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- Free Online Financial Harms CPD Course
- Cyber Choices

Podcasts & Documentaries

Next Month

Link to Facebook Group

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

We recommend if you are new to the role that you have a look at these to help you.

Watch the last meeting:

- Summer 2- JCB Academy, Peerscroller and being strength-based.

2025-2026 DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 8th October 2025 4-5 pm
- 26th November 2025 4-5 pm
- 22nd January 2026 4-5 pm
- 24th March 2026 4-5 pm
- 6th May 2026 4-5 pm
- 30th June 2026 4-5 pm

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

Training:
13th October 4-6 pm - YGAM
Gambling and Gaming

BOOK NOW



JOIN OUR MAILING LIST

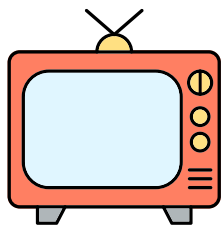
Has this Digest been forwarded to you? If you would like to receive our monthly newsletter directly, please email:

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.

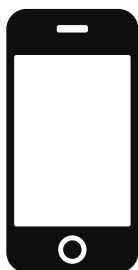
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- In *Eastenders* next week Eve will be affected by a verbal and physical homophobic attack.
- *Unspeakable*, original aired in 2019 now has a new home on ITVX. Set in the early 1980s, the series follows the rise of HIV and hepatitis C in Canada and tells the tragic story of two families whose sons were accidentally infected by tainted blood.
- Over the Summer, both locally and nationally, there have been protests at migrant hotels and St George and Union Flags put up on lampposts and painted on roundabouts. We have provided resources on page 5 to support classroom conversations.
- The government has announced plans to ban the sale of energy drinks to children under 16. There will now be a 12-week consultation period to gather evidence from health experts, education leaders, retailers, manufacturers, local enforcement authorities and the public.
- A Glasgow school pupil has been named among Time magazine's girls of the year for inventing a device to help homeless people keep warm. Rebecca Young was 12 when she designed a solar-powered blanket, which engineering firm Thales then turned into reality.
- The BBC reports on spice-laced vapes, research by the University of Bath and the experiences of young people and their parents. We have training to support professionals on the Training page of our website.



- You may have seen the viral TikTok video of a first-grade teacher in Namibia leading her students in a sing-along that tackles one of the most critical topics in early childhood education: body autonomy and consent. The original video can be found here. You can also use the NSPCC PANTS resources, including this video.
- YouTube has raised the minimum age for live streaming and chat features to 16 in an aim to protect younger users. For creators aged 13 to 15, YouTube is implementing additional safeguards. Live streams featuring these users that do not show a visibly present adult may have their live chat feature disabled. In some cases, the account might temporarily lose access to live chat or other interactive features.
- A recent report from Internet Matters, Me, Myself & AI, reveals that AI chatbots are becoming a go-to tool for children—used for everything from homework help to emotional support. Over 64% of children engage with chatbots regularly, and 35% say it feels like talking to a friend. Among vulnerable children, usage jumps to 71%, raising red flags about emotional dependency and misinformation.
- On 7th September at 3 pm the government will be testing its emergency alert system. Women's Aid has this guidance for anyone who may wish to opt out to avoid their device being detected for safety reasons.



UPDATE FROM NATALIE



WELCOME BACK

I hope you've had a restful and well-deserved summer break. As we step into the new academic year, I wanted to take a moment to reconnect and share a warm welcome back!

Over the summer, the service has been busy behind the scenes, preparing for our business-as-usual offer, making sure everything is in place to support you and your settings as smoothly and effectively as possible. Alongside this, we've been working hard to shape our support, advice and guidance around RSHE readiness, so you feel confident and equipped for the year ahead.

I'm really looking forward to working together this academic year, continuing to build on the brilliant collaboration that makes this network so impactful. Whether you're new, returning with fresh ideas or just trying to find your rhythm again, we're here to support you every step of the way. Let's make this year a positive and purposeful one, for ourselves and for the children and young people we serve.

PSHE LEADS DETAILS

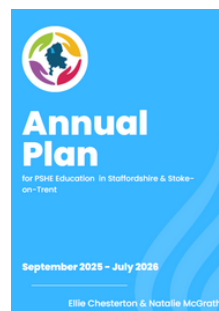
Thanks to those who have contacted me over the Summer to let me know about changes in colleagues' roles and details. To ensure that we can continue to provide support, advice, and guidance to the most relevant person in your setting, if you have a new PSHE Lead, please notify us so that they can receive the PSHE Digest moving forward. This can be done by either emailing natalie@staffscvys.org.uk or by completing this [short MS Form](#).

LOOKING BACK



I'm pleased to share the latest [Pan-Staffordshire PSHE Education Service Annual Report](#), now aligned with the 2024-2025 academic year for clearer reflection of our work. It showcases key developments, partnerships, and impact across Staffordshire and Stoke-on-Trent.

LOOKING FORWARD



At the start of the academic year, this [annual plan](#) sets a clear direction for the Pan-Staffordshire PSHE Education Service. Guided by our vision to empower CYP and our mission to support high-quality, inclusive PSHE delivery, it outlines strategic priorities and key tasks for the year ahead.

CORRECTION - RSHE BRIEFING

In an email sent out on 17th July regarding the updated RSHE Guidance, we provided links to our RSHE Briefing meetings. The Thursday 11th September date was advertised as 7:30-8:30 pm. This is incorrect and is our morning session, running at 7:30-8:30 am.

You can still book to attend or webinar briefings via our Eventbrite page; you only need to attend one. Click on the session below to be taken to the booking page:

- [Wednesday 10th September 4-5 pm](#)
- [Thursday 11th September 7:30-8:30 am](#)



This is a new addition to the PSHE Digest for 2025-2026 highlighting key tasks for PSHE Leads to do this month.



Book to attend the Pan-Staffordshire PSHE Education Service's RSHE Ready Briefing and PSHE Leads Networks Meetings



Share PSHE Lead details with PSHE Education Service and complete a short survey on PSHE provision in your setting in line with the new guiding principles from the DfE. This will help us ensure our support is meeting your needs.



Ensure the setting is registered for the Resource Library - we are adding lots of content at the moment (see pages 19-21).



Complete curriculum audit (Primary Version and/or Secondary Version) against new DfE statutory guidance for RSHE - tab on curriculum outcomes (primary/secondary) and tab on principles. You need to save a copy to edit.



Ensure the setting (state-funded primary, secondary and colleges only) is signed up to DfE Period Product Scheme



Review training offers to support CPD plan (pages 27-32), including booking staff to attend YGAM's City & Guilds Gaming and Gambling Workshop (page 29)



Get involved with the Active Lives Children and Young People Survey - see page 14 for more information.



Read "We're in this Together - Reframing Masculinity for Young Men and Boys". See page 8 for more information.



Book Safe+Sound session (Year 5 only, page 15) and Bikeability support for your setting (page 11)

UPDATE FROM NATIONAL PARTNERS

COMMUNITY TENSIONS

This summer, public debate intensified around the use of hotels to accommodate asylum seekers, with demonstrations and symbolic displays occurring in various parts of the UK, including locally. An [analysis by the Runnymede Trust](#) highlighted the frequent use of negative language in media and political discourse, raising concerns about its impact on social cohesion and public attitudes.

- To support classroom discussion, [EC Publishing](#) has released a free PSHE lesson for KS3/KS4 exploring:
 - Why asylum seekers are housed in hotels
 - Reasons behind the protests
 - Hate speech vs free speech
 - Patriotism vs nationalism



There is enough content to last up to 2 hours.

- Picture News offers [The Big Welcome Back Flag Project](#) to help you address what's been happening, with a productive learning opportunity for children. There is an opportunity for education settings to design their own flags and celebrate community. You can then display these on your Social Media using #MySchoolFlag.
- [Newsround](#) also features a short clip that explains why asylum seekers living in hotels is considered a significant issue.

MEDIA LITERACY

A recent [report from the House of Lords Communications and Digital Committee](#) highlights the urgent need to improve media literacy across the UK, especially for children and young people.

Key Messages:

- Media literacy is vital for online safety, critical thinking, and mental well-being.
- Many children lack the skills to navigate misinformation and harmful content online.
- Teachers need more support and training to deliver effective media literacy education.
- Tech platforms must take greater responsibility in promoting safe digital use.

The report reinforces the importance of embedding media literacy into PSHE education, particularly in areas such as:

- Digital resilience and online safety
- Mental health and emotional well-being
- Healthy relationships and consent
- Citizenship and civic responsibility

PSHE lessons are a key opportunity to equip children and young people with the tools to think critically, stay safe online, and understand the digital world around them. The Economist Foundation offers [training to professionals](#).

FINANCIAL EXPLOITATION

The Guardian reports a surge in online child sexual extortion ('sextortion'), with 9,600 UK cases in the first half of 2024. Snapchat was flagged more suspicious content than any other platform.

The Children's Society's Moving Money report highlights that child financial exploitation—such as coerced money laundering—is poorly understood. It calls for urgent awareness and cross-agency collaboration to protect children.

A further report from The Children's Society reveals that most teenagers encounter scams on social media but often don't realise they're being exploited. They're asking for earlier, clearer education and support—before it's too late. The young people featured in the report stated:

“ SCHOOL EDUCATION ON EXPLOITATION, CRIME, AND SAFETY OFTEN MISSES THE MARK BY UNDERESTIMATING YOUNG PEOPLE'S KNOWLEDGE, USING SCARE TACTICS, OR SIMPLY TELLING THEM WHAT NOT TO DO. YOUNG PEOPLE SAY THEY'D LEARN MORE FROM REAL STORIES OF FINANCIAL EXPLOITATION AND WANT BETTER EDUCATION AROUND SHARING BANK DETAILS AND FINANCIAL LITERACY

”

As you begin to update your curriculum, consider engaging with your children and young people to ensure that the curriculum is relevant and engaging. In the training section of this Digest (page 30), there is information about an on-demand CPD course from the PSHE Association on Online Financial Harms, which also provides access to lesson plans for KS2 to KS5.

InEQE Safeguarding Group has created a short video providing advice to young people on sexually coerced extortion.

The NSPCC's Why Language Matters blog urges professionals to reconsider using the term 'sextortion', as it can downplay the harm and complexity of abuse. Instead, it recommends 'sexually coerced extortion' for reporting and safeguarding, while still reflecting the language young people use.

Although DfE's 2025 guidance includes teaching about sextortion risks and support options, practitioners are encouraged to critically assess their language to better support affected children.



HI I'M KAI AND I LIVE IN OATCAKE, STAFFORDSHIRE.
HEAR MORE ABOUT ME AND MY BEST FRIEND FLORENCE IN OUR NEW COMIC BOOK AND ANIMATION ADVENTURE TO HELP YOU TALK TO CHILDREN ABOUT KNIFE CRIME ON (PAGE 18)

SHARING NUDES & GENDER

Recent research reveals a gendered divide in how young people approach these issues. Women often feel they must protect themselves from image-based abuse, bearing the emotional and practical burden of preventing harm. In contrast, men tend to worry about unintentionally crossing consent boundaries, fearing they may violate someone's trust without realising it.

While both groups care deeply about consent, their concerns differ. This mismatch can lead to confusion, miscommunication, and even harm, despite good intentions.

Our locally produced series "Online Safety and Sharing Images" provides 30-minute session plans, perfect for tutorial sessions that provide a spiral curriculum for Years 7-13, building from recognising what images are appropriate to share to exploring how perceptions of sharing nude images could be affected by gender. These can be accessed in the Resource Library in both the locally produced resources and in Sharing Images.

ONLINE SAFETY ACT

Since the 25th July 2025, social media and other internet platforms are legally required to block children's access to harmful content or face large fines under the Online Safety Act. The Internet Watch Foundation (IWF) has published a blog post on how the Online Safety Act's age assurance requirements will affect children's online safety. The story outlines what age assurance is, why it is important for keeping children safe online, and public opinion on age verification to access websites that may contain pornographic material. It calls for tech platforms to continue to consider how to ensure safety by design.

PORNOGRAPHY

A recent report from the Children's Commissioner for England paints a stark picture of what childhood looks like in 2025. The report highlights how pornography can influence attitudes and views on what is normal sexual behaviour. Findings show: 70% of survey respondents had seen pornography online; the average age a child first sees pornography online is 13; X (formerly Twitter) remains the most common source; and 59% reported seeing pornography online by accident. And it's not just any pornography. It is violent, extreme, and degrading often portraying acts that are illegal – or soon will be.

In the report the Commissioner recommends that the DfE provides schools with the support needed to implement the new Relationships, Health and Sex Education curriculum, including a recruitment drive for specialist RHSE teachers and support for teachers to deliver the curriculum.



REFRAMING MASCULINITY

The University of Birmingham has published a free resource underpinned by 7 research projects for parents/carers, educators and professionals. We're in this Together - Reframing Masculinity for Young Men and Boys explores masculinity, boyhood, violence, digital spaces, relationships, mental health, and relationships and sex education.

The resource draws on participatory research with boys aged 13-19 and includes practical insights for delivering RSHE and PSHE that challenge harmful stereotypes and promote respectful, compassionate relationships.

With the updated statutory guidance, this is a valuable tool for PSHE Leads looking to strengthen inclusive practice and support boys' wellbeing and emotional development. We recommend this as a must-read for PSHE Leads.

DOMESTIC ABUSE

New data from Refuge's support services reveals a disturbing rise in domestic abuse among young women and girls aged 16 - 25, particularly involving psychological abuse, coercive control and physical violence. Refuge calls for improved domestic abuse education in schools.

Our Resource Library hosts quality-assured lesson plans to support your curriculum, including topics healthy relationships, feelings and emotions, relationship breakdowns, communication, conflict resolution, to enable children and young people to better identify healthy and unhealthy behaviours in relationships and to seek support if needed.

UK PARLIAMENT WEEK

There's still time to sign your setting up for UK Parliament Week (UKPW) from 24th-30th November.

UKPW is an annual event raising awareness of what the UK Parliament is, what it does and how people can get involved. It's a great way to engage with the UK Parliament by exploring its role and work. This year, UKPW introduces young people to Parliament step-by-step, providing an excellent opportunity to educate young people on how they can have their voices heard on issues they care about and play their part in our democracy.

To sign up your setting, please visit www.ukparliament.org.

NSPCC'S THE COLLECTIVE

The NSPCC offers young people the chance to lead and inspire change through in-person and virtual activities. A monthly newsletter shares ways to get involved—from shaping services and campaigns to contributing to research.

[Find out more.](#)

YOUTH-LED VISION FOR CURRICULUM AND ASSESSMENT REVIEW

The [Youth Shadow Panel's final report](#) presents a youth-led vision for education reform, based on input from thousands of young people across England.

Key Recommendations include:

- Strengthen PSHE and RSHE to support mental health and emotional well-being.
- Embed life skills like financial, digital, and political literacy across the curriculum.
- Make Citizenship Education statutory from Key Stage 1.
- Promote inclusive education reflecting diverse identities and lived experiences.
- Support neurodiverse learners through adapted assessments and a better understanding.

This report highlights the vital role of PSHE in preparing students for life, promoting wellbeing, and fostering inclusive, informed communities.

MENTAL HEALTH & YOUNG PEOPLE

A new report commissioned by the [Youth Futures Foundation](#) highlights a worrying decline in young people's (aged 14-24 years) mental health across England. The leading causes include:

- Financial insecurity
- Social media use
- Poor sleep quality
- Cuts to children's and youth services

The PSHE curriculum can support children and young people to build resilience and coping strategies, explore the impact of digital habits and social media and teach how to access support should they need it.

SCVYS hosts an [interactive map](#) showcasing local voluntary groups supporting children, young people, and families across Staffordshire. All listed organisations meet minimum safety and quality standards.

 Search by postcode, filter by activity type, or explore by zooming in on the map. Click markers for more info and links to group websites or social media.

All listed groups meet SCVYS's minimum operating standards, ensuring safe, quality provision.

TEENAGE CONCEPTION RATES

The ONS published the conception data for 2022. It is important to note that conception, in this context, is a pregnancy that leads either to a maternity or a legal abortion. It does not include data on pregnancies that lead to miscarriage or pregnancies ending in illegal abortions. The headline is that both the under-16 and under-18 rates have increased from 2021 although ONS point out they remain lower than pre-pandemic levels. Abortion proportions for both age groups have increased.

The national conception rate for under 18 was 17.6 per 1,000. Locally, this rate was:

Newcastle-under-Lyme - 19.5

Staffordshire Moorlands - 19.4

Tamworth - 19.4

Cannock Chase - 18.7

East Staffordshire - 18.3

Stafford - 14.3

South Staffordshire - 11.5

Lichfield - 6.5

Women aged under 16 years remained the age group with the lowest number of conceptions (2,369) yet the highest percentage of conceptions leading to abortion (61.0%).

MENSTRUATION EDUCATION

A new study by University College London (UCL) states that mixed classes would widen children's understanding and reduce stigma and disinformation about periods, researchers say. Boys and girls should be taught together in mixed classes about menstruation to help reduce the stigma, secrecy and disinformation which still surrounds periods, according to researchers. A new study by University College London (UCL) claims school children are being given insufficient information about periods, with many receiving just two lessons during their entire school career: one at primary level and one in secondary school.

The study argues that lessons focus too narrowly on basic biological facts, with not enough information about how menstruation can affect wellbeing, problems with menstrual bleeding, and its impact on physical and academic performance.

The new RSHE guidance makes clear that menstruation education should start early, as set out in this summary of the Health and Wellbeing Primary curriculum content.

Our linked guidance page provides guidance on menstruation in schools and being period positive.

ACTIVE TRAVEL

BIKEABILITY

The Bikeability Trust's latest [Impact Report](#) celebrates another year of progress, highlighting collaboration with Active Travel England (ATE), the Department for Transport (DfT), and delivery partners. Bikeability supports children's health and safety by teaching cycling and hazard awareness. Training is fully funded by ATE and delivered locally by BikeRight - Level 1 & 2 for primary schools, Level 3 for secondary.

CURRICULUM LINKS

- Primary: Encourages daily physical activity (e.g. walking/cycling to school), and teaches road, railway, and water safety.
- Secondary: Promotes wellbeing through activity and teaches risk management in independent settings, including travel and unfamiliar environments.

Last year, local leaders, including Adam Jogee MP for Newcastle-under-Lyme, visited schools to mark the event. A [recent study](#) has found that pupils who had completed Bikeability Level 2 training were more likely to travel by bike or on foot and reported higher levels of subjective well-being than those who hadn't.

ACTIVE TRAVEL INSPECTORS – KEY STAGE 2 ONLY

Developed by Modeshift and ATE, the [Active Travel Inspectors](#) initiative empowers Key Stage 2 pupils to assess their school area and suggest improvements for walking, wheeling, and cycling. Active travel boosts wellbeing, reduces congestion, and improves air quality. Children learn the benefits and help shape safer, greener journeys. Findings are shared with local authorities and Modeshift.

Free resources are available to all schools in England registered with the [Modeshift STARS scheme](#).

BROOK'S BIG LESSON LIVE – CHRONICALLY ONLINE

This year's 60-minute lesson, takes place on 16th September from 10am. It is aimed at Year 9 and above and is all about exploring the opportunities and challenges of digital life and how it's shaping our attitudes and behaviours to sex and relationships.

Young people will learn:

- The positive and negative ways online content can shape our views and choices around sex, relationships and intimacy.
- How to spot reliable sources of sexual health information and how to recognise misinformation.
- How relationships appear online and learn to spot healthy vs. unhealthy behaviours.
- Where to go for trusted advice, support and information.

To register your class [click here](#).

UPDATE FROM LOCAL PARTNERS

STARS REFERRAL UPDATE

STaRS online referral platform has recently been updated to improve accessibility and streamline the referral process. Here's what's new:

- Continued Professional Referrals

Professionals can still refer individuals they are working with, ensuring seamless support and continuity of care.

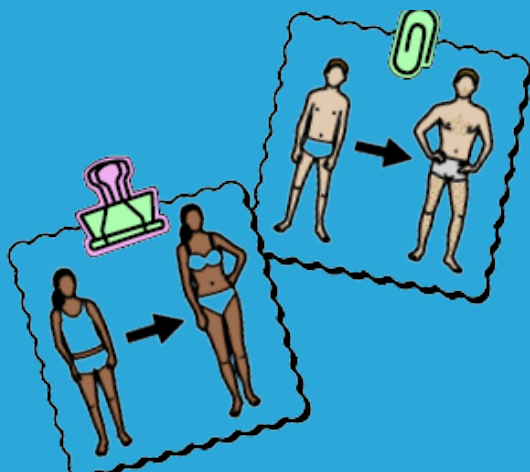
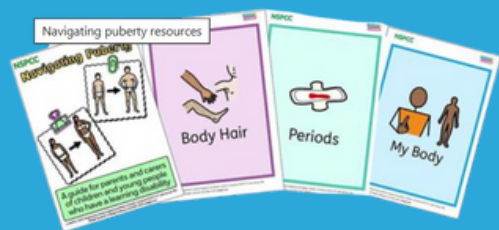
- Family Member Referrals

Family members can now make referrals directly through the platform, making it easier for loved ones to access support.

- Enhanced Self-Referral Form

The self-referral form now includes a screening tool.

This means that there are multiple pathways for referrals, enabling people to access help when they need it, to the correct service for them. For questions or support, please contact the team.



NSPCC NAVIGATING PUBERTY

Children and young people who have a learning disability can experience increased challenges during puberty, from understanding the changes in their bodies to expressing their feelings and managing the difference between public and private behaviours.

To help them navigate this challenging time, the NSPCC Together for Childhood Stoke team have produced a set of resources that parents and carers can use to explore puberty with children and young people which are now freely available on the NSPCC Learning and Widgit websites.

Although the materials are aimed at parents and carers to use with children and young people who have a learning disability, these are also suitable for professionals to use in education settings too. Resources include a guide sharing advice, guidance and practical tips and a series of symbolised books.

COUNTY LINES INTENSIFICATION WEEK 2025 UPDATE

Some people may have the misconception that criminal exploitation only takes place in the bigger cities. It is important that the PSHE curriculum is reflective of specific local issues and so we wanted to share an update with you from Staffordshire Police on their activity during this intensification week.

From Monday 23 June to Sunday 29 June, police forces across the UK carried out a series of enforcement efforts and engagement activities as part of county lines intensification week. A total of 44 people were arrested in Staffordshire, 29 people were safeguarded, 2.6kg of cocaine was found and more than £100,000 in cash was seized.

Across the country, a total of 241 county lines were shut down, along with 1,965 arrests. More than 325 bladed weapons were seized, along with an estimated 178 kilos of crack, heroin and cocaine.

Fifteen addresses were also visited that were marked as being potential 'cuckooing' locations – a term used to describe when gangs take over the home of a vulnerable person and use it as a base of their operations. This normally involves the victim being manipulated, coerced and threatened into not telling anyone that it's happening.

Dedicated proactive crime teams, who are based both in the north and south of Staffordshire, are continuing their efforts to act against the gangs responsible and to support those at a risk of exploitation.

44
ARRESTS

6
DRUG LINES
CLOSED DOWN

OVER
£103,880
CASH SEIZED

**COUNTY
LINES**
THE REALITY

15
VISITS TO ADDRESSES
WHERE CUCKOOING
WAS SUSPECTED

2.6kg
OF COCAINE SEIZED

29
PEOPLE
SAFEGUARDED

COUNTY LINES INTENSIFICATION WEEK 2025



SUICIDE POSTVENTION AND PREVENTION GUIDANCE

In our last PSHE Digest, we shared that new guidance for education settings responding to a sudden unexpected death, treated as suspected suicide, is now available on the [Integrated Care System's website](#). Staff are encouraged to familiarise themselves with it.

The Department for Education's updated statutory guidance for Relationships, Sex, and Health Education (RSHE) now includes references to suicide prevention. While not mandatory, secondary schools may choose to teach it, and should do so with appropriate training from mental health professionals. The guidance emphasises the importance of safe, supportive, and interactive RSHE delivery, with trained staff and external providers. A training grant will be available from Spring 2026, though details are pending.

The Pan-Staffordshire PSHE Education Service advises schools to embed suicide prevention within a sequenced mental wellbeing curriculum, focusing on protective factors like resilience and help-seeking behaviours, rather than teaching it in isolation.

We're supporting education settings to be RSHE-ready by September 2026 through audits, CPD, updated resources, and tailored guidance. To discuss the changes or join a briefing session (links before, contact natalie@staffscvys.org.uk

- [Wednesday 10th September 4-5pm](#)
- [Thursday 11th September 7:30-8:30am](#)

ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY

The updated RSHE statutory guidance emphasises that the curriculum should reflect pupils' needs and local context. One way to support this is by engaging in national initiatives like the [Active Lives Children and Young People Survey](#), delivered by Together Active in partnership with Sport England. Sampled schools will receive emails in the coming weeks, but any school can opt in by contacting Joannelockett@togetheractive.org. The survey, developed with the DfE and other government departments, helps shape future policy and funding for youth physical activity while offering valuable insights to support pupil wellbeing and curriculum relevance.

If your school is selected, you could receive:

- ✓ £100 of FREE sports equipment (selected schools only)
- ✓ A custom report on your pupils' activity levels and attitudes (all schools that take part)
- ✓ A Healthy Schools Rating from the Department for Education (all schools that take part)

The survey is simple to administer—one class in up to three year groups completes a 20-minute questionnaire, one teacher completes a 10-minute survey, and in some cases, parents of younger pupils in Years 1 and 2 may be asked to contribute. Schools can confirm participation by replying to the email, and will then receive the survey links.

If your setting would like to opt in, you can email Joannelockett@togetheractive.org for more information.

SAFE+SOUND OFFER



Staffordshire Fire and Rescue Service support education settings with the PSHE curriculum in Primary settings through their Safe+Sound programme.

Safe+Sound has 2 offerings - a virtual one and a face-to-face one at a local fire station.

Safe+Sound Virtual takes place every Wednesday in term time at 10am. Aimed primarily at Key Stage 2, this programme provides short videos of safety, wellbeing and life-skills messages that are created by local and national partners.

The next edition is live on 10th September, or you can watch it at a time convenient for you and your class on the Learn Live Channel.

Safe+Sound live events are open to all Year 5 children in the county. Small groups take part in workshops led by expert partners, held throughout the fire station—including operational areas. The half-day event is fully funded by Staffordshire Fire and Rescue Service, with schools only covering transport costs.

Emails are being sent by the Safe+Sound team to your school's generic email address. If you haven't received this and would like more information or to book your Year 5s please email safeandsound@staffordshirefire.gov.uk.

CYBER CHOICES PROGRAMME



Keeping Children Safe in Education (2025) references the Cyber Choices Programme (page 153).

This is a national police programme supported by the Home Office and led by the National Crime Agency, working with regional and local policing. It aims to intervene where young people are at risk of committing, or being drawn into, low-level cyber-dependent offences and divert them to a more positive use of their skills and interests.

Note that Cyber Choices does not currently cover 'cyber-enabled' crime such as fraud, purchasing of illegal drugs on-line and child sexual abuse and exploitation, nor other areas of concern such as on-line bullying or general on-line safety.

Locally, the Cyber Choices team will be running a webinar on 17th September 4-5pm.

This webinar is aimed at teachers, head teachers, SEND leads and other school staff to help them understand the risk and threat posed by the unethical/illegal use of technology by young persons. We will explain the aims of the Cyber Choices programme and also the referral system where can work on a one to one basis with a person to help turn their activities away from the risk of cyber crime and into positive pathways.

INFORMATION FOR PARENTS AND CARERS

AI CHATBOTS

AI chatbots like ChatGPT and Snapchat's My AI are now part of everyday life for many children, and they're even included in the updated secondary curriculum. But it's just as important to support primary-aged children and their families in understanding these tools.

Please share the information below in your own newsletters, on your school website, or pass it on to your pupil's parents and carers.

Internet Matters has launched an AI Chatbot Advice Hub to help parents and carers learn what chatbots are, the risks they pose, and how to guide children in using them safely. It also explains new age checks now required on platforms like Roblox, Discord, Fortnite, and YouTube.

Research shows two-thirds of children use AI chatbots for schoolwork, advice, and even companionship. These bots can feel like real friends—but they're not. They may give inappropriate or unreliable responses, and most lack safety settings or parental controls.

AGE CHECKS

Since 25th July, some online platforms, like Roblox, Discord, Fortnite, and YouTube, will be required to have age checks in place to help give children a safer experience.

Internet Matters has partnered with Verifymy, to help parents and carers understand exactly what "Age checks" mean, how it helps and bust some common myths. Check out their new resource to learn more.

VACCINATIONS FOR SCHOOL-AGED CHILDREN

Staffordshire and Stoke-on-Trent Integrated Care Board is asking education settings to share a digital flyer with parents and carers about vaccinations for school-aged children.

Vaccines protect against serious illnesses like polio, meningitis, and some cancers. With falling vaccination rates and rising cases of preventable diseases like measles, it's vital that children and young people are protected.

The School Age Immunisation Service (SAIS) provides vaccines to all school-aged children, including those in special schools and home education. The flyer explains what's offered, why it matters, and how parents can ensure their child receives their vaccinations.

 Don't forget: The updated RSHE guidance encourages linking vaccination topics to when they're offered in school.

MOVING ON TO HIGH SCHOOL

As children begin travelling more independently, they face greater road safety risks—especially around peer pressure and risk-taking.

The Staffordshire Safer Roads Partnership has created a [helpful guide for parents and carers](#) to support these conversations at home.

 We encourage middle and high schools to share this resource through your usual parent/carers communication channels.

Let's work together to keep young people safe on their journeys to and from school.

SUPPORTING CAREERS EDUCATION

Many of you will be aware of the cross-curriculum links between PSHE education and Careers education. Julie Poppleton, Director of Careers at Chase Terrace Academy, has collaborated with The Inspirational Learning Group and Outstanding Careers to develop a [parent/carers video resource](#) that provides support, advice, and signposts to where they can find information to facilitate conversations with their children about careers. Although aimed at KS3, it is also suitable for parents and carers with children in primary school. This has been uploaded to our Parents/Carers page, but please share with your parents/carers via your usual communication methods.

SEND AND RSE

NSPCC Together for Childhood (Stoke) invited local parents and carers to submit questions on a range of topics, including healthy relationships, puberty, online safety, PSHE, sexual abuse, and more. The submitted questions formed the basis of a [recorded Q&A session](#) with SEND Gin and Cheese CIC to provide information for parents and carers on the importance of RSE, the role of parents and carers, online safety, friendships and relationships, puberty, sexual behaviour, sexual abuse and help and support

HALLOWEEN AND BONFIRE NIGHT LETTER

Staffordshire Police and Staffordshire Fire and Rescue Service have [written a letter for parents and carers](#) regarding advice around Halloween and Bonfire Night.

Please could you share this with your parents and carers via your usual communication channels.

RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. The full year calendar for 24-25 can still be found [here](#) on the website.

We are pleased to share with you the [PSHE Awareness Calendar for the next academic year 25-26](#). Please note that the linked document and image below take you to a live document which we will continue to update throughout the year.

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

FOR JULY-AUGUST

ONLINE SAFETY

BULLYING

DENTAL HEALTH

FRIENDSHIPS

COMMUNITIES

DIET AND NUTRITION

KNIFE CRIME

MANAGING CHALLENGES

SIMILARITIES AND DIFFERENCES

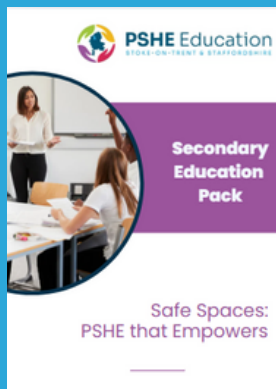
SMOKING AND VAPING

SUN SAFETY

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 on the Resource Library by emailing natalie@staffscvys.org.uk.

NEW LOCALLY PRODUCED RESOURCES

We are delighted to launch 2 new local resources, now housed in our [Resource Library](#).



The first is to support effective pedagogy of PSHE in creating a safe learning environment suitable for 11-16 years old. This session enables groups to develop their own ground rules for use in PSHE sessions.



The second is another edition to our Oatcake Universe for 9-11 years old. This time we meet Kai, their best friend Florence, and explore Knife Crime. This includes a digital comic book, education pack and supporting animation.



NEW TO THE RESOURCE LIBRARY - WWW.PSHESTAFFS.COM

As part of our work over the Summer, we have been adding new resources to the Resource Library on the website - [register](#) or [log-in](#). In this edition and next month's PSHE Digest, we're sharing the table below to highlight new additions and where to find them.

Topic/Area in Resource Library	New Resources added
Abuse & Violence	School Zone - One-to-one relationships lesson plan - KS3/4 NSPCC - Talk Relationships - ages 14-16
Alcohol	NSPCC - Talk Relationships - SEND
Appropriate Behaviours (inc. Sexualised Behaviours)	NSPCC - Talk Relationships - ages 11-12 NSPCC - Talk Relationships - ages 12-14 NSPCC - Talk Relationships - SEND
Balanced Lifestyles	School Zone - Social Media lesson plan - Year 6 School Zone - Social Media lesson plan - KS3/4
Being Healthy	School Zone - Physical and Mental Wellbeing lesson plan - KS3/4 School Zone - What is Wellbeing? - KS1/2 School Zone - Self Care lesson plan - KS1 School Zone - Self Care lesson plan - KS2 School Zone - Physical and Mental Wellbeing lesson plan - Year 6
Body Image	School Zone - Body Image in a Digital World lesson plan PSHE Association - Canesten: The Truth Undressed - KS3-5 Media Smart - Body Image & Advertising - ages 9-11 Media Smart - Body Image & Advertising - ages 11-14
Body Parts	PSHE Association - Canesten: The Truth Undressed - KS3-5
Budgeting	FLIC - Learning Hub - Year 7 FLIC - Learning Hub - Year 11

Bullying	School Zone - Kindness lesson plan - KS1 School Zone - Kindness lesson plan - KS2 CEOP Education - Connect - ages 9-12
Communication	PSHE Association - Careers for Change - KS3
Consent	NSPCC - Talk Relationships - ages 12-14 NSPCC - Talk Relationships - SEND CEOP Education - Connect - ages 9-12
Conflict Resolution	Learn Sheffield Preventative Knife Crime Education Resources - KS3
Dealing with Emergencies	British Heart Foundation - Classroom RevivR - KS3/4
Diet & Nutrition	School Zone - Physical and Mental Wellbeing lesson plan - Year 6 Media Smart - Creating and Advert - ages 11-16
Exploitation	PSHE Association - Preventing Involvement in Serious and Organised Crime - KS3 FLIC - Learning Hub - Year 9 CIFAS - Anti-Fraud Lesson Plans - KS3/4
Feelings & Emotions	School Zone - Emotions lesson plan - KS1 School Zone - Emotions lesson plan - KS2 School Zone - Kindness lesson plan - KS1 School Zone - Kindness lesson plan - KS2 School Zone - Self Care lesson plan - KS1 School Zone - Building Connections lesson plan - Year 6 School Zone - Building Connections lesson plan - KS3/4
Friendship	Learn Sheffield Effective Preventative Knife Crime Education Resources - KS2 School Zone - Kindness lesson plan - KS1 School Zone - Kindness lesson plan - KS2 School Zone - Positive Friendships lesson plan - KS3/4 NSPCC - Talk Relationships - ages 11-12 NSPCC - Talk Relationships - SEND PSHE Association - Preventing Involvement in Serious and Organised Crime - KS3
Gambling	FLIC - Learning Hub - Year 9
Gangs	Learn Sheffield Preventative Knife Crime Education Resources - KS3 PSHE Association - Preventing Involvement in Serious and Organised Crime - KS3

Gender	NSPCC - Talk Relationships - ages 12-14
Grooming	PSHE Association - Preventing Involvement in Serious and Organised Crime - KS3
Harassment	NSPCC - Talk Relationships - ages 12-14
Healthy Relationships	School Zone - One-to-one relationships lesson plan - KS3/4 NSPCC - Talk Relationships - ages 12-14 NSPCC - Talk Relationships - ages 14-16 NSPCC - Talk Relationships - SEND BBFC - Healthy Relationships - KS3 BBFC - Pornography - KS4
Jobs	PSHE Association - Careers for Change - KS3 Media Smart - Careers Workshop FLIC - Learning Hub - Year 7 FLIC - Learning Hub - Year 10 FLIC - Learning Hub - Year 11
Knife Crime	Learn Sheffield Effective Preventative Knife Crime Education Resources - KS2 PSHE Education Service: Knife Crime & Joint Enterprise Comic & supporting resources - UKS2 Learn Sheffield Effective Preventative Knife Crime Education Resources - KS3 Learn Sheffield Effective Preventative Knife Crime Education Resources - KS4
Laws	BBFC - What are age ratings for? - KS1 Learn Sheffield Preventative Knife Crime Education Resources - KS3

NSPCC KINDNESS CHALLENGE - 1 OCT

This day offers an opportunity for educational settings to raise money for Childline and promote kindness within their school communities. When you sign up, the NSPCC will give you access to loads of Kindness Challenge resources, including:

- Kindness challenge worksheet for pupils to plan what acts they'll do
- Case study sheets which can be used with pupils
- Empathy, generosity, mindfulness, respect and self-compassion activities
- Kindness activity sheet
- Colouring in sheet
- Posters
- Assembly plan
- Kindness act ideas.

[Sign up here.](#)



BLACK HISTORY MONTH - 1-31 OCT

Black History Month 2025 is themed "Standing Firm in Power and Pride," which celebrates the resilience, achievements, and cultural heritage of Black communities. It highlights key historical events like the Race Relations Act and the Bristol Bus Boycott, while promoting achievements across arts, activism, and leadership.

In PSHE, exploring these topics fosters inclusion, challenges stereotypes, and empowers students to understand identity, equality, and social justice. It fosters respectful dialogue, promotes representation, and empowers young people to become empathetic and informed citizens.

BBC Teach has videos "The Colour of my Skin, which showcase real experiences - suitable for KS3+.

The PSHE Association has this blog providing guidance on how to challenge racism through PSHE education.

STOPTOBER - 1-31 OCT

Stoptober is the Department of Health and Social Care's annual mass-participation stop smoking campaign, based on evidence that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good.

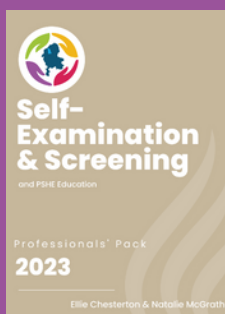
While smoking rates have declined in recent years, including some of the lowest ever smoking rates amongst young people, with only 11% of 11-to-15-year pupils having ever smoked in 2023, over 5 million people in England still smoke. It remains the single biggest cause of preventable ill health and death. Data shows that using willpower alone is the most common approach to quitting smoking, despite being proven to be the least effective.

PSHE education is most effective when it takes a strength-based, normative approach. Young People and Stopping Smoking, and Young People and Stopping Vaping by the Department of Health and Social Care, provides useful statistics and information to support your sessions.

BREAST CANCER AWARENESS - 1-31 OCT

Breast Cancer Awareness Month, held every October in the UK, plays a vital role in promoting early detection, prevention, and support for those affected by breast cancer. With over 56,000 cases annually, education is key to reducing risk and improving outcomes. In PSHE, it can be covered through age-appropriate lessons that teach self-examination, highlight risk factors, and encourage body confidence.

[Coppafeel](#) provide a [CoppaCollege! online module](#) to support professionals in teaching about breast cancer, as well as [three lesson plans](#) containing activities and resources to deliver engaging sessions with young people around breast cancer.



Our [Self-Examination and Screening & PSHE Professionals' guidance](#) shows the curriculum learning outcomes links to Self-Examination and Screening, and gives information to enable professionals to build their own knowledge on the topic to competently facilitate PSHE sessions with confidence. This, and other resources can be found in the Resource Library under "Self Examination".

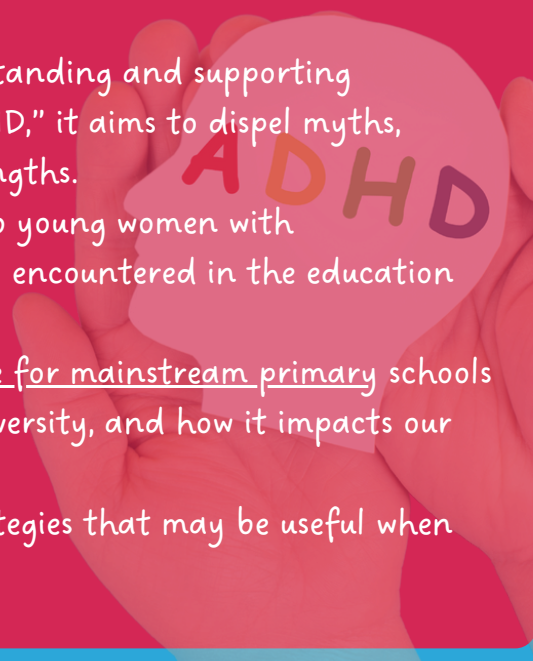
ADHD AWARENESS MONTH - 1-31 OCT

ADHD Awareness Month highlights the importance of understanding and supporting neurodiversity. With the 2025 theme "The Many Faces of ADHD," it aims to dispel myths, promote accurate information, and celebrate individual strengths.

TrueTube has a [short video](#) that follows the experiences of two young women with neurodivergence (Autism and ADHD) and the difficulties they encountered in the education system as they journey to understand themselves.

Learning about Neurodiversity in Schools is a [free programme for mainstream primary](#) schools to introduce pupils aged 8-11 years to the concept of neurodiversity, and how it impacts our experiences at school.

[The EPIC Strategy booklet](#): A guide for teachers provides strategies that may be useful when teaching children and young people with ADHD and autism.



BABY LOSS AWARENESS WEEK - 9-15 OCT

Baby Loss Awareness Week encourages open conversations around grief, empathy, and emotional well-being. It includes miscarriage, abortion, termination for medical reasons, stillbirth, and infant death.

The PSHE Association offers a members-only resource for ages 14-18 on [fertility and pregnancy](#).

[Winston's Wish](#) provides free PSHE lessons on loss for Key Stages 1-4, helping pupils explore bereavement with sensitivity and support.

WORLD MENTAL HEALTH DAY - 10 OCT

Each year, World Mental Health Day highlights key challenges affecting mental well-being. This year's focus is on how emergencies—like natural disasters and pandemics—impact mental health, especially for children and young people.

While physical safety is often the priority during crises, the emotional and psychological effects can be long-lasting. Trauma-informed approaches can help reduce this impact and improve outcomes.

Children are particularly vulnerable during emergencies. Trauma-Informed Practice helps professionals create safe, supportive environments by:

- Recognising signs of trauma
- Reducing distress through thoughtful planning
- Building trust and consistency
- Ensuring pupils know where to access support

The Violence Reduction Alliance has funded Trauma Informed Stoke-on-Trent and Staffordshire (TrISS), offering free resources including awareness videos, briefings, and guides. Explore the professional guide "Adversity and Trauma-Informed Practice"—developed by Young Minds, Anna Freud Centre, and Body & Soul—to deepen your understanding.

The latest RSHE guidance emphasises the importance of safe, participative education. A great starting point is our "Creating a Safe Learning Environment" guidance pack.

For training or support in this area of PSHE pedagogy, contact natalie@staffscvys.org.uk

HATE CRIME AWARENESS WEEK - 11-18 OCT

In the UK, a hate crime is any criminal offence motivated by hostility or prejudice toward someone's race, religion, sexual orientation, disability, or transgender identity. It's defined by the perception of the victim or others, meaning if someone believes the act was driven by hate, it can be treated as such. Hate crimes include verbal abuse, threats, assault, or damage to property, and they carry serious legal consequences.

Uniting Staffordshire Against Hate (USAH) is a free and confidential support service providing information and emotional and practical support to all victims of Hate driven crime or incidents, who either live in Staffordshire or were targeted when visiting the area on more than two occasions.

The PSHE Education Service worked with USAH to produce a spiral curriculum programme for Key Stages 1-5. This is available in the Resource Library in the Similarities & Differences area.

INTERNATIONAL DAY OF THE GIRL CHILD - 11 OCT

This year, the theme “The girl I am, the change I lead,” encourages recognition of girls as powerful changemakers, especially in times of crisis. This day offers a chance to explore gender equality and amplify girls’ voices through creative activities, debates, and real-life role models. Including these themes into the curriculum, educators can foster empathy, challenge stereotypes, and inspire students to advocate for a more inclusive and equitable future.

We know that some topics covered by PSHE education directly and disproportionately impact women and girls. The PSHE Education Service worked with NSPCC Together for Childhood Stoke and Staffordshire & Stoke-on-Trent's Violence Reduction Alliance to develop a series of comic books and supporting lesson plans focused on the theme of Violence Against Women & Girls. These resources, and others, linked to VAWG can be found in the [Resource Library](#).

CYCLE TO SCHOOL WEEK - 13-17 OCT

Cycle to School Week encourages pupils, families, and schools across the UK to embrace cycling as a healthy, eco-friendly way to travel. Schools can get involved by making a pledge through [Bikeability](#) to access free resources, including classroom activities, promotional materials, and competitions. Events like group rides, bike safety workshops, and themed assemblies help build excitement and promote road safety.

By participating, schools foster independence, physical activity, and environmental awareness among students. It's a fun, impactful way to reduce traffic, boost wellbeing, and inspire lifelong cycling habits within the school community.



GLOBAL HANDWASHING DAY - 15 OCT

Educational settings provide an ideal environment in which to communicate with children and young people about the importance of personal hygiene and motivate them to share handwashing-promotion messages with their friends and families.

Global Handwashing Day UK partners have compiled a variety of resources for use in pre-schools/nurseries and primary schools, providing guidelines, ideas and inspiration, not only for Global Handwashing Day, but for hygiene promotion throughout the year.

Further resources linked to personal hygiene and handwashing can be found in the [Resource Library](#) under "Hygiene".

WORLD FOOD DAY - 16 OCT

Resources, including from The Fairtrade Foundation, Department for Education, BBC Bitesize, Beano & Change4Life, can be found in the Resource Library under "Diet & Nutrition".



RESTART A HEART DAY - 16 OCT

Restart a Heart is an annual campaign by Resuscitation Council UK to increase CPR awareness and survival rates from out-of-hospital cardiac arrests.

A third of Brits are afraid to give CPR to a woman because they are worried about touching her breasts. And the same proportion, a third of men (33%) say they are concerned they will be accused of 'inappropriate' touching when giving chest compressions to a woman in cardiac arrest in public - versus 13% of women.

Use PSHE lessons not only to equip young people with lifesaving skills but also a space to address these concerns.

Resources from Staffordshire Police, British Red Cross and St Johns Ambulance can be found in the Resource Library under "First Aid."

UN DAY - 21 OCT



United Nations Day commemorates the founding of the UN in 1945 and promotes values like peace, cooperation, and human rights. In PSHE, it offers a chance to explore global citizenship, cultural diversity, and ethical responsibility. Schools can highlight this day to spark discussions on international issues, empathy, and the importance of working together across borders.

Celebrating UN Day in PSHE helps students understand their place in a wider world and encourages respect, tolerance, and active participation in building a fairer, more peaceful society.

HALLOWEEN & AUTUMN SAFETY

Halloween and Autumn bring seasonal risks for children, young people and communities, including increased hazards and potential spikes in anti-social behaviour.

As well as it being a time of celebrating and trick-or-treating, it's important to remember that there are many extra hazards to be cautious of around Halloween time, and we may also see a spike in reports of anti-social behaviour. This presentation from StayWise highlights the things to look out for and offers tips on how to stay safe this Halloween season.

This video from BBC Teach explores the origins of Halloween, tracing it back to the ancient Celtic festival of Samhain, how it became All Hallows' Day and looks at the fun ways we celebrate Halloween today.

Please remember that the best practice principles of PSHE recommend that shock and fear tactics are not effective so images of burns should not be shown.

Staffordshire Police and Staffordshire Fire and Rescue Service have written a letter for parents and carers that can be found on page 17.

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, 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.
GENDER & HARASSMENT	17 TH SEPTEMBER 3.30-5PM	EVERYONE'S INVITED	FREE	THESE SESSIONS FOCUS ON INCEL CULTURE, THE RISE OF ONLINE MISOGYNY AND CHALLENGING YOUNG PEOPLE'S HARMFUL LANGUAGE.
APPROPRIATE BEHAVIOURS	24 TH SEPTEMBER 4-5PM	LUCY FAITHFULL FOUNDATION	FREE	HEAR FROM AUTHOR AND ACADEMIC DR EMILY SETTY, SCHOOL STAFF WE WORKED WITH THROUGH THE EVERYONE'S SAFER PROJECT, AND OUR LUCY FAITHFULL FOUNDATION TEAM. WE'LL DISCUSS OUR FIVE RECOMMENDATIONS, HOW SCHOOLS HAVE IMPLEMENTED THEM, AND OUR PLANS TO SUPPORT EVERY SCHOOL TO PREVENT HARMFUL SEXUAL BEHAVIOUR.
SAFEGUARDING AND RSHE	2 ND OCTOBER 3.30-4.30PM	LIFE LESSONS	FREE	LEARN HOW THE RSHE GUIDANCE AND THE KCSIE GUIDANCE INTERSECT AND SUPPORT EACH OTHER. BENEFIT FROM DEDICATED TIME TO EXPLORE YOUR OWN QUESTIONS OR CHALLENGES IN GUIDED BREAKOUT ROOMS.
SUBSTANCES	16 TH OCTOBER 3.30-5PM	DRUG EDUCATION FORUM	FREE	JOIN THE DEF AUTUMN 2025 EVENT, WHICH WILL FOCUS ON EXCELLENT, EVIDENCE-BASED, AGE-APPROPRIATE DRUG EDUCATION AND HARM REDUCTION.
DELIVERING INCLUSION RSE IN SPECIAL SCHOOLS	15 TH OCTOBER 9.30AM-3.30PM	SEX EDUCATION FORUM	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.
BULLYING	14 TH NOVEMBER 9AM-12PM	ANTI-BULLYING ALLIANCE	FROM £116.20	THIS CPD TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
RSE SKILLS FOR KS4 AND KS5 LEARNERS WITH SEND	26 TH NOVEMBER 1-3PM	<u>SEX EDUCATION FORUM</u>	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.

YGAM CITY & GUILDS ASSURED WORKSHOP

We are delighted to, once again, offer education settings across Staffordshire and Stoke-on-Trent the opportunity to attend Ygam City & Guilds assured gaming and gambling awareness and harm prevention workshop for KS2-KS5/16+ teachers and support staff working directly with children and young people. This training will cover:

-  Gaming and gambling harms.
-  Advertising and legislation.
-  Mental health and wellbeing.
-  The blurred lines between gaming and gambling.
-  How to spot the signs of harm.
-  Where to get help and support

Upon completion of the training, you will receive access to Ygam's award-winning resources for sessions, tutorials, and group work, all mapped to the PSHE curriculum for KS2-KS5 and a framework of outcomes, a certificate and access to further training through Ygam's Alumni Hub, including topics such as monetisation, cryptocurrency, and lived experience.

 13/10/2025  16:00-18:00  Microsoft Teams hosted by Ygam

 [Grab your free place here.](#)

This session will not be recorded. This training is not only for PSHE Leads but for all staff who deliver PSHE education to children and young people.

INTRAFAMILIAL CHILD SEXUAL ABUSE

Intra-familial child sexual abuse (CSA) occurs within a family setting, including abuse by individuals who feel like family to the child. Around two-thirds of CSA reported to police involves someone close to the child, with most perpetrators being male—though abuse by women also occurs. Notably, 25% of perpetrators are under 18, and in Staffordshire, 58% of suspects are brothers.

Staffordshire Police's "Break the Silence" campaign launched in May to raise awareness and encourage reporting.

NSPCC Learning has released a 6-part online training series (£40) to help professionals prevent CSA within families. Topics include working with non-abusive family members, understanding risk, and amplifying the child's voice.

AUTISM AND WELLBEING IN SCHOOLS TRAINING

Anna Freud is recruiting colleagues from 140 mainstream state funded primary and secondary schools to take part in this 2-day training programme with coaching sessions. The training features resources co-produced by neurodivergent people of all ages. We welcome applications from: Schools teaching staff currently working in phases KS2, KS3 and KS4 (this project is not suitable for staff working exclusively in KS1 or 6th Form/College).

Each school that completes the training programme will be eligible to claim a small sum to support their participation in the project and release costs. It is free to take part.

If you have any questions please email school.training@annafreud.org or to register your interest please [complete this MS Form](#).

FREE ONLINE FINANCIAL HARMS CPD COURSE

You can enrol on the PSHE Association's free Online Financial Harms on-demand CPD Course. This course will enable you to:

- Build your subject knowledge about the new and emerging area of online financial harms.
- Learn how to protect your students from risks such as scams, fraud, exploitation, and extortion, while understanding the impact of online influence, targeted advertising and game features such as loot boxes.
- Get to grips with the PSHE Association's new suite of online financial harms lesson plans – ranging from key stage 2 up to post 16/key stage 5 – produced as part of our work with the Child Financial Harms programme.

[Find out more and enrol here](#). Also on the [Training Page](#) of our website

CYBER CHOICES

[Keeping Children Safe in Education](#) (2025) highlights the Cyber Choices Programme (p.153), a national police initiative aimed at diverting young people from low-level cyber crime towards positive use of their digital skills.

Cyber Choices focuses on cyber-dependent offences (e.g. hacking), but does not cover cyber-enabled crimes like fraud or online bullying.

Join the [local Cyber Choices team](#) on 17th September, 4–5 pm for a free webinar aimed at school staff. Learn how to spot risks, understand the referral process, and support young people in using technology safely and ethically.

Cyber Prevent

Growing up in a digital world, many young people are incredibly comfortable with technology. This can lead to curiosity about how it all works – and sometimes, how it can be manipulated. What might start as harmless fun, like hacking into a game, can easily escalate into illegal activities such as data theft, ransomware, or Distributed Denial of Service (DDoS) attacks.

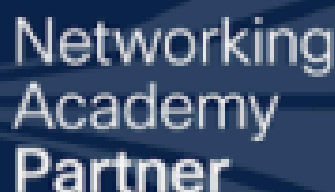
The Cyber Choices programme was created to help people make informed choices and to use their cyber skills in a legal way.

The aims of the programme are:

- Explaining the difference between legal and illegal cyber activity
- Encouraging individuals to make informed choices in their use of technology
- Increasing awareness of the Computer Misuse Act 1990
- Promoting positive, legal cyber opportunities

The Regional Cyber Prevent Team can deliver bespoke Cyber Choices training sessions to safeguarding leads in schools, colleges and local Policing teams across the region to help them understand the risk and threat posed by the unethical / illegal use of technology by young persons. The average age of a cyber criminal currently is just 16 years old. We also have a referral system and can work on a one to one basis with a person to help turn their activities away from the risk of cyber crime and into positive pathways.

Contact us at the email address below to discuss your training needs or to have an informal chat about a person of concern.



TRAINING (E-LEARNING, WEBINARS)

**NEW
UPDATE**

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

This month, we have added a link to a new online training platform from the British Nutrition Foundation. All courses have been developed by expert nutrition scientists and educators, ensuring accuracy, credibility, and real-world relevance. There is a mixture of free and paid courses. This is under the Diet and Nutrition tab. The British Nutrition Foundation has partnered with Oak National Academy - the independent public body to create a new Cooking and Nutrition curriculum and lessons, based on Food - a fact of life. We will be quality assuring the resources over the coming months, and if appropriate uploading them to the Resource Library. Please note there are 108 primary and secondary lessons and not all will be relevant to the PSHE curriculum, some will be more appropriate as part of cross-curricular learning, for example, with Design Technology.

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.

Last month we added the following podcasts:

Exploitation - This podcast from NSPCC Learning discusses how to protect boys and young males from targeted online blackmail and extortion, featuring experts from Childline and CEOP Education, part of the National Crime Agency (NCA). The episode covers: what online financial sexual extortion is; how to spot the signs of online blackmail and extortion; how to support boys who are experiencing online sexual extortion; and how to report real and AI-generated images.

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.

We have recently added:

- **Tommy: The Good. The Bad. The Fury.** Follows boxer and influencer Tommy Fury as he navigates personal and professional challenges, offering a raw look at identity, relationships, and resilience. 6 x 30-minute programmes.
- **Stacey Dooley Sleeps Over: Trad Wife** - Stacey investigates the growing community of 'tradwives' - women who have rejected career ambitions in favour of becoming the archetypal traditional housewife.
- **Stacey Dooley Sleeps Over: Lily Philips: X-Rated Creator** - Stacey spends the weekend with 23-year-old Lily Phillips, a high-profile adult content creator who has sparked both fascination and outrage in equal measure.

NEXT MONTH (OCTOBER)...

Resources & Materials for key awareness dates in November:

- 1-30 - Islamophobia Awareness Month
- 1-30 - Movember
- 1-30 - Mouth, Pancreatic, Lung Cancer Awareness Month
- 5 - Bonfire Night
- 6 - International Day Against Violence and Bullying at School
- 10-14 - Anti-Bullying Week
- 10 - Odd Socks Day
- 13 - World Kindness Day
- 14 - World Diabetes Day
- 16 - International Day for Tolerance
- 16-22 - Road Safety Week
- 19 - International Men's Day
- 24-30 - UK Parliament Week
- 25 - International Day for the Elimination of VAWG

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

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

natalie@staffscvys.org.uk



“

We always love when it [the PSHE Digest] comes out - thank you for all you do to support our staff and, by default, our children

”

Director of Safeguarding and SEND, Multi-Academy Trust

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



Next edition publication date: 3rd October 2025