATES 2025



Ditch the Blade weeks have been confirmed for 2025 and will be:

- 17-24th May 2025
- 17-24th November 2025

There will be an increase in communication about knife violence and raising awareness of surrender bins, reinforcing that carrying knives and weapons is only done by the minority and the impact on those affected by knife violence.

# ANTI-SOCIAL BEHAVIOUR

Staffordshire Police want to remind education settings about anti-social behaviour (ASB). This behaviour can take many forms from aggressive and noisy behaviour to vandalism. This type of behaviour can make others feel harassed, alarmed or distressed and unsafe.

ASB affects the quality of people's lives and is behaviour that the force is committed to addressing in our communities. Therefore, Staffordshire Police wanted to draw your attention to the different types of activity that are considered to be ASB and behaviour that they will not tolerate:

- Groups of young people riding bikes through the town centre or riding them in an anti-social manner in residential areas.
- Groups of people smoking drugs and dealing drugs in public places like parks.
- Groups of young people fighting and carrying weapons.

Staffordshire Police would like to remind education staff that the Pan-Staffordshire Education Service has developed local resources to be used within PSHE to help educate children and young people about the possible impact on individuals and communities..

For Primary Schools - 9-11 years old - A comic book and accompanying lesson plan and video that features Zane as he witnesses anti-social behaviour in his local area. This can be found in Communities (inc. ASB) within the Resource Library.

For secondary schools - 11-14 years old - A short film (or collection of films) that highlights how teenagers may not always see their behaviour as anti-social to help them to recognise the potential impact on other people, themselves and each other. This can be found in Communities (inc. ASB) within the [Resource Library](#).

## LOCAL PARTNER NEWSLETTERS

[Click here](#) for the Stoke-on-Trent & Staffordshire's Violence Reduction Alliance Resource Round-Up for February 2025.

MPFT [Participation Newsletter for the Spring Term](#) has been shared. If you would like to receive this newsletter directly please email [participation@mpft.nhs.uk](mailto:participation@mpft.nhs.uk)

Catch22 has published January's [Missing, Child Exploitation and Vulnerability Research and Development Round-Up](#)

# EMOTIONAL HEALTH & WELLBEING SERVICE — CONTRACT AWARD



The present contractual arrangements for the provision of the commissioned Staffordshire Children & Young People's Emotional Health & Wellbeing Service, which is currently delivered by Action for Children, will end on 31st March 2025.

Staffordshire County Council and the ICB have undertaken a robust commissioning process and we can now announce that from 1st April 2025, the Emotional Health & Wellbeing Service will be called the 'Stay Well' service and will be led by Changes Health & Wellbeing. The Stay Well service will be delivered by Changes, North Staffordshire Mind and Dove.

The service will provide early intervention and prevention support to meet the mild to moderate mental health and emotional wellbeing needs of children and young people. Further communication will follow over the coming months with more details about the service. Please note, the current arrangements will be in place until 31st March 2025 and the new service will commence on 1st April 2025.

## Making a referral for children and young people's mental health and emotional wellbeing support in Staffordshire

Referrals for mental health and emotional wellbeing support for children and young people can continue to be made through the single points of access for North and South. These arrangements will continue with the new provider.

### Referrals for children and young people in Newcastle and Moorlands

Telephone - 0800 0 328 728

Online Referrals - <https://combinedwellbeing.org.uk/da-landing-page/da-young-people/da-yp-online-referral/>

### Referrals for Children and Young People in Cannock, East Staffs, Lichfield, South Staffs, Stafford, Tamworth

Telephone - 0808 178 0611

Online Referrals - <https://www.mpft.nhs.uk/about-us/latest-news/children-and-families-single-point-access>



# ASTHMA FRIENDLY SCHOOL – REGISTER NOW

The Asthma Friendly Schools (AFS) Programme is a national initiative, bringing together Health, Education and Local Authorities in order to better manage children and young people (CYP) with asthma in schools. The national ambition is to provide safer environments for CYP with asthma and to reduce school absences due to asthma.

Asthma Friendly Schools have the following to support them:

- Asthma policy
- Asthma register
- Personal health & care plans
- Process for recording/monitoring asthma
- Asthma inhaler kits in school
- Staff/parent/carer asthma education.

All schools that achieve AFS accreditation will receive a certificate, AFS logos, up-to-date resources/guidelines and ongoing NHS support.

Becoming an Asthma Friendly School means that there is increased confidence from parents and carers that their child's asthma-related needs will be met, improved school attendance by ensuring children are in school more often and increased partnership working between health and education.

To register your interest or to find out more information about the programme please contact Gemma Hall, CYP Service Improvement Manager at NHS Staffordshire and Stoke on Trent ICB.

To support children learning about Asthma we have quality-assured a new resource (more information below) Moggie's New Medicine for 7-9 years old. This resource can be found in our Resource Library under "Medicine Management including vaccinations".

## TRAINING

Staffordshire County Council is hosting 4 sessions designed to help professionals who deliver direct work with children and young people. This training is free of charge and upon completion of an evaluation form, you will also receive a free practitioner toolkit with resources to help support you to complete direct work with children and young people.

To find out more or to book [please see this flyer](#). Please note there are 20 spaces available which will be allocated on a first-come-first-served basis.

# ESAS UPDATE - ONLINE SAFETY SUPPORT FOR PARENTS AND CARERS

ESAS is seeing an increase in primary-aged children sharing images online and using social media not recommended for their age.

As well as the amazing work completed with children by settings, supported by the PSHE Education Service, it is crucial that parents and carers are provided with skills to reduce the incidents happening.

Please consider how you share advice and guidance with parents and carers.

- Do you promote family digital agreements on your website/notice board/share resources at parent evenings/ communications to parents?
- Do you run workshops for parents to attend?

Some useful resources to discuss and share with parents are as follows:

- LGfI have created a [ready-to-use presentation](#) for you to deliver to parents and carers. Find top tips, discussion starters and resources to help empower them to keep their children safe and start those key safeguarding conversation
- The NSPCC's new [Keeping Children Safe Online workshop](#) provides parents and carers with information about how to support their children in their online world. The 40-minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support. The workshop can be shown to groups of parents in school or community settings as well as being helpful for individual parents/carers.

Guides/websites for children and parents:

- [Family Agreement | Childnet/ Digital Family Agreement](#) This sets ground rules for online usage and helps children to make their parents aware if something does not feel right or goes wrong.
- [Swiggle | swgfl](#). A search engine for children.
- [Guide to monitoring apps for parents | Internet Matters](#)
- [Set up kids' tech devices e-safety checklist](#) internet matters.
- [Swgfl online safety hub](#), guidance for parents, including security settings.
- [UK Safer Internet Centre](#) parent tips, advice, guides and resources to help keep your children safe online
- [NSPCC keeping children safe online guides](#)
- [Social media reporting guides](#) Internet Matters

[Internet Matters](#), [UK Safer Internet Centre](#) and [CEOP Education](#) are all trusted agencies that provide information for parents and carers. These can all be found on our [Parents and Carers Page](#) on the PSHE website.

# WAKE-UP WEDNESDAY'S

Working with Education Safeguarding and Public Health at Staffordshire County Council we are now sending out the [Wake-up Wednesday's](#) weekly resource via the ESAS Tuesday bulletin for education settings to share with their parents and carers.

Wake-up Wednesday is part of the National College and we are encouraging all education partners to share the resources with their local community to help ensure we can support our children and young people.

The ESAS Bulletin is sent directly to DSLs so please ensure you are linking together on this.

## LOVE YOUR JOURNEY CAMPAIGN

Air Pollution is a problem around most urban schools in Staffordshire, but all schools will see pollution levels worsen at pick up and drop off times. The Active School Travel Team would like to invite education settings to help improve the local air quality around your setting and increase exercise levels, both can lessen the risk of heart disease.

The Active Travel Team will be running a campaign on 14th February - Love Your Journey and are inviting education setting to get involved by:

- Promoting the [Love Your Journey campaign](#) to parents and carers
- Raise awareness in school - Auntie Duck (see below in new resources) highlights the impact of air pollution for 7-9 years old
- Visit the [British Heart Foundation Website](#) to find more information and view an [interactive video](#) showing how air pollution can affect the body.
- Try this [fun and educational activity](#) either at home or school to discover more about Air Pollution and see what it is like in your area.

## LITTLE HEROES CAMPAIGN

We know many primary schools have already signed up for the Staffordshire County Council's [Little Heroes campaign](#) and we love [hearing about the impact](#) it is having on attendance at your school.

Remember the Little Heroes campaign materials can be linked to the learning within your PSHE curriculum around mindfulness and emotional health and wellbeing. This will reinforce the skills that are being developed to enable children to support and manage their own emotional health

# 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.

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
1-30: Childhood Cancer Awareness Month	1-31: Black History Month	1-30 (al)amphobia 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	10-18: 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	3: World Hygiene Day	3: Stoke-on-Trent Day	
9-15: UK Savings Week	9-15: Baby Loss Awareness Week	5: Bonfire Night	3: International Volunteer Day	24: International Day of Education	6: International Day of Zero Tolerance to FGM	8: International Women's Day	7: World Health Day	13: International Day of Families	9: 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	10-14: Empathy Week	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	10-16: Nutrition and Hydration Week	22: Earth Day	17: International Day against Homophobia, Biphobia and Transphobia	14: World Blood Donor Day	
11-17: Sexual Health Week	12-18: Hate Crime Awareness Week	11-15: Anti-Bullying Week			14: Valentine's Day	18: Global Recycling Day	22: National Stephen Lawrence Day	17-24: Ditch the Blade Week	15-21: Refugee Week	
13: World Sepals Day	15: Global Handwashing Day	12: Odd Socks Day			14-20: Kindness Week	18: Stop Child Exploitation Awareness Day	24-30: World Immunizations Week	21: World Day for Cultural Diversity, Dialogue & Development	21: National Selfie Day	
16-22: Genes for Jeans Week	16: World Food Day	14: World Diabetes Day			13: International Childhood Cancer Day	19: Beep! Beep Day		28: Menstrual Hygiene Day	23: 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	20: International Day of Happiness		31: World No Tobacco Day		
18: National Fitness Day	16-22: Recycle Week	18-24: UK Parliament Week				20: World Oral Health Day				
19: Youth Mental Health Day	24: UN Day	19: International Men's Day				21: International Day for the Elimination of Racial Discrimination				
21: International Day of Peace		23: International Day for the Elimination of YAWG				23: International Transgender Day of Visibility				
26: World Contraception Day										

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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 us identify further resources, support and guidance on priority topics.

- ABUSE AND VIOLENCE
- ONLINE SAFETY
- ALCOHOL
- RELATIONSHIPS
- FEELINGS AND EMOTIONS



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

# NEW RESOURCES IN THE LIBRARY - [WWW.PSHESTAFF.COM](http://WWW.PSHESTAFF.COM)

Dog, Duck and Cat provides educational, preventative, harm minimisation resources for young people, aged 4 to 9 years of age, with a focus on safeguarding, promoting safety and developing a child's resilience. Their free to purchase resources have been added to the Resource Library, and there are other resources available to purchase.



Using stories with accompanying lesson plans we have added:

- Staying Safe on Holiday with Dog, Duck and Cat - Two part lesson plan for 5-7 years old, that teaches children how to stay safe on holiday, This can be found in "Sun Safety", and "Water Safety"
- Help - a 5 lesson series, for 6-8 years olds, that looks at what to do in an emergency situation and why we call 999. The lessons, also look at physical health and wellbeing, including oral health, healthy eating, exercise, illness and the importance of sleep. This can be found in "Being Healthy", "Dealing with Emergencies", "Dental Health", "Diet and Nutrition", "First Aid", "Hygiene", "Medicine Management including vaccinations", "Physical Activity", "Sleep"
- Auntie Duck - This lesson for 7-9 years olds, explores air pollution and its impact. Available in "The Environment".
- Moggy's New Medicine - Lesson plan for 7-9 years old aims to raise awareness of asthma and how people can manage asthma effectively, Can be found in "Medicine Management including vaccinations".

Greenpeace have launched Generation Next resource pack to help address eco-anxiety after their research revealed that 78% of children aged 6-12 in the UK are worried about climate change. The resources include lesson plans for 5-7 years, 7-11 years and 11-18 years, information for parents and carers to support with climate change education. The resources have been uploaded to "The Environment" and "Feelings and Emotions".

Ant and Us fosters curiosity and critical thinking in 9-11 years old through the 'Ant Asks' animated question series. Using 'Ants Asks' questions in the form of animations to ask the children to carry out research as part of a series of lessons on a particular subject. There are free to purchase resources have been added to the Resource Library, and there are other resources available to purchase.



We have added:

- How Can Humans Stay Healthy and Well - a 6 lesson series, for 10-11 years old, that focuses on dealing with emergencies, how humans get ill, what we can do to stay well, and what advice the fantastic NHS can give us to help us in our everyday lives. This can be found in "Being Healthy", "Dealing with Emergencies", "Dental Health", "Diet and Nutrition", "First Aid", "Hygiene", "Medicine Management including Vaccinations", "Physical Activity", "Sleep"





Managing our Bodies focuses on people and their bodies for 8-14 years old.

- Puberty Package Year 4 - This package introduces and explores the physical and emotional changes children will experience as they begin puberty. This can be found in "Body Parts", "Hygiene", and "Puberty".
- Puberty Package Year 5 - This package revisits and expands on the learning from the Year 4 package to help children better prepare for the changes caused by puberty. This can be found in "Body Parts", "Puberty",
- Puberty Package Year 6 - this 2 part lesson package for 10-11 years old, explores growing up and the changes that may take place. This can be found in "Attraction", "Change and Loss", "Healthy Relationships", "Puberty", "Relationships".
- For 10-14 years old the DECCA programme which supports education on substance issues, including alcohol, drugs and tobacco. This can be found in "Alcohol", "Dealing with Emergencies", "First Aid", "Managing Risks", "Substances".



We recognise that Child Exploitation is affecting children in Primary School. Last academic year we launched our County Lines Comic Book (available in the resource library as a flipbook or a PDF for you to print under Exploitation). We have been working with Catch22 and have developed a new resource for Year 6 that explores Healthy Friendships. This has been uploaded the Resource Library under "Exploitation" and "Friendships"



The learning outcomes for this session are:

- Describe what someone might experience when they are with or in a relationship with someone who is unsafe
- Recognise situations where someone might feel unsafe
- Create strategies if someone asks them to do something that makes them feel unsafe
- List who to go to if they are worried about a friendship

The British Red Cross has launched a new resource - "How to Build Your Resilience" which helps secondary school students (11-19 years old) develop the skills to cope with challenges they may be faced with.

There are 6 activities that help explore the challenges faced by young people and discuss the techniques they could use to help build their resilience to overcome the challenges they are faced with. Each activity can be completed in 10 to 15 minutes.



These have been uploaded to "Managing Challenges (Resilience)" in the Resource Library.

Food - A fact for Life has launched new resources about sustainable healthy food. These resources are designed to support teaching and learning around sustainability, in the context of food and nutrition.

The first set has been created for 11-14 years old and includes:

- A comprehensive presentation, exploring the key factors that contribute to a sustainable and healthy diet.
- Three 'pick and mix' activity sheets that encourage independent learning, creativity, and deeper critical thinking.

This has been uploaded to "Diet & Nutrition" and "The Environment"

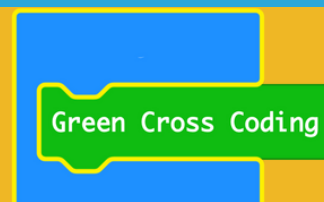
The PSHE Education Service was approached by a local secondary school as they wanted to address Sharing Images with their whole school in response to their local context. Having explored the Resource Library, there were no suitable resources that met their learning outcomes and timing requirements. To support this school, and as we know that this is an theme that many schools are facing the PSHE Education Service has devised a series of 30 minute lesson plans and accompanying PowerPoints for Year 7 - 11. These have been uploaded to "Sharing Images" in the Resource Library.

The school have piloted the sessions and the feedback stated:

" This was very well received by our staff and students, the sensitive nature was well manoeuvred by the age-appropriate material. There was plenty of interaction and mature conversations being had."



We are aware of a new resource from Northumberland County Council that helps children learn the right actions to cross a road safely through programming the actions in computer code. Requires a BBC micro:bit to complete.



Whilst we think this is a commendable and innovative way to teach Road Safety, having quality-assured this resource against our quality framework *we will not be uploading this to the Resource Library.*

The resource teaches "Look right, look left. look right again" rather than the advice in the Green Cross Code to "look all around". As looking left and right is not always enough and children would not develop the accurate skills needed to cross a road safely this resource has not met our quality standards. We love the idea of the resource but it has oversimplified the learning due to the method of delivery i.e. to enable coding to take place.

# WOMEN'S HISTORY MONTH - 1-31 MAR

## INTERNATIONAL WOMEN'S DAY - 8 MAR

The National Women's History Month's theme for 2025 is "Moving Forward Together! Women Educating & Inspiring Generations." Women's History Month provides a great opportunity to explore gender stereotypes and tackle sexism.

We developed a VAWG series of our comic books for upper KS2 with The Stoke-on-Trent and Staffordshire Violence Reduction Alliance (VRA) and NSPCC Together for Childhood to help tackle Violence Against Women and Girls (VAWG). These four comic books, with female characters at the centre, targeted at primary school students to help raise awareness and influence the way they would respond to negative behaviours. PDF digital versions, flip-books and supporting lesson plans can be found in the Resource Library on our website [www.pshestaffs.com](http://www.pshestaffs.com). The pages to find these are different for each comic based on the topic they most closely link to - see below.

Matilda's Story (Gender-based bullying) - Bullying

Freya's Story (Personal Space) - Appropriate Behaviours

Iris' Story (Photo Sharing & Consent) - Online Safety or Consent

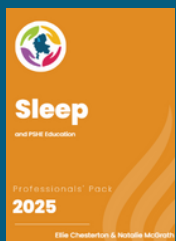
Imani's Story (Harassment) - Harassment or Appropriate Behaviours

It is important that PSHE education creates a space for all genders to talk about their feelings and experiences and validating these will make it possible for educators to identify the challenges that young people face. This will help professionals to be able to support them to have positive and healthy relationships.

Our [Resource Library](#) section on Gender links to suggested resources to explore gender stereotypes and gender equity.

# NATIONAL BED MONTH - 1-31 MAR

We spend one-third of our lives asleep. Sleep is vital for health and wellbeing, and not only do we function less when we don't get enough good quality sleep, but it can lead to long-term health problems. Sleep plays a huge part in regulating mood, improving memory, and maintaining health, weight and energy levels.



To support professionals to feel more confident on this topic the PSHE Education Service has developed [Sleep & PSHE](#) which highlights the linked intended outcomes and then provides information to increase educators' own knowledge and help meet these learning outcomes. The pack also contains useful resources and training opportunities on the topic.



## SELF-INJURY AWARENESS DAY - 1 MAR

Self-harm refers to behaviour that is harmful to yourself. It is usually defined as intentional injury to self or self-poisoning. Self-harm can include restriction of food; drug and alcohol abuse; and intentionally putting yourself into risky situations. These behaviours have similar underlying thought processes. Essentially, self-harm can be understood as the opposite of looking after yourself.

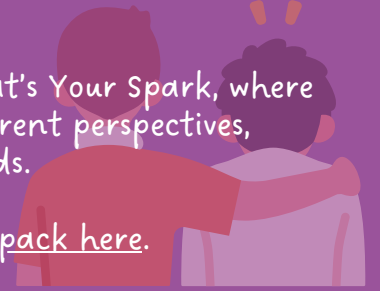
It's important to notify your Pastoral team if you'll be discussing this topic with young people so they can be aware of any safeguarding concerns afterwards. Resources to support can be found in the "Self Harm" page of the Resource Library.

## EMPATHY WEEK - 10-14 MAR

One term of empathy lesson in school can lead to positive changes in behaviours according to the [University of Cambridge](#). Empathy Week provides a great opportunity to start to develop those skills.

This week's theme is What's Your Spark, where people learn about different perspectives, cultures and backgrounds.

[Register for your school pack here.](#)



## NUTRITION & HYDRATION WEEK - 10-16 MAR



The [Taste Education scheme of work for EYFS and Primary Schools](#), is designed to give children the chance to experience new vegetables and fruits in a positive way.

Danone have free healthy eating education programme, comprising of six lessons (healthy eating, food waste, recycling, hydration, climate change and physical activity) - you need to [register](#) to access the resources.

Our [Diet and Nutrition & PSHE pack](#) and [webinar](#) from MPFT will help ensure staff are increasingly confident to deliver session on this topic.

## GLOBAL RECYCLING DAY - 18 MAR

[UK-wide polling from DS Smith](#) reveals that the youngest adult generation are the most likely to bin than recycle, despite the perception they're the most eco-conscious. The research also found that Gen Z are the least likely (19%) to recycle all their paper and cardboard.

[Recycle Now resources](#), including assemblies, lesson plans and home challenges, have been developed in partnership with teachers. The materials support children to explore what it means to be an active citizen, why recycling matters, and how recycling works.



# STOP CHILD EXPLOITATION AWARENESS DAY - 18 MAR

Unfortunately, we know that children and young people are being exploited in Staffordshire and Stoke-on-Trent. Stop Child Exploitation Awareness Day encourages everyone to think, spot and speak out against exploitation.

Education settings play a crucial role in this awareness campaign by raising awareness of the campaign and educating children, young people, staff, parents and carers about child exploitation and its impact.

Year 6 - A new resource pack from the PSHE Education Service that looks at Healthy Friendship and recognise early warning signs, identify when they might feel unsafe and create strategies if someone asks them to do something that makes them feel unsafe.

Years 7-8 - Catch On from Catch22 contains a suite of options for a single lesson or series of lessons exploring the topic of grooming and exploitation.

Year 8 - Staffordshire Police session - email [PSHE.Education@staffordshire.police.uk](mailto:PSHE.Education@staffordshire.police.uk) for more details and to book.

You'll find more resources in the Resource Library under "Exploitation" and "Grooming".

To support educators to feel more confident in delivering sessions around exploitation we have added to our Criminal Exploitation & PSHE pack, with 2 more packs relating to exploitation -

- Child Sexual Exploitation & PSHE
- Child Financial Exploitation & PSHE.

**NEW!**

# BEEP BEEP! DAY - 19 MAR

This key date in the Road Safety calendar supports young children (2-7 years) important road safety basics and helps parents, carers and the wider community understand how to protect children on roads.

Sign up for your free action pack which includes ideas and fun activities that focus on 3 themes:

- Holding hands with a grown up when walking near roads
- Crossing roads at safe places with a grown up
- Using a child seat when travelling by car.





# INTERNATIONAL DAY OF HAPPINESS - 20 MAR

Looking after children's emotional development has always been important, but in today's uncertain times it is more important now than ever. Emotional Intelligence (EQ) is the ability to understand and manage your own emotions, and to recognise and comprehend the emotions of those around you. Nurturing emotional intelligence in children is key to their emotional well-being and mental health. This is a key part of their development throughout their early years and into school.

Save the Children have the Happier Schools Project for 7-11 years old which includes differentiation for children with SEND.

Our Growing Up programme includes a lesson plan around exploring feelings and emotions. This is designed for young people aged 11-25 years with SEND.

Please see Feelings and Emotions in the Resource Library for more resources.



# WORLD ORAL HEALTH DAY - 20 MAR

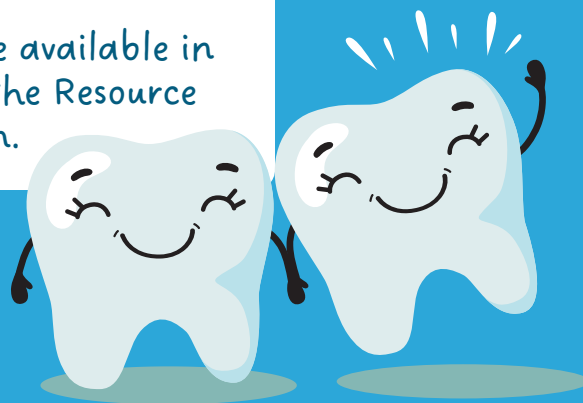
World Oral Health Day is an opportunity to talk about the importance of oral health and the impact it can have on overall health and wellbeing. Maintaining good oral health is important at every stage of your life.

Almost two in five (39%) of adults that don't go to the dentist regularly.

BBC Bitesize have a one minute video exploring the different types of teeth and their functions, suitable for 11-16 year olds.

The Oral Health Foundation have lesson plans and activities that enable anyone to deliver oral health education in the classroom - suitable for ages 3-11.

These resources and others are available in the Dental Health section in the Resource Library at [www.pshestaffs.com](http://www.pshestaffs.com).



# INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION - 21 MAR

New [DfE data](#) have shown a 220% increase in suspensions for racist abuse within primary schools over the past 3 years, and we are being contacted by schools locally to help them address this issue. We know that education can play a pivotal role in tackling discrimination, improving awareness and challenging prejudice. Here are 5 ways in which education settings can foster an anti-racist culture:

- Have clear policies and procedures that clearly define unacceptable behaviours and the consequences of racist actions.
- Provide regular training for staff on recognising and addressing racist attitudes and behaviours.
- Review the curriculum and resources, check for negative stereotypes and true representation of all people.
- Listen to the voice of your children and young people. Encourage them to take an active role in promoting anti-racist initiatives.
- Monitor and evaluate the effectiveness of anti-racist initiatives. Seek feedback from staff, children/young people and parents/carers to make adjustments and improvements.

# INTERNATIONAL TRANSGENDER DAY OF VISIBILITY - 31 MAR

Trans people in the UK face discrimination, abuse, and hate crimes. They also experience high waiting times for healthcare. In the 2021 census, 262,000 people aged 16 and over in England and Wales said their gender identity was different to their birth sex. It is essential that a school's relationships and sex education curriculum is sensitive and appropriate to the needs of LGBTQ+ students.

Stonewall have provided [Trans inclusive RSHE - lesson packs](#) for primary and secondary age groups, as well as a pack for SEND learners working on the engagement model or pre-key stage standards.

Click [here](#) to read Stonewall's [Ten Steps to tackling homophobic, biphobic and transphobic language in your school](#).

It is important that PSHE education creates a space for all genders to talk about their feelings and experiences and validating these will make it possible for educators to identify the challenges that young people face. This will help professionals to be able to support them to have positive and healthy relationships.

Our [Resource Library](#) section on Gender links to suggested resources to explore gender stereotypes and gender equity.

# 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
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.
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

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
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	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 FOCUSSES ON INTRODUCING AND DEVELOPING PRACTITIONERS' AWARENESS AND UNDERSTANDING OF EMOTIONS, BEHAVIOURS AND THE ROLE OF RELATIONSHIPS
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.
SUBSTANCES	25TH FEBRUARY 10AM-1PM	<a href="#">SAFEGUARDING NETWORK</a>	FROM £99	THIS COURSE WILL PROVIDE YOU WITH THE LATEST DATA, PRACTICAL GUIDANCE, AND STRATEGIES TO HELP YOU SUPPORT YOUNG PEOPLE IN MAKING HEALTHIER CHOICES AND REDUCE THE RISKS ASSOCIATED WITH SUBSTANCE USE.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
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
PORNOGRAPHY	4TH MARCH 9.30AM-12.30PM	<a href="#">LUCY FAITHFULL FOUNDATION</a>	£52.74	TRAINING COURSE THAT EXPLORES HOW PORNOGRAPHY CONTRIBUTES TO HARMFUL SEXUAL BEHAVIOUR IN YOUNG PEOPLE – AND WHAT NEEDS TO CHANGE.
SLEEP	4TH MARCH 3.30-4.30PM	<a href="#">SLEEP WELL ACADEMY</a>	£185	FOR SECONDARY SCHOOL STAFF, THIS COURSE INCLUDES A 1-HOUR LIVE ZOOM SESSION AND 1.5 HOURS OF INDEPENDENT STUDY. IT COVERS REASONS FOR TEENAGERS' SLEEP ISSUES, PRACTICAL STRATEGIES TO IMPROVE THEIR SLEEP, RESOURCES FOR STARTING CONVERSATIONS WITH YOUNG PEOPLE, AND INFORMATION TO SHARE WITH PARENTS/CARERS. A DOWNLOADABLE ASSEMBLY PRESENTATION IS ALSO PROVIDED.
RSE & SEND	6TH MARCH 9.30AM - 3.30PM	<a href="#">SEX EDUCATION FORUM</a>	FROM £200	A ONE-DAY COURSE FOR TEACHERS IN SPECIAL SCHOOLS, WORKING WITH LEARNERS WITH ADDITIONAL AND UNIQUE LEARNING NEEDS, SUPPORTING TEACHERS DELIVERING RSE TO FEEL CONFIDENT IN HOW TO APPROACH KEY TOPICS, INCLUDING PUBLIC AND PRIVATE, CONSENT AND TOUCH, DIFFERENT RELATIONSHIPS AND MASTURBATION, AS WELL AS WAYS TO WORK WITH PARENTS.
RSE & SEND	20TH MARCH 1.00-3.00PM	<a href="#">SEX EDUCATION FORUM</a>	FROM £65	EXPLORE HOW RSE CAN BE DELIVERED IN SPECIAL SCHOOLS, COLLEGES AND PROVISIONS VIA THE PREPARING FOR ADULTHOOD OUTCOMES, SUPPORTING LEARNERS AGED 14-25 WITH SEND TO GAIN KNOWLEDGE, SKILLS AND VALUES TO SUPPORT THEIR INDEPENDENCE IN ADULT LIFE.
RSE & SEND	26TH MARCH 9.00AM - 3.00PM	<a href="#">SEX EDUCATION FORUM</a>	FROM £200	RESPONDING TO HOW YOUR LEARNERS LEARN AND COMMUNICATE, THIS ONE DAY COURSE SUPPORTS TEACHERS TO CREATE A MEANINGFUL AND RELEVANT RELATIONSHIPS AND SEX EDUCATION CURRICULUM FOR LEARNERS WITH PMLD, OR COMBINED AND COMPLEX LEARNING DISABILITIES.
MANAGING CHALLENGES	8TH APRIL OR 25TH APRIL 3.45-4.45PM	<a href="#">ENTRUST'S BEHAVIOUR 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.



NEW!

# PODCASTS

To save space in the PSHE Digest we have moved this onto a new page on the website <https://pshestaffs.com/podcasts/> This can also be found in the drop-down menu for Education Providers under the training sub-menu.

Added this month:

- NSPCC Learning podcast talks about the use of mental health first aid kits to help young people to manage their mental health if they are struggling.

# DOCUMENTARIES AND DRAMAS

To save space in the PSHE Digest we have moved this onto a new page on the website <https://pshestaffs.com/documentaries-and-dramas/> This can also be found in the drop-down menu for Education Providers under the training sub-menu.

This month we have added 3 new documentaries to our previous list:

- Panorama: Weight Loss Jabs and the NHS - The new generation of weight loss drugs is now available on the NHS and Panorama has exclusive access to one of the UK's top hospitals as it rolls out Wegovy, also known as Ozempic.
- Idris Elba: Our Knife Crime Crisis - Idris Elba confronts the reality of knife crime, speaking to those most affected - from the streets to the system - in a quest to uncover how we can break the cycle
- Vicky Pattison: My Deepfake Sex Tape - Vicky boldly immerses herself in the world of deepfake pornography - making her own sex tape. She also speaks to the victims and perpetrators of one of the darkest uses of AI.

We'd love to hear your feedback about these 2 new additions to our Education Providers section of the website.



If you have a training course, podcast or documentary that you would like to recommend to your colleague please contact Natalie

## NEXT MONTH (MARCH)...

Resources & Materials for:

- 1-30 Apr - Stress Awareness Month
- 2- World Autism Day
- 2 - International Walking Day
- 7 - World Health Day
- 10 - National Sibling Day
- 22 - Earth Day
- 22 - National Stephen Lawrence Day
- 22-30 World Immunisation Day

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

“ Thank you Natalie, Your time and energy is much appreciated and was useful for the PSHE Lead and I to get together to link the PSHE Lead's understanding of the PSHE scheme to the wider context of PSHE across the school and how this fits into planning for personal development across the whole school.

We have been busy contacting and signing up to your suggestions since you visited too and it is exciting to learn of even more opportunities for us to access.

Headteacher, Primary School, East Staffordshire ”

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

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



Join our Facebook Group and join fellow PSHE Leads to share best practice, resources and be kept updated in between Digests - also meet the latest member of the team ....

