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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

- 26th March - Funded External Providers and PSHE Pedagog

Bitesize Practice Development Webinars

- Addressing risks and themes associated with misogyny, harmful influences on teenagers

UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 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

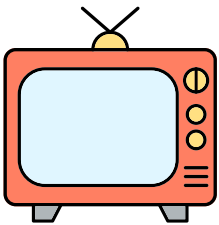
Has this Digest been forwarded to you. If you would like to receive our monthly newsletter directly please email:

natalie@staffscvys.org.uk

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.

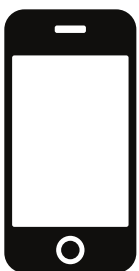
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- [Stacey Dooley's documentary Growing Up Gypsy](#) has caused discussions online. The programme gives viewers an insight into the lives of Romany women as they navigate everyday life. The show comes as the charity Friends, Families and Travellers (FFT) - an organisation working to end discrimination against the Gypsy, Roma and Traveller (GRT) community - says it regularly hears from Romany Gypsy women who feel pressure to hide their identity in professional or public spaces to avoid discrimination and hate. June hosts Gypsy, Roma and Traveller history month see [page 17](#) for suggestions on how your setting can work to ensure this culture is recognised. We've added this documentary to our [website](#).
- Sean "Diddy" Combs, a name long associated with global music success and entrepreneurial spirit, now finds himself confronting serious criminal charges, including racketeering and sex trafficking, alongside numerous civil lawsuits. This stark contrast between his public image and current legal battles forms the core of a new [BBC documentary](#).
- Channel 4 aired [Groomed: A National Scandal](#) which is available online. The documentary features 5 young women who survived unimaginable abuse and rape tell their stories of a gang grooming spanning 20 years.



- A [change in law](#) from the Spanish government means that schools, in Spain, will need to change their school meals to healthier options.
- The Pope died on Easter Monday. The [Catholic Agency for Overseas Development \(CAFOD\)](#) has developed resources for schools to remember Pope Francis.
- The [Supreme Court ruled](#) that in the Equality Act 2010, 'sex' means biological sex. This [article by Schools Week](#) shares some thoughts on what this means for school leads. The [EHRC published non-statutory guidance](#) that has received [criticism from The Green Party](#).
- Jess Phillips MP gave a [speech on the government's plan](#) to tackle child sexual abuse and exploitation.



- [Call of Duty maker](#) has defended the game's impact on young men stating that they are "not here to dictate anything other than an outlet for enjoyment and entertainment for a player".

UPDATE FROM NATALIE



PSHE LEADS DETAILS

Thank you to those who have already completed our short form about who the PSHE Lead is in your setting and sharing some basic information to help us get a better understanding of PSHE education across Staffordshire and Stoke-on-Trent.

To date we have had responses in the county from:

- 20% of Primary Schools
- 26% of Secondary Schools (including middle and colleges)
- 19% of Independent Schools



The average response time is just 5 minutes,. Your support in making sure our database is up-to-date and telling us about you and your PSHE provision so that we can make plans to best support you in your role is greatly appreciated. We know you are all busy, so if you haven't already completed the form, you can do so here. For every school that completes the form by 23rd May 2025, we will enter you into a prize draw to win a book to support PSHE in your school. This includes those who have already completed the form.

For Primary:

"100 Ideas for Primary Teachers" by Catherine Kirk

For Middle/Secondary/College:

"How do I answer that? A Secondary School Teacher's Guide to Answering RSE Questions" by Rachel Scales

If you are an all-age provision, you can choose which book you'd prefer.

CASE STUDIES

- Have you used the PSHE Digest to shape your curriculum, book training or access a resource?
- Has the PSHE Education Service influenced either the development or delivery of PSHE in your setting?
- Have you used our best practice guides or ... & PSHE packs to develop CPD support for you and your team?
- Have you used our resources with your children and young people?

If you answered yes to any of these questions, we want to hear from you. We are looking for education settings that have been impacted by the Pan-Staffordshire PSHE Education Service to be our ambassadors and help us showcase to our commissioners, partners and other education settings how the service helps you. If you are interested, please get in touch.

PSHE EDUCATION STEERING GROUP

We are looking for representatives from all phases and types of education to form a new steering group to help with our governance and priorities to ensure that the service is meeting the needs of our colleagues in education, as well as the needs of children and young people. The group would meet no more than once a half-term (virtually) and would help pilot new resources and inform our action plan for the next academic year. If you are interested please let me know.

UPDATE FROM NATIONAL PARTNERS

STATUTORY RSHE IMPACT

We know there is great work happening locally to keep improving PSHE education, the numbers of you that engage with the PSHE Education Service in different ways, enable us to showcase your commitment and passion across the partnership. A report from the Higher Education Policy Institute (HEPI) think tank, published in February 2025, includes polling data from Savanta, which surveyed 1,105 university students. The findings reveal that nearly half (47%) of the students feel well prepared for sex and relationships in higher education, a significant increase from just 27% who felt well prepared when asked the same question in 2021. This suggests the bringing in statutory elements to the curriculum has had a positive impact. The majority of respondents supported PSHE being studied until the age of 18.

The report also highlights that university students, when asked what they would like to add the most popular response, by a considerable margin was financial education. Sometimes this was in the context of 'life skills'.

"Basic life skills – finances, savings, taxes, insurance etc writing a CV, applying for jobs, potential career paths."

This reminds us of the messaging shared by Staffordshire Youth Union at our conference and Oli stating he didn't know that the E stood for 'economic' and not 'education'.

The poll also asked young people about the value of different aspects of their PSHE curriculum, which areas they found helpful and what they wanted more of. There was no one area which a majority found helpful, but moderate support for several areas, and the vast majority (86%) found at least 1 aspect helpful (page 38).

Last year we shared with you the findings of the Sex Education Forum's poll which also suggests recent improvements. 50% of respondents rated the quality of their school RSE as 'good' or 'very good' – up 10 percentage points from the 40% who said as much when asked the same question in a 2022 poll.

Children and young people are our most important critics of the work we do and it is essential that we hear their voice. Our guidance pack provides ideas and suggestions on how you can ensure you are capturing their experiences. We know many of you already talk to your school councils and do these activities, as our survey shows 47% of those who have already completed our survey do engage with children and young people and during our school visits you tell us about the incredible work you are doing. Let's give ourselves more opportunities to celebrate the work we do and make PSHE in Staffordshire and Stoke-on-Trent even better.

YOUTH VIOLENCE

The Youth Select Committee, an initiative led by the National Youth Agency, has published a new report investigating the impact of social media on youth violence. The report draws on evidence submissions from professionals, youth organisations, and young people. The Committee aimed to understand young people's experiences of violence both online and offline, exploring the need for regulation of social media, youth services and preventative work, the role of schools in teaching online safety, and the role of the police. The Committee's report calls for tech companies to do more to protect young people from violent and harmful online content and to be held accountable.

The report states that "while these [teachers, social workers, and other youth practitioners] understand the importance of online safety, many feel that they do not have the right tools or knowledge to teach media literacy topics, including through statutory RSHE. Internet Matters published a Vision for Media Literacy in June 2024 called for media literacy to be incorporated into Initial Teacher Training to provide a foundation of knowledge and confidence as well as through Continuing Professional Development to ensure that teachers can adapt to teach emerging threats and trends.

The McPin Foundation has released a new report exploring young people's views on how schools can help protect young people from youth violence. Young peer researchers interviewed and held focus groups with 12 to 23-year-olds in and around London to explore their experiences with school exclusions. The findings showed that exclusions often lead to negative emotions like anger, anxiety, and stress, and may push young people towards violence. The report urges schools to involve young people in discussions and decision-making about exclusions and youth violence.

The government has decided to ban ninja swords and implement Ronan's Law. From 1st August it will be illegal to possess, manufacture, import or sell ninja swords. The majority of ninja swords have a blade between 14-24 inches with one straight cutting edge with a tanto-style point. From 1st August, anyone caught in possession of a ninja sword in private could face 6 months in prison, and this will later increase to 2 years under new measures in the Crime and Policing Bill. There is already a penalty of up to 4 years in prison for carrying any weapon in public.

The government will run a surrender scheme throughout July to allow any member of the public to hand in these weapons safely. We will share more information about how this will work locally when we have it.

ONLINE SAFETY

Ofcom has published the final version of its Protection of Children Codes and Guidance which will apply to online services and platform providers likely to be used by children in the UK.

Child safety measures aimed at protecting children from harmful online content will require online service providers to complete and record risk assessments by 24 July 2025. From 25 July 2025, they must implement safety measures outlined in Ofcom's Codes, including safer feeds with algorithms filtering harmful content, effective age checks, and processes to quickly address harmful content. Non-compliance with the Online Safety Act can result in fines or court orders to block sites or apps in the UK. Ofcom's decisions are detailed in five volumes, along with regulatory documents and guidance.

The Guardian has published a news story highlighting findings from an analysis of children's smartphone and social media use, as featured in the British Medical Journal (BMJ). The BMJ article raises concerns about blanket bans on smartphone use and explores several key areas: a rights-based approach, age-appropriate smartphone and social media design, and the education provided by schools and families.

In 2024 a survey found that 1 in 3 teenagers use TikTok as their main source of health information. The same survey found that 1 in 11 experienced health issues after following health advice on the social media platform. This also highlights why it is important that all phases of education and all types of education settings equip children and young people with the critical literacy skills that they need to survive and thrive in a digital world. Here are some resources you might find useful for your own curriculum:

- The National Literacy Trust has some resources for parents/carers, primary and secondary schools. Please note sign-up is required.
- Digital Matters has resources for parents/carers and those who work with 9-11 years old that uses interactive lesson and dynamic storytelling - sign-up required.
- Newswise has lesson plans, activities and teacher guidance for 7-11 years old
- Media Smart has resources for 7+ years explore topics such as advertising, digital advertising, body image, social media, influencer marketing and creative careers.
- BBC Bitesize's Other Side of the Story helps young people to navigate fake news and misinformation and be more critical and curious about what they see and share online.
- Google has a Interland Reality River Game to help children and young people navigate fake news and misinformation.

Childnet has developed a collection of activities to use with young people aged 13-18 that explores life online for women and girls. These resources were developed for International Women's Day but are suitable for use all year round. They can be used with young people of all genders.



Sources: Ofcom, Office of Children's Commissioner for England, Vodafone. See Children's Register of Risks for full source information.

SEXUALISED BEHAVIOURS



According to The Guardian, information from Everyone's Invited reveals that anonymous reports of sexual harassment, groping, inappropriate touching, sexual assault, and rape have been made at 1,664 primary schools across the UK.

We have also been contacted by local primary schools who are identifying problematic or harmful sexualised behaviours in their pupils, requesting support, so we appreciate this is not just a national issue, but something happening locally.

The report, which some people may find distressing, includes a quote from Daniel Kebede the general secretary of the National Education Union (NEU) which says:

"Primary school teachers are reporting that sexist behaviour is happening in their schools. It affects the way that children play together and how girls feel about themselves and the place they have in the world."

It is important to remember that PSHE assists universal prevention via a spiral curriculum. It should be suitable and relevant to all pupils in the group. PSHE, in itself, is not an intervention, unless further work is done with a targeted or identified group of children and young people which is further to the general curriculum.

Professionals can protect children and young people from harm by changing expectations, challenging unacceptable behaviour and improving children and young people's knowledge and understanding of healthy relationships. Within a whole-school approach, PSHE Leads are responsible for implementing an evidence-based programme throughout the curriculum, reflecting core values and standards, supported by behaviour policies and pastoral care.

Content must be age-appropriate and consider the needs of those children and young people with SEND. Topics may include:

- Healthy and respectful relationships
- Recognising respectful behaviour
- Consent
- Gender roles, stereotyping, and equality
- Body confidence and self-esteem
- Prejudiced behaviour
- Recognising that sexual violence and harassment are always wrong
- Addressing cultures of sexual harassment
- Tackling misogyny

Good practice includes providing an open forum for discussion and ensuring children and young people know how to raise concerns and make reports. You may wish to utilise the locally produced comic books, there are still a limited number of printed copies. To request email the service.

SEXUAL ABUSE

The Centre of Expertise on Child Sexual Abuse (CSA Centre) has released a report revealing that child sexual abuse in the UK is more common than commonly perceived, often involving individuals that children know and trust. It emphasises that many children who are sexually abused remain unidentified and unsupported. While any child can be sexually abused, certain children are more vulnerable to this abuse than others. It provides resources to assist parents /carers and professionals working with children.

NSPCC Learning has published a 'Why language matters' blog exploring why it can be difficult for children to share their concerns and how professionals can approach conversations about concerns of child sexual abuse with children and with other professionals.. The blog is in response to the Child Safeguarding Practice Review Panel's National review into child sexual abuse in the family environment.

In 2024, the IWF assessed 424,047 reports, confirming 291,273 contained or linked to criminal child abuse imagery, a 6% increase from 2023. There is a rise in abuse imagery of teenagers and concerns about online exploitation.

Research reinforces that PSHE education is an essential safeguarding tool and plays a crucial role in helping children recognise safe and unsafe relationships, identify abusive behaviours, and build the confidence to seek support if they experience or witness abuse.

- A 2017 report by Public Health England on child sexual exploitation (CSE) highlighted the critical role of PSHE and RSE in addressing these issues.
- A 2015 Cochrane review found that children who receive education on preventing sexual abuse at school are more likely to report it to an adult if they experience or witness abuse.
- In September 2024, the Department for Education (DfE) published a research report titled "Teaching Relationships Education to Prevent Sexual Abuse." The report emphasised the importance of a well-rounded, inclusive RSE curriculum that fosters healthy, respectful relationships and helps children and young people recognise and report abusive behaviour. It recommended that age-appropriate relationships education should begin early, before sexual activity starts, and build progressively as children and young people advance through their education. The evidence suggests that education that builds on previous lessons and has a longer duration is more effective than one-off modules.

The Centre of Expertise on Child Sexual Abuse (CSA Centre) has updated its guidance on communicating with children who have or may have been sexually abused. The guide has been designed to help professionals to listen, understand and provide support to children and young people when there are concerns about sexual abuse.

DOMESTIC ABUSE

The National Policing Vulnerability Knowledge & Practice Programme has released its fourth annual report on domestic abuse-related deaths identified by police in England and Wales. Key findings include:

- 262 domestic abuse-related deaths were recorded between April 2023 and March 2024.
- 11 of these deaths involved children under 16 years old.
- In 81% of child deaths from 2020-2024, the suspect was the victim's carer.
- In 20% of all cases from 2020-2024, the victim or suspect were known to children's social care.

The report suggests that the relatively small number of reported child deaths is due to the classification of these deaths as child abuse or familicide rather than domestic abuse. It recommends that police should consider whether young people, including those under 16, may be experiencing domestic abuse and/or coercive control in their relationships. This necessitates collaboration with partner agencies such as social care and education.

In Staffordshire and Stoke-on-Trent, the latest bulletin from New Era showed that they have had 1,744 referrals into their Neutral Front Door (612 for Stoke-on-Trent and 1,132 from Staffordshire). From this 1,462 (518 Stoke-on-Trent, 944 Staffordshire) were placed on the Supported Victim Service pathway and 218 on the Supported Behaviour Change (79 Stoke-on-Trent, 139 Staffordshire).

We also know many of you also receive Operation Encompass notifications, which also highlights how many of our children and young people are impacted by Domestic Abuse,

Research highlights that PSHE is an effective safeguarding tool to help reduce domestic abuse as shown below.

- The Youth Endowment Fund (YEF) Toolkit research found that relationship violence prevention lessons and activities can reduce all types of dating and relationship violence, including emotional, physical and sexual violence, and violence that takes place online.
- A systematic literature review of school-based RSE by Goldfarb and Lieberman (2021) found strong evidence that it can reduce sexual violence and domestic violence.

VAPING



The National Institute of Health and Social Care researched 39,214 young people aged 16-19 from the UK, US and Canada and found that those who vaped were more likely to have breathing issues than those who did not and the more they vaped, the higher their chance of breathing issues.

Remember that from 1st June 2025 it will be illegal for businesses to sell or supply, offer to sell or supply, or have in their possession for sale or supply all single use vape products.

EXPLOITATION

Childlight has just released a new report in its Searchlight series, exploring child sexual exploitation and abuse. The report covers eight studies and focuses on three main areas:

- who profits from this exploitation,
- hidden at-risk groups,
- accountability, including the
- legal challenges of dealing with AI-generated child abuse material in the UK.

The findings show a disturbing connection between child exploitation and organised crime groups. It also points out that mainstream tech companies can profit from this, as their ad revenue goes up with increased traffic, even if that traffic is linked to child abuse content.

The report urges global leaders to unite and create a strong public health response to tackle child sexual exploitation and abuse.

CAREERS

The BBC Bitesize Careers Survey, of more than 4,000 13-16 years old, has shown the top 10 jobs teenagers want when they are older:

- Doctor
- Engineer
- Teacher
- Vet
- Police Officer
- Lawyer
- Nurse
- Footballer
- Building Trade
- Pilot



85% OF RESPONDENTS SAID THEY WERE CONFIDENT THEY COULD GET THEIR DESIRED JOB



The top 3 choices remained the top 3 most popular choices.

The top 10 desirable organisations they would most like to work for were:

- NHS
- Google
- Apple
- NASA
- Tesla
- Football Club
- Self-employed
- Microsoft
- Police
- Government



Football Club, self-employed and government were all new entries. The NHS retained the top spot whilst Google moved from 2nd to 3rd, swapping places with Apple.

FOR PARENTS AND CARERS

Are you the parent or carer of an autistic young person who has been referred to mental health services?



What is the project about?



We're interested in hearing the views of autistic young people about NHS Mental Health Services (CAMHS). We are not asking young people about their mental health difficulties, just their views about services.

We are a team of autistic and non-autistic researchers and young people who are **passionate about the mental health and well-being of autistic young people.**

Who can share their views?

Autistic young people aged 11-18 years in the UK who have been referred to NHS mental health services. Your child does not need to have had an appointment and could be still waiting.



There are different ways to share your views

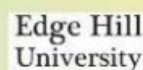


There is a short anonymous link where your child can share their views in different ways - drawing, voice note, emojis or typing via the QR code.

The survey will take about 15 minutes and you can share as much or as little information as you like.



For more information or if you need the survey in a different format please email Claire on C.A.Hanlon@ljmu.ac.uk



UPDATE FROM LOCAL PARTNERS

UPDATED USAH CONTACT DETAILS

Signposting is a crucial component within PSHE and it is important that share the correct contact details of any organisation we are signposting to.

Following the move of the Staffordshire Victims Gateway service to Victim Support on 1 April, some of our contact details at Uniting Staffordshire Against Hate have changed.

The telephone number remains the same (0330 0881 339) however email addresses and website have changed as below:

- Email: help@usah.org.uk
- Website: www.usah.org.uk

Referrals can still be made via email, our website and by phone.

Individual staff emails remain the same but will now use the usah.org.uk suffix.

USAH logo has been updated you can find a [copy here](#). You can also find an [updated version of their service leaflet here](#). We will be updating our education resources over the coming months. Please use the [Resource Library](#) and not any locally stored versions to ensure you have the right information.

CPD TRAINING ON LGBTQ+ DISCOUNT CODE FOR EDUCATION STAFF

[Project 93](#), formerly known as Staffordshire Sexual Health Charity is delivering CPD-accredited 3 hours training at The Dudson Centre, Hope Street, Hanley, ST1 5DD in June and July . This comprehensive training equips participants with the knowledge and tools to make a positive difference in the lives of LGBTQ+ young people.

The training is suitable for teachers, social workers, youth workers, and healthcare professionals,. The mental health statistics for LGBTQ+ youth are a stark reminder of the challenges they face. LGBTQ+ young people are disproportionately affected by depression, anxiety, and suicidal thoughts. This training will give you the tools to help create a safe and supportive environment where LGBTQ+ youth can thrive.

For staff working within education make sure you use the code P93TEACHERS will will discount the training to free. To book [click here](#).

ACTIVE LIVES SURVEY



Together Active, the Active Partnership for Staffordshire and Stoke-on-Trent, are working on behalf of Sport England on the Active Lives Children and Young People Survey, to build collective understanding of the attitudes and behaviours of children and young people towards sport and physical activity.

Not only will this help inform what PE Leads can be doing within the school to support their children and young people to be active, it also provides decision makers with a broad and deep understanding of activity levels and behaviours, to help shape future policy and investment decisions, and also can help to support cross-curriculum learning with PSHE.

The survey was developed with the Department for Education (DfE), the Department of Health and Social Care and the Department for Digital, Culture, Media and Sport.

Any school can take part, and those that do, you have the opportunity to receive:

- a bespoke report for your school based on the survey responses about activity levels, and children's feelings and attitudes to physical activity
- a Healthy Schools Rating from the DfE

In addition, schools sampled by Sport England who agree to participate, also have the opportunity to receive £100 of free sports equipment.

Here is a short guide to the survey for education settings with Years 1-6 and here's the guide for those with Years 7-11 and examples of the reports (Infants, Secondary) you could receive after completing the survey. There's also a short video you can watch which can be found here.

Emails have already been sent to sampled schools, so please check your inbox! If you are interested in taking part and haven't been contacted directly as part of the sample, or if you were sampled in a previous term but didn't sign up, please email joannelockett@togetheractive.org


It is essential that your PSHE curriculum is not just teaching the statutory content but also reflecting the needs of your local context.

Participating in this survey can give your setting a better understanding of activity levels in your children and young people.



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: November	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)
9-15: 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	9: 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	19: 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 Sepsis Day	19: Global Handwashing Day	12: Odd Socks Day			14-20: Kindness Week	19: Stop Child Exploitation Awareness Day	24-30: World Immunisations Week	23: 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			19: International Childhood Cancer Day	19: Sleep Slop Day		28: Menstrual Hygiene Day	29: 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	16-24: 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				
23: International Day of Peace		29: International Day for the Elimination of YAWG				31: International Transgender Day of Visibility				
26: World Contraception Day										

www.pshestaffs.com

SCVYS
STAFFORDSHIRE COUNCIL OF VOLUNTARY YOUTH SERVICES

Natalie McGrath
PSHE Coordinator
Staffordshire
natalie@staffscvys.org.uk

Ellie Chesterton
PSHE Coordinator
Stoke-on-Trent
ellie@staffscvys.org.uk

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.

- **BULLYING**
- **ONLINE SAFETY**
- **CONSENT**
- **STEREOTYPES**
- **APPROPRIATE BEHAVIOURS (INC. SEXUALISED BEHAVIOURS)**
- **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.

NEW RESOURCES IN THE LIBRARY - WWW.PSHESTAFF.COM

Childnet has developed a collection of activities to use with young people aged 13-18 that explores life online for women and girls. These resources were developed for International Women's Day but are suitable for use all year round. They can be used with young people of all genders.

These activities have been added to Appropriate Behaviours, Bullying, Gender and Online Safety



Neurodivergent children experience digital spaces differently, which can make online safety more challenging for parents and carers.

Internet Matters has created a suite of practical gaming-focused resources, developed in partnership with Roblox and Ambitious about Autism

This has been added to the [Parents/Carers page](#) of our website under Online Safety.

TRAINING

We have added several training opportunities to the [training page of our website](#). Research shows repeatedly that PSHE is most effective when trained, competent, confident facilitators deliver it, so it is essential to have a clear CPD plan in place for those delivering PSHE in your setting. Our [guidance document on CPD](#) supports PSHE Leads to develop their CPD plans for their own setting.

New to the Website:

British Red Cross

- Teaching First Aid
- Teaching War and Conflict

Brook Learn

- Abortion
- Bystander Intervention
- Child Sexual Exploitation
- Consent
- Contraception

- Gender Diversity (cost)
- Healthy Relationships
- Sexualised Behaviours (cost)
- Sexually Transmitted Infections
- Introduction to RSE

Create the Conditions has been created by Plan International UK and She is Not Your Rehab as a resource to help professionals foster safe, respectful, and trauma-informed environments. These spaces allow young people to discuss gender, power, and equality. The resource includes eight modules and a workbook designed to equip practitioners with the knowledge and skills to be positive role models and facilitate conversations that challenge attitudes and behaviours contributing to gender-based violence.



TRANSITIONS

We know that many education settings will be supporting their children and young people to transition to the next phase of their education journey or beyond. This could be from infant or first school to junior school, first school to middle school, primary to secondary, middle school to high school, secondary school to college, and beyond. Here are some suggestions to support you during the transition season.

- [Anna Freud](#) has an animation and accompanying teacher toolkit aimed at supporting young people who have recently started, or are due to start shortly Year 7.
- [Childsnet](#) has a toolkit with videos and lesson plans to help young people aged 10-13 years old with the online aspects of moving to secondary school
- The [Department of Health and Social Care](#) has developed a lesson to support transitioning to secondary school
- [Gloucestershire Healthy Living and Learning](#) has some suggested resources that support transition to secondary school
- Advise and activities from [ELSA Support](#) to use with children making any kind of transition to a new school or class- whether that's moving from infant to juniors or primary to secondary school or from one class to another. Please note there is a charge associated with these resources

You may want to utilise books from our [Books & PSHE document](#) you could consider:

- [Mixed](#) by Arree Chung, help the group think about how their classroom can be an accepting and inclusive place to learn and grow.
- [They](#) by Chantal Reardon, use to explore pressure to fit in and making choices
- [The Friendship Bench](#) by Wendy Meddour and Daniel Egneus, shows the difference that making friends can have, could be used to encourage children to reflect on how to make new or isolated members of the school community welcome.

You could use activities such as

- "Getting to know you bingo" we have a version of this in [our Similarities and Differences](#) teacher's pack for KS1.
- Have children or young people write a letter to their future teacher, sharing their expectations, fears and hopes.
- Utilise your question boxes and have everyone write down a question they have about the new school year and put it in the box. If they do not have a question say to just write "I do not have a question". Mix up all the questions and then answer them to the whole group.



PRIDE MONTH - 1-30 JUNE

Pride Month is a time to celebrate the LGBTQ+ community and their achievements, while also advocating for their rights and equality. It's a period of parades, rallies, and events aimed at promoting self-acceptance, visibility, and solidarity within the LGBTQ+ community. The origins of Pride Month can be traced back to the Stonewall Riots in 1969, a pivotal event in the LGBTQ+ rights movement.

A 2019 report showed that being bullied for being LGBTQ+ is more common than bullying relating to racism, sexism or religion. Stop Hate UK report that LGBTQI+ Hate Crime reports have nearly tripled in the last 3 years and in 2020/2021 over 17,135 people from the LGBTQI+ reported they were the victims of hate crimes to the police. Our Bitesize Practice Development Session with United Staffordshire Against Hate on Homophobia & PSHE is available to watch on our YouTube page.

Learning about LGBTQ+ Pride should take the form of a spiral curriculum which integrates topics throughout the school years, revisiting them with increasing complexity and depth, ensuring they are age-appropriate and build upon prior knowledge.

As a service, we've created a card match activity for LGBTQ+ terminology and definitions which can be used in classrooms (KS3+) or with staff as part of CPD.

This, and other resources to support this topic can be found in the Sexuality and Sexual Orientation, Gender, Similarities & Differences and Bullying pages of the Resource Library - click to log-in or register.

GYPSY, ROMA AND TRAVELLER HISTORY MONTH - 1-30 JUNE

It is important the PSHE education reflects the lives and experiences of the children and young people it is engaging. Many Gypsy, Roma and Traveller young people feel that their culture and way of life is not recognised or affirmed within the education system.

The Traveller Movement website contains lots of information and suggestions for promoting Gypsy, Roma and Traveller History Month within your organisation.

Friends, Families and Travellers provide teaching resources including books and media to support bringing Gypsy, Roma and Traveller histories and cultures into the classroom.

WORLD ENVIRONMENT DAY - 5 JUNE

World Environment Day 2025 calls for collective action to tackle plastic pollution. The UK experiences significant plastic pollution, with an estimated 1.7 billion pieces of plastic discarded weekly by households. This translates to around 90 billion pieces annually.

Countryside Classroom can share various resources that can be emailed to you following sign up including Plastics, The Environment and Climate Change. These are suitable for ages 5-11 years old.

Recycle Now have resources, including assemblies, lesson plans and home challenges which 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.



BRAKE'S KIDS WALK - 11 JUNE

Brake's Kids Walk involves thousands of primary schoolchildren walking at the same time to promote the health and planet-saving benefits of walking and shout out for their right to make safe and healthy journeys.

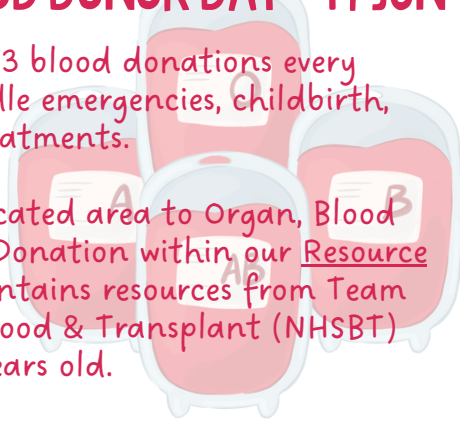
More than 79,000 children aged 4-11 took part in Brake's Kids Walk 2024.

You can sign-up to take part in 2025 and receive your FREE action pack (Printed packs while stocks last), including lesson plans, assemblies, activities and posters.

WORLD BLOOD DONOR DAY - 14 JUN

The NHS needs 3 blood donations every minute to handle emergencies, childbirth, and critical treatments.

We have a dedicated area to Organ, Blood and Stem Cell Donation within our Resource Library, this contains resources from Team Margot, NHS Blood & Transplant (NHSBT) for ages 5-16 years old.



A DAY OF WELCOME - 13 JUNE

Schools of Sanctuary and Anglia Ruskin University have worked closely in the last 5 years to develop A Day of Welcome - an annual day of learning and solidarity inspired by stories of refugee migration that raises awareness of refugee history and heritage, past and present, local and global.



Celebrated by more than 550 schools in 2024, the day aims to support teachers to develop refugee education in schools and kickstart Refugee Week (16-22 June 2025) by providing FREE live events, resources and activities for teachers and pupils of all ages.

Why get involved?

- Build a culture of welcome, belonging and solidarity in your school for those seeking sanctuary
- Share stories of refugee migration, local and global, past and present, with your pupils
- Better educate and support your refugee pupils and their families.

You can register your interest here.

REFUGEE WEEK - 16-22 JUNE

Unicef has a series of assemblies for Primary schools which focus on various articles of the Convention and links them to events and days of recognition. An assembly for World Refugee Day is found on Page 53 and explores:

- Article 7 Children have the right to acquire a nationality and, as far as possible, the right to know and be cared for by their parents.
- Article 22 Children who are refugees have the right to special protection and help. Refugee children are entitled to all the rights in the Convention wherever they are.
- Article 38 Children in war zones should receive special protection.

The British Red Cross is hosting an online showcase event on 13th May 4-6pm that will provide information and resources to help schools celebrate this week.



NATIONAL SELFIE DAY - 21 JUNE

Whilst the messaging of National Selfie Day is to "snap a pic of yourself and post it social media" we can use this key date to explore ways to keep safe online including youth produced imagery.

The Centre for Literacy in Primary Education produced some [teaching notes](#) (suitable for 8-13 year olds) for Safer Internet Day using the book "Troll Stinks" which explores online safety, selfies and mobile phones.

We have previously shared a Comic book, animation and accompanying lesson plan, as part of our VAWG series, developed with The Staffordshire Violence Reduction Alliance that explores the impact of photo sharing. These are available in the [Resource Library](#) in Online Safety.

For KS3+, the [Childnet Sexting - "Just send it" lesson and accompanying film](#) explores the issue of sexting.

SCHOOL DIVERSITY WEEK - 23-27 JUNE

School Diversity Week is a UK-wide celebration of LGBT+ equality in primary and secondary schools.

Positive LGBT+ messaging is linked to school pupils having [better wellbeing](#), regardless of whether they're LGBT+ or not. Just Like Us, an LGBTQ+ Young People's Charity provide free educational LGBT+ resources for EYFS, KS1, KS2 and KS4 on all key subjects across the curriculum.

[Sign up to take part and access free resources.](#)

DROWNING PREVENTION DAY - 25 JUNE

Across Staffordshire, there are several rivers, lakes, canals that could be risky.

PSHE Leads should ensure that their curriculum reflects local risks and ensure that there are opportunities for children and young people to develop the knowledge and skills on how to manage risks. This includes risks around playing near water or on frozen water, how to keep safe in and around water.

Our [Water Safety & PSHE professionals guidance pack](#) is part of the Pan-Staffordshire PSHE Education Service's localised series and shows the curriculum learning outcomes linked to Water Safety, and gives information to enable professionals to build their own knowledge on the topic to competently facilitate PSHE sessions with confidence. This, and other resources to support you cover this topic can be found in the Water Safety area of the [Resource Library](#).

RSE DAY - 26 JUNE

RSE Day will be celebrated on 26 June with the theme of 'Communicate'.

RSE Day is a day to celebrate great education around healthy relationships and positive sexual health.

Schools and organisations around the country join in the celebration with activities and sharing on social media. RSE helps children to make informed choices and stay safe.

Visit [the website](#) to download lists of things to do on the day for primary and secondary-age children and parents, as well as fun resources and display materials.

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; and our 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 welcome to share with us - natalie@staffscvys.org.uk.

TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	NEW ERA	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	YGAM	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
SEXUAL ABUSE	VARIOUS	CEOP	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
ONLINE SAFETY	VARIOUS	CEOP	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
FINANCIAL LITERACY	VARIOUS	YOUNG ENTERPRISE	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.
PUBERTY	3 RD JUNE 4-5.15PM	AYPH	FREE TO MEMBERS	THIS WEBINAR WILL LOOK AT PUBERTY FROM A HOLISTIC PERSPECTIVE AND CONSIDER WHAT FACTORS SHAPE THE EXPERIENCE FOR YOUNG PEOPLE AND HOW THAT IMPACTS THEIR HEALTH AND WELLBEING. IT WILL ALSO EXPLORE AND DISCUSS HOW THE LIVES OF ADOLESCENTS AT THIS LIFE TRANSITION COULD BE BETTER UNDERSTOOD AND SUPPORTED TO BENEFIT AND ENHANCE THEIR HEALTH AND WELLBEING.
PREVENT	12TH MAY OR 3RD JULY 3.30-4.45PM	DEPARTMENT FOR EDUCATION	FREE	THIS TRAINING PACKAGE HAS BEEN DESIGNED BY DFE FOR DESIGNATED SAFEGUARDING LEADS TO UNDERSTAND THEIR RESPONSIBILITIES AND THE IMPORTANCE OF THE PREVENT DUTY.
SAFEGUARDING	14 TH MAY 9.30-11.30AM OR 3.30-5.30PM	STAFFORDSHIRE EDUCATION SAFEGUARDING TEAM	FREE	THE ESAS SUMMER TERM DSL BRIEFING ONLY AVAILABLE TO STAFFORDSHIRE SCHOOLS ONLY.
VAWG	15 TH MAY 3.45-5.45PM	CHAMELEON PDE	FREE	THIS WEBINAR ON PREVENTING VIOLENCE AGAINST WOMEN AND GIRLS BRING TOGETHER THE LATEST RESEARCH AND PRACTICAL STRATEGIES FOR EDUCATION SETTING.
YOUTH VIOLENCE	19 TH MAY 2- 3.30PM	YOUTH ENDOWMENT FUND	FREE	THIS SESSION WILL EXPLORE RACIAL BIAS EXPERIENCED BY BLACK AND MINORITISED CHILDREN AT RISK OF VIOLENCE AND EXPLOITATION, AND CONSIDER BEST PRACTICE IN SUPPORTING BLACK CHILDREN AND THEIR FAMILIES
VAWG	21 ST MAY 3.00-4.30PM	EVERYONE'S INVITED	FREE	THIS SESSION FOCUSES ON INCEL CULTURE, THE RISE OF ONLINE MISOGYNY AND CHALLENGING YOUNG PEOPLE'S HARMFUL LANGUAGE.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SUICIDE	22 ND MAY 9.30AM-1.00PM OR 24 TH JUNE 9.30AM-1.00PM	MIND	FREE	STAFFORDSHIRE COUNTY COUNCIL HAVE FUNDED A HALF-DAY ONLINE TRAINING COURSE THAT RAISES AWARENESS AROUND SUICIDE AND SUICIDE PREVENTION WITH A FOCUS ON CHILDREN AND YOUNG PEOPLE
LGBTQ+	5 TH JUNE OR 4 TH JULY 10AM-1PM	PROJECT 93	FREE TO EDUCATION STAFF OR £33.22	THIS CPD-ACCREDITED, FACE TO FACE TRAINING EQUIPS PROFESSIONALS WITH THE KNOWLEDGE AND TOOLS TO MAKE A POSITIVE DIFFERENCE IN THE LIVES OF LGBTQ+ YOUNG PEOPLE. USE THE CODE P93TEACHER TO ACTIVATE THE DISCOUNT
BULLYING	19 TH JUNE 3.30-5.30PM	ANTI-BULLYING ALLIANCE	£39.71	THIS CPD ACCREDITED TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND BANTER, AND HOW TO EQUIP CHILDREN AND YOUNG PEOPLE WITH THE SKILLS TO NAVIGATE THE LINE ACCEPTABILITY BETWEEN THE TWO AND PREVENT THE MISUSE OF BANTER.
BULLYING	3 RD JULY 9.00AM-12.00PM	ANTI BULLING ALLIANCE	£78.70	THIS CPD TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING. FREE SPACE TO ANTI-BULLYING ALLIANCE MEMBERS

E-LEARNING COURSES

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

**NEW
UPDATE**

We've added a lot this month so check out the section in new resources

PODCASTS

You can find podcasts to support CPD on our website - <https://pshestaffs.com/podcasts/>. This can also be found in the drop-down menu for Education Providers under the training sub-menu.

- Episode 2 from the Safe series by the Youth Endowment fund has launched which looks at the Music Mentoring Bus Tackling Territorial Violence. It looks at the work of a London-based charity, United Borders, which uses a double decker bus fitted with a recording studio to create a safe space for young people to express their feelings through music and build confidence.. (Youth Violence)

DOCUMENTARIES AND DRAMAS

We have collated documentaries and dramas that we think will support CPD of professionals. We do not encourage these to be shown to children and young people within PSHE sessions. They are located at <https://pshestaffs.com/documentaries-and-dramas/> This can also be found in the drop-down menu for Education Providers under the training sub-menu.

- BBC iPlayer - Growing up Gypsy (similarities and differences)
- BBC iPlayer - Panorama: The Truth about Baby Food Pouches (Diet and Nutrition)
- BBC iPlayer - Make Me Perfect: Manufacturing Beauty in China (Body Image)

NEXT MONTH (JUNE)...

Resources & Materials for key awareness dates in July:

- 1-31: Plastic Free July
- 1-31: Talk to Us (Samaritans)

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

“

I think the idea of comic books is very good because there is lots of pictures and you can really understand the scenario of Rick's situation and how this can happen in our day-to-day life. Thank you so much for making this I've really enjoyed this lesson and I think you should carry on doing comic books 'cause I really think it helps children to understand.

”

A Year 6 pupil's feedback about our County Lines Comic Book,

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

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



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