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- National Grief Awareness Week
- International Day of People with Disabilities
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- Human Rights Day

Training Opportunities

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MEETING RECORDINGS:

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

- PSHE Leads Meetings
 - RSHE Ready Webinar
 - Autumn 1 - What the updated OFSTED Framework means for PSHE Leads
- Bitesize Practice Development Webinars

2025-2026 DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 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.

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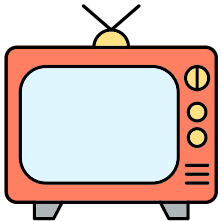
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natalie@staffscvys.org.uk

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.

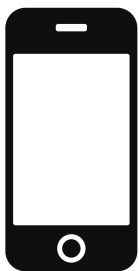
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- The BBC have aired a TV series, [Riot Women](#), which follows a group of middle-aged women as they form a punk-rock band to participate in a talent contest. The series explores topics and how they directly impact women, including mental health and suicide, pregnancy, motherhood and adoption, VAWG, harassment, relationships and the menopause.
- Emmerdale have been covering a county lines [storyline](#)
- [EastEnders](#) have been focusing on their criminal exploitation storyline where Kojo had been a victim of cuckooing



- [The government says](#) 60,000 knives were taken off the streets in its first year in office, thanks to knife surrender schemes and police operations. It said the latest data showed a 10% fall in NHS admissions for knife assaults in England and Wales, and it's on track to halve knife crime in a decade.
- [2 nail bars in North Staffordshire](#) were raided by police as part of an investigation into model day slavery - reminding us that this modern-day reality is happening locally.
- A new [Oxford University study](#) is looking at how one widely used SSRI, Fluoxetine, also known as Prozac, affects young people.
- Read a [Year 11 male share his experiences](#) of the mansphere and masculinity.



- Earlier in the year, an independent review highlighted that strangulation content was "rife" across mainstream porn websites. The [government has announced](#) that it's cracking down on violent pornography and will criminalise the possession and publication of images depicting strangulation and suffocation.
- Porn websites have [reported a 77% reduction](#) in UK site visitors. IT experts have advised that 77% hasn't vanished but is being re-classed as non-UK traffic due to VPN usage.
- Ore Oduba [opened up](#) about a 30 year porn addiction
- There has been a [rise in the popularity of AI girlfriends](#). AI dating sites claim they remove potential for exploitation, but critics say they are reinforcing harmful stereotypes. This [TES article](#) provides information for teachers.
- If you have heard people shouting "six seven" recently and wondered what it means, you are not alone. The latest viral craze has quickly made its way from TikTok to classrooms across the country, leaving many teachers curious and slightly bewildered. Is it something to worry about, or just harmless fun? The [Safeguarding Network](#) has written this blog about the craze.
- [Fortnite has introduced](#) a new pet feature to the game, called sidekicks. Sidekicks are customizable pets that follow players around during matches. The first sidekick to be introduced in the game is Peels - a banana-dog - who can be unlocked as part of this season's Battle Pass. Fortnite have said that more sidekicks will be heading to their shop - for a cost - from today.

UPDATE FROM NATALIE

PSHE LEADS SURVEY

A huge thank you to everyone who's already completed our updated PSHE Leads questionnaire—it's giving us valuable insight into what's happening in schools across the region.

We're already using your feedback to plan support. For example, some responses show uncertainty around whether PSHE is embedded as part of a whole-school approach. To help, we've shared a great example from one MAT tackling discrimination and bullying—something many of you are working hard to address.

If you haven't filled in the survey yet, we'd love to hear from you. It takes less than 5 minutes and helps ensure your voice is part of the conversation. It also helps us keep our records up to date, so you don't miss out on key updates or commissioned opportunities.

Let's keep working together to strengthen PSHE and safeguard our children and young people.

PSHE LEADS NETWORK MEETING

We're looking forward to welcoming many of you to this half-term's PSHE Leads Network Meeting on Wednesday 26th November, 4–5pm.

If you haven't booked yet, there's still time—reserve your place via our Eventbrite page. It's a great opportunity to connect, share ideas, and stay up to date with key developments in PSHE.

Last half-term, we explored the new Ofsted framework and what it means for PSHE and Personal Development leadership. If you missed it or want to revisit the session, the recording is available on our PSHE Leads Network Page.

If there's a particular topic or aspect of PSHE education you'd like us to cover this time, let us know—we'd love to shape the session around what matters most to you.

COPRODUCTION OPPORTUNITY - DEADLINE 21ST NOVEMBER 2025

There's still time to get involved in creating new PSHE resources for Staffordshire and Stoke-on-Trent—but the deadline for expressions of interest is 21st November 2025. Huge thanks to the schools and settings that have already reached out!

The Pan-Staffordshire PSHE Education Service has secured funding for two exciting projects and is looking for education settings across all phases to help shape them:

CONSENT TOOLKIT

We're developing age-appropriate lesson plans and guidance to support confident teaching of consent from Key Stage 1 to Post-16, helping prevent sexual harassment and relationship abuse.

WHERE WILL IT END? LESSON PLANS

Building on the success of the VRA's campaign, we're expanding this into classrooms and need your input to make it meaningful across all phases.

This is a great opportunity to collaborate, share your expertise, and help create resources that reflect the needs of our local children and young people.

To get involved or find out more, email: natalie@staffscvys.org.uk



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



Contribute to the Youth Select Committee's Inquiry into PSHE (page 8) deadline 13th November 2025



Book to attend this half-term's PSHE Leads Networks Meetings and highlight any particular area you'd like to focus on



If not done already, 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.



Share action plan from audit with PSHE Education Service, for specific support to be RSHE-ready for September 2026



Read the local response to the drug alert - share leaflet with parents/carers and, secondary only, consider where to deliver new education pack (page 15)

CURRICULUM AND ASSESSMENT REVIEW REPORT



The Curriculum and Assessment Review “Building a world-class curriculum for all” Final Report sets out a “world-class curriculum for all” that balances academic knowledge with preparation for life and citizenship. It stresses that education must promote young people’s “intellectual, social, cultural, spiritual and moral, emotional and physical development” p. 47

This broad view provides the framework for PSHE, RSHE, and personal development, ensuring that life skills, wellbeing, and social responsibility are integrated across the curriculum rather than confined to non-exam subjects.

To save you some time and energy, we have reviewed the full report and have compiled a summary of key findings, recommendations and implications for PSHE, RSHE, Citizenship & Personal Development.

SUMMARY

| THEME | IMPLICATION FOR EDUCATION |
|----------------------|---|
| PSHE | Not statutory, risk of inconsistency; likely to evolve into a clearer life skills framework aligned with Citizenship. Schools should review PSHE content for overlap and ensure coverage of financial, media and sustainability education. |
| RSHE | statutory guidance remains; new DfE-reviewed content (from Sept 2026). Schools must review policies and consult parents. |
| Citizenship | Expanded statutory role, especially at primary, including financial literacy, sustainability, equality and media literacy. Strengthens coherence with PSHE and RSHE. |
| Personal Development | Strong emphasis on inclusion, wellbeing, and enrichment activities. Expect DfE guidance on enrichment and transferable skills (p. 167). Schools should audit provision to ensure coverage of social, emotional, moral and civic development outcomes. |

YOUTH SELECT COMMITTEE – INQUIRY INTO PSHE

The Youth Select Committee (YSC) is a National Youth Agency initiative, supported by UK Parliament and Department for Culture, Media and Sport, which takes evidence in public and has its proceedings broadcast on Parliament TV and recorded in Hansard. The 12 committee members are aged 14-18 and are all Members of the Youth Parliament. They represent all of the nations and regions of the UK.

The YSC recently launched its inquiry into Personal, Social, Health and Economic (PSHE) Education in secondary schools. As part of the inquiry, the Committee will look at issues including:

- Whether PSHE is taught consistently across schools and nations
- How teachers are supported in delivering sensitive topics
- The impact of knowledge gaps on adult outcomes
- How political education can be embedded to support democratic participation

Contributions to the inquiry are welcome by submitting written evidence which closes on Thursday 13 November. You can find more information about the inquiry including the terms of reference and how to submit evidence via this link: Get Involved with the [Youth Select Committee - UK Parliament](#).

SCHOOLS WHITE PAPER

The government is delaying reforms to the Special Educational Needs and Disabilities (SEND) system and other policy proposals for schools in England until next year.

It was originally planned to publish its Schools White Paper, which includes plans for SEND, this autumn.

Education Secretary Bridget Phillipson announced the delay in a letter to the Education Select Committee. The government cited the need for “further co-creation and testing” with families, teachers, and experts to ensure the reforms are effective.

The new timeline pushes publication to spring 2026.

CEOP EDUCATION

In June this year, the National Crime Agency (NCA), collaborated with the Internet Watch Foundation (IWF) to develop guidance on child sexual abuse material generated by artificial intelligence (AI-CSAM). You can [view the guidance here](#).

CEOP want to understand how effective and useful this guidance has been for all professionals working with children and young people. To share your views, please complete [this short survey](#).

Your feedback will help CEOP to assess the impact of the guidance and identify where they can improve or provide further resources on this topic where needed.

SUPPORTING COMMUNITIES

Each month, the PSHE Digest reflects on current events that may impact the emotional wellbeing of children and young people. Sadly, recent headlines have included deeply distressing incidents – since the last PSHE Digest, we've witnessed the [attack on Heaton Park Hebrew Congregation Synagogue](#) in Crumpsall, and the [knife attacks on the Doncaster to King's Cross train service](#). [knife attacks on the Doncaster to King's Cross train service](#).

While the motivation behind the train incident remains unclear, the British Transport Police have stated there is “nothing to suggest this is a terrorist incident.” In response to growing concerns around misinformation, the National Police Chiefs' Council has introduced new guidance encouraging police forces to disclose a suspect's ethnicity and nationality in certain cases, aiming to improve transparency and counter mis/disinformation.

After the attack on the Synagogue, the Department for Education announced a £7 million funding package to support schools, colleges, and universities in tackling antisemitism. This includes:

- In-depth staff training on antisemitism and hate crime.
- Resources to improve media literacy.
- Support for promoting tolerant debate and respectful discussion in education settings.

Our Resource Library includes a range of quality-assured materials to help you address sensitive topics and support pupils in developing critical thinking and emotional resilience. We recommend exploring:

- The Media
- Similarities and Differences
- Dealing with Emergencies
- Communities
- Knife Crime
- Conflict Resolution
- Extremism

These resources are designed to help children and young people better understand the world around them, challenge prejudice, and engage in respectful dialogue.

You may also find the following guidance helpful:

- NSPCC's [“How to Have Difficult Conversations”](#)
- [Creating a Safe Learning Environment](#) – our own guidance pack to support safe and inclusive classroom practice.

ONLINE SAFETY

BUTT NAKED

Created by young people, this quirky, catchy music video highlights the realities of growing up in a digital world where harmful content is just a click away and silence around relationships and consent leaves young people vulnerable.

The young activists who developed this are calling for:

- Mandatory, relevant sex education for all secondary students with no parental opt-outs.
- Honest, open and non-judgemental conversations about safety, shame and power
- Youth voice included in policies affecting young people.
- Age verification for VPNs.

DEEPFAKES

OpenAI has launched Sora, a social media app that lets anyone make AI-generated deepfake style videos. The tool was downloaded over a million times in less than 5 days - hitting the milestone faster than ChapGPT did at launch. The app is not currently available in the UK, due to stricter regulations; however, with a VPN, users could connect to the US or Canada and securely unlock the app.

The app, which has topped the Apple App Store charts in the US, generates ten-second-long, realistic-looking videos from simple text prompts.

Researchers at the University of Edinburgh released a report estimating that over 300 million children a year are victims of technology facilitated sexual exploitation and abuse. That's 10 children every second -every classroom, every school, in every country.

Apps like Sora, market deepfakes as entertainment and "for fun", whereas they can be used to mislead or used to bully, harass or embarrass others or to cause harm. Deepfakes challenge our ability to trust what we see and hear online. We must teach children and young people to question and verify digital content to help them become responsible consumers of information. Children and young people need to learn about the ethical implications and encouraged to be respectful online and have awareness of digital consent.

When children and young people understand how digital tools can be misused, they're better equipped to report concerns, support peers, and navigate the online world confidently.



- Use age-appropriate examples to explain how deepfakes are made and why they matter
- Encourage discussions around truth, trust and technology
- Link to wider topics like fake news, online identity and cyberbullying

PORNOGRAPHY

The government has criminalised possessing or publishing depictions of strangulation or suffocation in porn, with responsibilities put on tech platforms to proactively detect and remove this material or face enforcement actions.

Survivors of image-based abuse will have up to 6x longer to report what has happened to them. Those who take or share an intimate image without consent can now be prosecuted up to 3 years after the offence was committed.

There is no such thing as safe strangulation; no one can consent to the long-term harm it can cause, including impaired cognitive functioning and memory. Its widespread portrayal was influencing dangerous behaviours, particularly amongst young people.

PSHE ASSOCIATION GUIDANCE

The PSHE Association has created a new 'Handle with care' guidance helps us consider the ethical questions AI in education raises and gives practical advice for teachers and schools on how and when to use AI to support PSHE education (including RSHE). It outlines what areas AI might help with, and, importantly, the areas in which it should be approached with caution.

SELF-HARM AND ONLINE SAFETY

Staffordshire Police have raised concerns about several reports they are receiving about local young people being encouraged to self-harm by people online, so we were pleased to see recent changes to online safety legislation meaning that digital platforms are now required to take proactive steps to detect and remove harmful content — especially material that could incite or glorify self-harm — before it reaches users. This marks a significant shift from relying on user reports or reactive moderation.

This update reflects growing concern about the impact of online content on mental health, particularly among young people and vulnerable adults. It's a timely reminder of the importance of equipping children and young people with the skills to navigate online spaces safely and confidently — a key part of our PSHE curriculum.

Importantly, this amendment gives Ofcom greater powers to hold platforms accountable when they fail to prevent the spread of harmful content. It also signals a move toward a more preventative approach to online safety, with a focus on early intervention and technological safeguards.

As PSHE Leads, you may want to consider how this change can be reflected in your teaching — whether through updated digital literacy lessons, pupil voice activities, or discussions around online wellbeing.

MENTAL HEALTH

The Children's Society has published its latest report on children's wellbeing in the UK. It shows a continued decline in how happy children feel about their lives—especially around school and schoolwork.

Key recommendations include:

- Tackling gender stereotypes
- Whole-school approaches to wellbeing
- Restoring and expanding youth services

This report may support PSHE planning around mental health, resilience, and pupil voice.

Recent figures show that 440 young people aged 15–25 died by suicide in England in 2021–22—a 47% rise since 2011–12. In total, 4,315 young lives were lost between 2011 and 2022.

This data is a stark reminder of the importance of mental health education and early intervention in schools. PSHE leads may want to reflect on how their curriculum supports emotional literacy, help-seeking behaviours, and signposting to support.

To help, PAPYRUS has created a practical guide for schools and colleges on suicide prevention, intervention, and postvention. It's designed to equip staff with the confidence and tools to support students who may be struggling.

Schools in Staffordshire can also access support either from their Mental Health Support Team or Staywell.

PHYSICAL ACTIVITY

Recent findings from the Youth Sport Trust show that girls with multiple characteristics of inequality — such as being from low-income families, having SEND, or being from Black or Asian backgrounds — are significantly less likely to be physically active every day.

The survey of over 17,000 pupils revealed:

- Girls with two or more inequality characteristics are half as likely to meet daily activity levels.
- They are more likely to lack confidence and not enjoy PE.
- Girls overall are twice as likely as boys to report not doing 60 minutes of daily physical activity.
- Feelings of not belonging at school were also higher among girls, especially those facing multiple inequalities.

This highlights the importance of inclusive, confidence-building approaches in PE and PSHE.

This Girl Can is calling time of the curfew that restricts women's freedom to be active after dark.

Schools are encouraged to challenge gender stereotypes and ensure everyone feels supported to take part.

YOUTH VIOLENCE

NHS data shows that in 2024/2025, 409 0-17 years old were admitted to hospital after knife injuries - a 20% decrease. This marks a sharp reversal of last year's rise and brings admissions back below pre-pandemic levels. While the numbers remain significantly higher than a decade ago, the decline suggests recent violence reduction efforts may be starting to make a difference. Continued focus on prevention - including interventions in A&E, like the Staffordshire Navigators, remains essential.

Young people often have misconceptions about the number of people carrying weapons or affected by knife crime, so it is essential to reassure them using statistics that showcase the real picture.

The Youth Endowment Fund has recently published an evidence review into how poverty shapes young people's risk of involvement in crime and violence. Poverty isn't just background context; it increases risk exposure and reduces access to protective supports.

The review highlights the importance of both structural anti-poverty measures and targeted interventions for families and children.

The Youth Endowment Fund has released a report examining access to mental health support for children and young people in England and Wales who are either involved in or at risk of serious youth violence. Drawing on literature reviews, data analysis, service mapping, and interviews with professionals, caregivers, and young people, the report identifies significant barriers to timely and appropriate support. These include restrictive eligibility criteria, long waiting times, and issues of stigma, distrust, and fear of criminalisation—especially affecting those with the most acute needs and facing additional marginalisation. The report calls for systemic reform to improve access to trusted mental health services.

In Staffordshire, the Children's Mental Health Support Pathway shows the local support available to children and young people and how to access it. You can print of the poster to display in your setting.

VIOLENCE AGAINST WOMEN AND GIRLS

Recent BBC data shows a 35% rise in sexual assault and harassment reports on trains over the past decade, with 1 in 10 victims being children, some under 13. While increased reporting is partly due to better policing, the findings highlight a worrying normalisation of inappropriate behaviour, especially among young women.

As PSHE Leads, this is a reminder to ensure your curriculum:

- Reinforces consent, boundaries, and respectful relationships in PSHE.
- Empowers children and young people to recognise and report unsafe behaviour.
- Promotes awareness of support services like the British Transport Police's 61016 text line.

GENDER

A [recent YouGov survey](#) challenges the idea that misogynistic views are more common among young men. While some do hold harmful views, younger men often express more progressive attitudes than older generations. This is also reinforced in an article [shared in the Guardian](#) by a Year 11 male.

However, the survey also shows that Gen Z men view traits linked to toxic masculinity—like dominance and emotional suppression—more positively than older age groups.

As RSHE guidance evolves, it's important to teach these topics with care, encouraging reflection and respectful discussion. One idea: use a continuum line activity to explore some of the statements in the YouGov survey and spark conversation.

The Children's Society have [published a report](#) that explores children's views on the link between gender and exploitation. This includes how views and biases on gender can form obstacles when providing support for exploited children.

The report also provides insight into the actions that children want in order to tackle biases, identify exploitation and offer effective support.

Male Allies UK has [released new research](#) with over 1,000 boys aged 11–16 across the UK, exploring views on gender, relationships, and tech.

Key findings:

- Boys lack safe spaces to connect offline, leading to more time online
- Some use chatbots for emotional support and relationships
- Many follow varied influencers, but 79% aren't sure what masculinity means

Recommendations include more youth programmes, better support for parents/carers and teachers, stronger tech regulation, and promoting allyship and feminism as positive for boys.

WHOLE SCHOOL APPROACH

We love to share best practice across the region through our PSHE Leads Network and support visits. Astrea Academy Trust in South Yorkshire has launched "It Stops Now" — a bold campaign tackling bullying and discrimination by empowering young people to speak up.

Key features include:

- Staff training on why young people stay silent and how to build trust. Also educating them on bullying and discriminatory behaviours to enable staff to be confident in challenging.
- Regular reminders in assemblies, tutor groups and lessons about how to report concerns.
- Targeted workshops based on school data (e.g. racism, sexual harassment).
- Clear behaviour systems that educate and support, not just punish.

This whole-school approach helps make expectations clear and reinforces that harmful behaviour is never "just banter."

We'd [love to hear](#) how your school is embedding PSHE into your wider culture.

MEDIA LITERACY

Internet Matters has published a new report exploring how online news affects the wellbeing of children and young people. Based on a survey of 1,000 children aged 11–17 and focus groups with 13–17-year-olds, the findings reveal:

- Young people regularly access news via social media, often from varied and unverified sources.
- Exposure to distressing stories, misinformation, and AI-generated content can negatively impact their mental health.
- Many young people have developed their own strategies to manage this complex news environment.

The report calls for stronger age assurance measures across platforms and greater support for education settings to deliver media literacy education at all key stages.

This reinforces the importance of teaching pupils how to critically evaluate online content, manage emotional responses, and understand the role of trustworthy information.

HIV PREVENTION

The updated RSHE guidance now includes teaching about PrEP (Pre-Exposure Prophylaxis)—a medicine that helps prevent HIV.

Exciting news: the NHS will soon offer a long-acting injectable PrEP called Cabotegravir. It's given every two months and is nearly 100% effective, offering a vital alternative for those who struggle with daily pills.

This is a big step forward in HIV prevention and tackling health inequalities. A great topic to explore in PSHE lessons around sexual health and informed choices.

This new option makes PrEP more accessible and is a vital tool for tackling health inequalities. It provides a crucial alternative for individuals who may struggle with or are unable to use daily pills, ensuring more people can stay protected.

CONTRACEPTION

The Family Planning Association is calling for a new national Sexual and Reproductive Health Strategy, following recent NHS contraception data.

Brook and the Open University have published research exploring how young people find and trust information about contraception. Though based on a small group, the findings offer valuable insight into how young people assess reliability and make choices.

The report ends with clear recommendations for educators, health professionals, and young people—useful for PSHE leads reviewing RSHE/PSHE content.

SUBSTANCES

The [Office for National Statistics](#) (ONS) has released its latest figures on drug poisoning deaths in England and Wales. In 2024, 5,565 deaths were registered—an increase from 2023 and the highest rate since records began. This equates to 93.9 deaths per million people, with men disproportionately affected (128.7 per million compared to 60.6 for women).

Key findings include:

- 63.1 deaths per million people were linked to drug misuse.
- The highest rates were among people aged 40–49, often referred to as Generation X.
- Nearly half of all deaths involved opiates or opioids.
- Deaths involving nitazenes, a potent synthetic opioid, rose sharply—almost four times higher than in 2023.
- The North East had the highest regional death rates; the East of England had the lowest.

In Staffordshire, there were 162 drug poisoning deaths between 2022–2024, of which 116 were drug misuse. You can use the [Excel spreadsheet](#) to explore rates in the Districts and Boroughs and provide more localised information in your sessions.

PSHE plays a vital role in drug education by:

- Equipping children and young people with knowledge about the risks of drug misuse.
- Promoting help-seeking behaviours and signposting support.
- Embedding trauma-informed and preventative approaches into the curriculum.

This data can support lesson planning, staff CPD, and whole-school strategies around substance misuse and wellbeing.

The government has launched a [new campaign to alert young people](#) to the dangers of ketamine, counterfeit medicines and adulterated THC vapes. The campaign, which includes online films, will target 16 to 24 years olds and social media users, following a worrying rise in the number of young people being harmed by drugs. There has been an 8x increase in the number of people requiring treatment for ketamine since 2015.

Supported by £310 million investment in drug treatment services, this initiative directly supports the government's Plan for Change mission to create safer streets by reducing serious harm and protecting communities from emerging drug threats.

The Office for Health Inequalities and Disparities has produced 3 awareness fact sheets for education settings:

- [Fake Medicines](#)
- [Ketamine](#)
- [THC Vapes](#)



UPDATE FROM LOCAL PARTNERS

DRUG ALERT – POSSIBLE CONTAMINATED VAPES

On 14th October 2025, the Stoke-on-Trent and Staffordshire Local Drug Information System issued an alert about possible contaminated vapes. We have now been informed that 3 local young people have needed hospital treatment; thankfully, all have recovered. A number of arrests have been made, and police investigations are ongoing.

Police suspect these vapes may contain THC or Spice – a synthetic cannabinoid – and are being targeted at young people. These substances can be extremely harmful, especially when hidden in tampered or counterfeit vapes.

To help education and youth settings respond, the PSHE Education Service has collaborated with CDAS and T3 STaRS to create a new education pack for ages 11–16. This resource helps young people:

- Explain what Spice is and why it is dangerous
- Describe the risks of tampered or contaminated vapes
- Recognise the reasons people may use a contaminated vape
- Name where to go for help or advice

You'll find the pack in the Resource Library under our Thinking About locally produced resources or in the thematic pages - Smoking & Vaping and/or Substances. The pack should not be taught in isolation but as part of your planned PSHE programme.

We've also created a leaflet for parents and carers to help them talk to their young person about Cannabis/THC vapes. It includes information about what Spice is, the risks, legal implications. Alongside Symptoms of overdose, top tips and signposting information. Please share this leaflet with families using your usual communication channels.

The Office for Health Inequalities and Disparities has published a factsheet for education settings on THC vapes, with practical advice:

- How do vapes link to your behaviour policies?
- How do you educate young people about the risk of THC vapes and synthetic cannabinoids?
- Are staff trained to spot and respond to THC vape risks?
- Do you know how to refer to T3 STaRS?
- Are you appropriately reporting incidents to:
 - The Local Drug Information System (LDIS) - drugalcoholincidences@stoke.gov.uk
 - The Police - Intelligence Form

NEURO-VERSE HAS LAUNCHED

The Violence Reduction Alliance has collaborated with Midlands Partnership Foundation Trust (MPFT) to develop a suite of resources, known as the Neuro-Verse, aimed at increasing professionals' knowledge of neurodiversity. This initiative seeks to enable them to respond at the earliest opportunity, thereby enhancing outcomes for individuals who experience life differently. It is estimated that:

- Around 30% of offenders have learning difficulties or learning disabilities
- 16-19% of offenders have autism
- 60-90% of young offenders have a speech or communication difficulty

These all play a role in an individual's ability to cope within the criminal justice system. The more knowledgeable we are about neurodivergence and how to respond at the earliest opportunity, the more we can personalise our approach to enhance outcomes and support and advocate for individuals who experience life differently.

LOCAL YOUTH CONSULTATION

In 2024, YMCA North Staffordshire partnered with the University of Staffordshire and Keele University (Keele Institute for Social Inclusion) to explore young people's lived experiences, aspirations, and concerns regarding their future and the area they call home. The consultation covered Stoke-on-Trent and North Staffordshire.

The report states that young people criticised education for not preparing them for real-life challenges or offering flexible, practical paths. This document can help us hear the voices of local young people and tailor our PSHE curriculum to help meet their needs. For example, young people describe experiencing or witnessing racism, sexism, homophobia and social exclusion differently in rural and urban areas - how are we addressing that within PSHE and our schools?

The report also highlights that young people feel that their voices do not matter. Guiding principle 1 of the updated RSHE guidance reminds us that our curriculum should be informed by meaningful engagement with children and young people.

NEW CAMPAIGN

Staffordshire Police have launched a campaign to help people use social media safely, following concerns about false information and violent content online.

Social media can be a great way to share ideas, but it also carries risks—especially when people are exposed to harmful or misleading content. This can affect how young people think and behave.

The campaign highlights the importance of spotting misinformation and knowing when someone might be influenced by harmful content. It's a useful reminder for educators supporting young people's digital wellbeing and critical thinking.

You can share this with staff or include it in PSHE lessons around online safety, media literacy, and extremism. harmful content.

EMPOWERING EDUCATORS TO RESPOND TO CASUAL RACISM IN OUR SCHOOLS

Staffordshire County Council has funded the Pan-Staffordshire PSHE Education to create and deliver Empowering Educators to Respond to Casual Racism in our Schools to enable those working in education to recognise and respond to casual racism. We are delighted to be delivering this alongside colleagues from the Education Safeguarding Team.

Recent data shows that 95% of young Black British people have heard or witnessed racist language at school, with 51% of males saying they hear it "all the time". Nationally, in primary schools, suspensions for racist abuse rose by 220% over the past 3 years, despite a drop in pupil numbers. And yet, 56% of educators say they've had no anti-racism training in the past 2 years. That's a gap we urgently need to close.

Launched at the October DSL Briefing, limited spaces remain. To book, please visit our Eventbrite Page - please note spaces are limited to 2 per setting. If you have booked and are unable to attend, please cancel to enable as many people as possible to benefit from this training.

LOCAL NEWSLETTERS

Each month, Catch22 gathers the latest research, information and resources for professionals involved in protecting children and young people from harm outside the home.

The Stoke-on-Trent and Staffordshire Violence Reduction Alliance have published their Resource Round-Up for November 2025.

The Children and Young People Mental Health Participation Team's Autumn Newsletter has been published

The Healthy Relationship Newsletter has been published for October 2025

MODESHIFT STARS CELEBRATIONS

Outwoods Primary School in East Staffordshire has won Modeshift STARS Primary School of the Region 2025-2026, meaning they will now attend the National STARS School Travel Awards in London next March to represent the Midlands.

These awards highlight the dedication of schools who have earned Modeshift STARS accreditation for their outstanding efforts in promoting walking, cycling and sustainable travel to and from school. Enabling children and young people to utilise the knowledge and skills they learn within PSHE education.

The Active Travel Team in Staffordshire can support your settings find out how in their schools brochure:

- First and Primary
- Middle, Secondary and High

APPROVED HEALTH APPS

Cannock Chase District Council and their leisure provider, Inspiring Healthy Lifestyles, have had their app, Cannock Chase Can, approved by Orcha.

Orcha is a provider of Health and Care app evaluations and reviews, providing an independent assessment of the app's compliance with industry standards and good practice.

Our PSHE signposting should include signposting to these apps - Professionals can request a pro account. With a pro account you can create lists of suitable apps, send app recommendations direct to families and young people you're working with, and track which apps have been downloaded. A useful tool to support measuring impact of your curriculum.

Find out more about pro accounts - email: lucy.gratton@staffordshire.gov.uk

SPACE REPORT

Over 9,000 young people across Staffordshire and Stoke-on-Trent took part in fun activities this Summer thanks to the Staffordshire Commissioner's Space Programme.

The programme, for children aged between 8 and 17, brings together public, voluntary and private sector organisations to provide activities for young people during the school holidays.

Since being relaunched, Space has gone from strength to strength, contributing to an 81.9% reduction in youth ASB during the summer holiday period since 2016. 1,310 reports of youth-related ASB were recorded during the school summer holidays in 2016 compared to 237 in 2025.

Thank you for advertising and encouraging children, young people and families to get involved with the Space Programme.

ROAD SAFETY CAMPAIGN

Staffordshire Safer Roads Partnership has relaunched its Be Safe, Be Seen campaign, encouraging simple steps to stay safe on the roads:

- Wear bright or reflective clothing when walking or cycling
- Check your eyesight—drivers should read a number plate from 20m away
- Always switch on headlights before driving
- Avoid driving when tired—take regular breaks on long journeys



Have you considered using Matilda's comic book as part of your Anti-Bullying Week or Kai's Story to support Ditch the Blade?



Find them in our Resource Library or email the Service

SECTION 175 SUMMARY

Our colleagues in Education Safeguarding have shared the summary results from the recent Section 175 audit, and there are some valuable insights that can support your work as PSHE Leads.

Pupil Voice and Safeguarding Surveys

Many education settings are already conducting annual pupil surveys that include safeguarding questions. If you're not yet linked into this process, it's worth exploring — it's a powerful way to ensure your PSHE curriculum reflects the real experiences and needs of your children and young people. It also helps identify gaps without adding extra workload, making it a practical tool for curriculum planning.

Prevent Risk Assessments

The audit also highlighted a need for further support around Prevent risk assessments. These assessments often reference PSHE content, so you can play a key role in helping your Designated Safeguarding Lead (DSL) identify where Prevent themes are covered in your curriculum.

Statutory RSHE Content

In secondary phases, the vast majority, but not all, reported including content on FGM and Forced Marriage, which are statutory elements of the RSHE guidance. While primary schools may choose to teach these topics, it's important that secondary settings are fully compliant.

To support you in delivering this aspect of the curriculum, we offer:

- Our FGM and Forced Marriage & Honour-Based Abuse PSHE Packs (these will be updated to reflect the updated content)
- A Bitesize Practice Development session on FGM, with practical advice and teaching strategies
- A range of quality-assured resources available in our Resource Library

Need Support?

If you'd like help accessing these resources or want to discuss how to embed them into your curriculum, please don't hesitate to get in touch at natalie@staffscvys.org.uk

We are reviewing the report to determine how we, as a Service, can support our education settings at the county level. If you would like to contact us to speak about your setting, please get in touch.

Thank you for being honest in your assessment and for all you do to support children and young people across Staffordshire. Your work continues to make a real difference.

NATIONAL CHILDHOOD MEASUREMENT PROGRAMME

The data from the National Childhood Measurement Programme have been published, and this simple-to-read presentation from the Office for Health Improvement & Disparities highlights the trends and patterns for Staffordshire.

The Government has underlined its commitment to get children healthier and more active.

INFORMATION FOR PARENTS AND CARERS



This new section for the 2025-2026 academic year provides information that education settings may wish to share with their parents and carers via their usual communication methods, e.g. newsletter, ClassDoJo, class blogs etc...

ONLINE SAFETY



Kids World Online has published several safeguarding fact sheets to give parents, carers and professionals the information they need to help children and young people stay safe online. The fact sheets cover a range of popular platforms and games such as Roblox, Snapchat and PEGI ratings. Each fact sheet provides clear, practical guidance.

They can be printed, pinned up in classrooms or staff rooms or shared with parents/carers to start important conversations about online safety. You do not need to register to access the resources. In today's digital world, young people use fast-changing online slang—like saying something “slaps” (it's great) or someone has “drip” (stylish clothes). Learning this language helps adults connect better and support young people in navigating online spaces. To help decode Kids Online World has created a Cyber Slang Factsheet.

The London Grid for Learning has a Parent Online Safety Presentation for schools, community groups and youth centres to deliver the necessary information and knowledge for parents and carers. Some of the content would be useful for any parent/carer but it will need adapting to reflect the local support pathways.

ONLINE MISOGYNY TRAINING

Everyone's Invited is running Parent Talk a safe space to learn about social media, rising online misogyny and ways to support their children.

Part 1 of a 2 part series will run once a month on the first Thursday of the month from 6.30-7.45pm. This first session explores social media platforms (TikTok and Snapchat), gendered pressures online and the rise of online misogyny. They will also share practical strategies to help parents and carers support their child with confidence as they navigate an increasingly complex digital world.

To book, [click here](#).

Everyone's Invited Parent Talk (Part 2) offers a supportive space for parents & carers to understand the challenges young people face online. This session explores pornography (including AI-generated content), sextortion, image-based abuse, and the rise of sexual content on social media, with practical strategies to help you support your children.

These sessions will run once a month on the second Thursday of the month from 6.30-7.45pm. To book [click here](#).

PARENTAL CONFLICT

Arguments can happen in any relationship, and not all of them are bad, but when parents fight in ways that hurt each other or the family, it can cause real problems. This kind of harmful conflict might look like:

- Yelling or getting into angry fights
- Giving each other the silent treatment for days or weeks
- Talking to each other in a rude or disrespectful way
- Ignoring problems instead of trying to fix them

What really matters is how we deal with these disagreements. As grown-ups, we show our kids how to handle tough situations. If we can stay calm and speak kindly—even when we don't agree—we're teaching them how to handle their own problems in a healthy way when they grow up.

Help is available if you need it, and seeking help early is better than waiting until things get worse. This [short video from Barnardo's](#) may help you to think about any parental conflict you are experiencing and how to better deal with it.

If you are experiencing parental conflict and want some support, then help is available in your local area. You can find links here through the Staffordshire Family Hubs network:

[Staffordshire Connects | Reducing Parental Conflict – Healthy Relationships](#)

0-19 TEAM'S AUTUMN NEWSLETTER

The 0-19 Integrated Health Visiting and School Nursing has published their [Autumn newsletter](#), which features information on sleep, feelings and emotions, healthy eating, immunisations, and more please share relevant information with your parents and carers, and colleagues.

ANTI-BULLYING

Research shows that cyberbullying is on the rise. [Internet Matters advice guides](#) help parents and carers to learn more about the different forms of cyberbullying, how to prevent it, including conversation tips and what to do if it occurs. Why not share during Anti-Bullying Week to encourage conversations in the home.

CONTAMINATED VAPES

Working with the Local Authority and CDAS/STaRS we have created a [leaflet for parents and carers](#) to help them to have conversations with their child about contaminated vapes.

See page 15 for more information.

RESOURCES

Resources included in this section are linked to key dates of awareness or observation that have relevance to PSHE. Find the full year calendar for [25-26 here](#). 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 OCTOBER

BODY PARTS

BULLYING

KNIFE CRIME

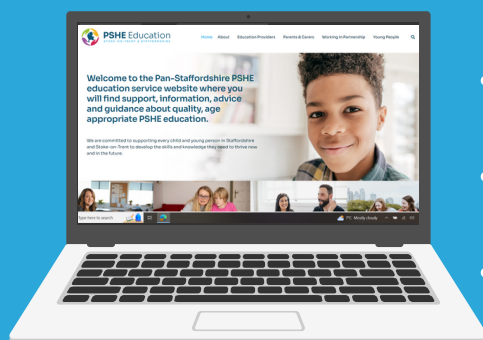
APPROPRIATE BEHAVIOURS (INC. SEXUALISED)

FRIENDSHIPS

ONLINE SAFETY

DIET AND NUTRITION

GANGS



Nearly 50 local people registered for the Resource Library last month. We now represent:

- 71% of Independent
- 66% of Staffordshire First and Primary (up from 63% last month)
- 86% of Staffordshire Middle and Secondary (same as last month)
- 75% All-age settings (same as last month)
- 85% of Staffordshire Independent settings (same as last month)

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 LOCALLY PRODUCED RESOURCES

We are delighted to launch a new local resource, now housed in our [Resource Library](#) under Locally Produced Resources and in the topic page Smoking and Vaping and Substances.



Adding to last month's Talking About Alcohol resource and in response to the Drug Alert, we are delighted to present [Thinking About Spice Laced Vapes](#) for 11-16 years old in response to the local drug alert issued last month. See page 15 for more information.

UPDATES ON NATIONAL RESOURCES



REGISTER NOW

SMOKEFREE SHEFFIELD - YOUTH VAPING RESOURCES

Smokefree Sheffield and ASH have updated our youth vaping campaign resources, which were first published in Feb 2023, to support schools, colleges, safeguarding leads and parents/carers. Please ensure you delete any copies that have been saved to local folders and use the link in the [Resource Library's Smoking and Vaping page](#).

The resources have been updated in line with the ban on disposable vapes [Single-use vapes banned from 1 June 2025 - GOV.UK](#) and the Tobacco and Vapes Bill [Tobacco and Vapes Bill - Parliamentary Bills - UK Parliament](#) and insights from young people across the country.

STEP INTO THE NHS COMPETITION

Step into the NHS competition invites children and young people in KS2 and KS3 to discover the wide range of roles in the NHS and showcase their creativity

Starting early with the [KS2 One Lesson Launch](#) or [KS3 One Lesson Launch](#) will help them to create their best possible entry, and winning entries will be proudly displayed in your local community!

Kick-start your students' entries in just an hour.

The competition is open until 30 April 2026! Submit your pupils' entries for a chance to win exciting prizes.



REGISTER NOW

STEP INTO THE NHS DAY

Register now to join our virtual event - the '[Step into the NHS Day](#)' - 5th March 2026. With over 18,000 pupils joining last year, we're excited to offer pupils the unique opportunity to meet NHS staff members and engage in a range of interactive activities to boost careers learning and help them plan their competition entries.



REGISTER NOW

FINANCIAL TIMES FLIC WEBINAR



The Financial Times Financial Literacy and Inclusion Campaign (FLIC) has created a [webinar specifically for the Pan-Staffordshire PSHE Education Service](#).

Join Addie and Duncan as they explain the FLIC curriculum, it's aims, structure and content. There is also information adaptations for use in mentor settings e.g. small group work, one-to-one and youth workers.

Finally hear about how to join FLIC Beacon School Evaluation Programme to help show how financial literacy transforms student's behaviours.

ANTI-RACISM

7-11 years old can join a workshop led by the [National Literacy Trust](#) that connects football to literacy by using the No Room for Racism campaign as a lens for children to reflect how football brings people together.



NEW TO THE RESOURCE LIBRARY – WWW.PSHESTAFFS.COM

As part of supporting you to be RSHE-Ready for September 2026, we have been adding more new resources to the Resource Library on the website - [register](#) or [log-in](#). See below, which highlights new additions and where to find them.



For 3-6 years old children can join Suzi on her favourite trip to the nature reserve by following the special map and earning up to 6 badges on their journey to become Switched On! You'll find these resources under *Dealing with Emergencies* and *Transportation Safety*.



A series of 3 x 30-minute lessons that enable children aged 5-6 to think about how they interact online. This has been uploaded to the *Online Safety* and *Balanced Lifestyles* pages of the Resource Library.



Aimed at children aged 5–11, these resources introduce kinship care—when a child is raised by relatives or close family friends. They foster empathy, highlight diverse family structures, and support inclusive classrooms. Registration required. Now available on the *Families* page of the Resource Library.



For ages 7–11, these 8 lessons build judgement and decision-making skills, helping children spot risks as they grow more independent. Find them under *Managing Risks* and *Transportation Safety* in the Resource Library. Switched On Scenarios is now on the *Jobs* page.



For ages 9–11, this lesson on image sharing includes a plan, slides, and handouts. Activities are available via Digital Matters or printable resources. Find it under *Sharing Images*, *Online Safety*, and *Pressure* in the Resource Library.



When Rodrigo Switched Off enables 9–11 years old to explore an audio case study describing when Rodrigo switched off and made a bad decision. This had been added to the pages *Managing Risks*, *Pressure* and *Transportation Safety* within the Resource Library.



All below resources are suitable for 11-14 year olds:

Future-Focused Employability Skills session helps young people to explore the skills they will need to thrive in the careers of tomorrow. This has been located in the *Jobs and The Environment* pages within the Resource Library.

3-lesson programme on *Creating a Sustainable City* encourages critical thinking, develops teamwork and communication skills to make lives more sustainable and to consider the skills needed for the careers of tomorrow. This has been located in *Jobs, Communication, Team Work and The Environment* pages of the Resource Library.

The *Adaptability and Resilience* lesson provides an opportunity for young people to adapt plans halfway through communicating a simple electrical network design. This has been located in *Jobs, Communication, Team Work, Managing Challenges (Resilience) and The Environment* pages of the Resource Library.

Lesson on *Creative Problem Solving* provides an opportunity for young people to get creative and transform an everyday activity into a more sustainable one. This has been located in *Jobs, Team Work, and The Environment* pages of the Resource Library.

Lesson on *Communication* provides an opportunity for young people to use non-verbal communication to share key messages about the energy transition. This has been located in the *Communication, Jobs, Team Work, and The Environment* pages of the Resource Library.

Critical Thinking and Empathy lesson provides an opportunity for young people to actively consider other people's perspectives, even if they don't agree, and represent different points of view in a debate. This has been located in *Communication, Feelings and Emotions, Jobs, Team Work, Post 16 Choices, and The Environment* pages of the Resource Library.

For 14-18 year-olds:

3 x 10-15 minutes form time sessions - *Unlocking Your Dream Job* - that provides video discussions to empower young people to prepare for a career connected to the activities they love and the issues that matter to them. This has been located in *Jobs, Gender and Stereotypes* pages.

4 x 10-15 minutes form time sessions or a lesson - *Getting Your Dream Job* - provides short videos and discussion activities as well as practical opportunities to explore how to apply for a job and how to approach a job interview. This has been located in the *Jobs* page of the Resource Library.



NatWest Thrive

Confident Me is a resource for 11-18 years old where young people explore what confidence means, how to strengthen it, and how to break down barriers by hearing from teacher and author Kit Brown. This has been uploaded to *Aspirations and Goal Setting, Managing Challenges (Resilience) and Self-Confidence* pages of the Resource Library.



common sense education®

AI Literacy Lessons is a collection of 8 quick lessons (20 minutes or less!) that provides an introduction to AI and helps address its social and ethical impacts.. This has been uploaded to the *Online Safety and The Media* pages of the Resource Library.

**SWITCHED
ON!**

9 activities designed for 12-16 years old. *Living Switched On* explores a range of themes such as peer pressure, the perils of group mindset and the impact of decisions. Activities are flexible and encourage discussion across a range of formats. Added to *Transportation Safety, Managing Risks, Online Safety, Pressure and Communities (inc. Anti-Social Behaviour)* in the Resource Library.

WORLD AIDS DAY - 1 DEC

This year's theme, "Overcoming Disruption, Transforming the AIDS Response", aims to highlight the need for a renewed commitment to addressing HIV/AIDS challenges

While HIV/AIDS may not be a core topic in primary PSHE, World AIDS Day offers a chance to:

- Promote kindness and empathy towards those living with long-term health conditions.
- Explore how our bodies stay healthy and how infections are prevented.
- Introduce basic understanding of viruses and the importance of science and medicine.
- Challenge stigma and stereotypes through inclusive language and stories.

Secondary PSHE provides more scope to explore:

- Facts about HIV transmission and prevention, including the role of contraception.
- The impact of stigma and how it affects mental health and access to care.
- Global perspectives on HIV/AIDS and how communities around the world respond.

The updated RSHE guidance highlights the need for secondary curricula to cover "the use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP), and how and where to access them. The importance of, and facts about, regular testing and the role of stigma."

To ensure your information is up to date, you can access the government's HIV: annual data, which was updated last month. Local statistics can be accessed on the Department of Health and Social Care's Fingertips page - Staffordshire. Information can also be found on a district/borough level by selecting the area type Districts & UAs. This will help ensure the information you share reflects the local context.

Our Resource Library contains resources from the National AIDS Trust and Chiva to support classroom delivery. Young People should be signposted to Open Clinic for testing.

For local charity Project93, World AIDS Day is incredibly important. It's a time to remember those lost, celebrate progress, and promote solidarity in the fight against stigma and HIV and also their "birthday" - they were founded on December 1st, 1993, as Staffordshire Buddies to provide dedicated local support for people affected by HIV.

They have 2 key events that education settings can promote and support.

- Decades of Defiance: Celebrating LGBTQ+ and HIV Lives, 15th November 10am-4pm (drop-in) The Pop Up Shop, The Potteries Centre, Hanley ST1 1PS.

As part of the Stoke-on-Trent Centenary celebrations, Project 93 is hosting a free exhibition exploring the rich, resilient, and deeply intertwined histories of Staffordshire's LGBTQ+ and HIV communities.

- World AIDS Day Vigil 1st December 3:30pm Fountain Square, Hanley, ST1 1LG

Project 93 holds an annual, candlelit vigil to mark World AIDS Day, continuing a long tradition in North Staffordshire. It's a time for everyone to come together to remember those we have lost, celebrate progress, and stand in solidarity against stigma. All are welcome.

NATIONAL GRIEF AWARENESS WEEK - 2-8 DEC

National Grief Awareness Week is a timely reminder of the importance of creating safe, supportive spaces for children and young people to explore and express feelings of loss. This year's theme, "Growing with Grief", encourages schools and communities to talk openly about grief, reduce stigma, and ensure no one feels alone in their experience. It also reminds us that grief can also become the ground from which something new begins.

Grief can affect pupils at any age — whether through the loss of a loved one, a pet, or a significant life change. Through PSHE, we can:

- Help pupils recognise and name emotions linked to loss.
- Promote healthy coping strategies and where to seek help.
- Encourage empathy and kindness towards others who may be grieving.
- Build resilience and emotional literacy across the curriculum.

Age-Appropriate Approaches

- Primary: Use storybooks, circle time, and creative activities to explore feelings and the concept of loss in gentle, relatable ways.
- Secondary: Facilitate discussions around bereavement, mental health, and support networks, including signposting to services like Child Bereavement UK and Winston's Wish.



Our guidance document highlights books that support the PSHE curriculum, which could be utilised during this awareness week and beyond. We also have several resources in our Resource Library to support you. - look for the Change and Loss heading.

Stay Well offers grief and bereavement support for children (4+), young people, families and staff through the Dove Service - [click here for Staffordshire](#) and [here for Stoke-on-Trent](#)

The service also provides Bereavement & Loss training for professionals who work with children and young people and parents/carers to raise awareness and understanding of grief and the varying ways it can impact young people experiencing grief and loss. The training is delivered either face-to-face or online and lasts between 2-3 hours. The training can also be a closed session in school or for a group with a suitable venue. For enquiries or to book, please contact:

Staffordshire - staywellcypstaffs@changes.org.uk or call 01782 418 518 (option 2)

Our [Training page](#) also contains a link to training provided by Winston's Wish under Change and Loss.



INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES - 3 DEC

This global day celebrates the achievements of people with disabilities and raises awareness of the barriers they may face. For PSHE Leads, it's a chance to promote inclusive education, challenge stereotypes, and foster empathy across the school community.

Teaching about disability helps children and young people to:

- Recognise equality, accessibility, and respect
- Recognise and challenge discrimination
- Celebrate diversity and individual strengths
- Build a culture of kindness and inclusion



You'll find helpful resources on our Similarities and Differences page in the [Resource Library](#). You could also encourage pupils to reflect on barriers to inclusion and explore how they can help remove them, both in school and beyond.

INTERNATIONAL VOLUNTEER DAY - 5 DEC

International Volunteer Day celebrates the impact of volunteering and inspires pupils to be active citizens. PSHE Leads can spotlight kindness, responsibility, and social action; core values in PSHE and Citizenship.

Volunteering helps children and young people:

- Build empathy, teamwork, and leadership
- Understand civic responsibility
- Explore careers in social care, education, and charity

Ideas include:

- Hosting a volunteer assembly or guest talk
- Creating a "Kindness Wall"
- Organising mini service projects
- Linking to Careers Education through voluntary sector roles

HUMAN RIGHTS DAY - 10 DEC

Human Rights Day is a chance to remind children and young people that their voices matter — and that they have the power to stand up for fairness and kindness in their schools, communities, and beyond. Teaching about human rights helps children and young people

- Identify their own rights and responsibilities.
- Recognise the importance of respecting others' rights, regardless of background or identity.
- Develop critical thinking around fairness, justice, and inclusion.
- Build empathy and a sense of global citizenship.

Ideas include:

- Exploring real-life case studies
- Creating a class charter from the UN Convention
- Reflecting on rights and protections
- Linking to British Values and the Equality Act 2010

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 | <u>CEOP</u> | £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 | <u>YOUNG ENTERPRISE</u> | FREE | FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. , FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION. |
| GENDER / CONSENT | VARIOUS 3.45-5.15PM | <u>EVERYONE'S INVITED</u> | FREE | AN EMPOWERING AND INTERACTIVE SESSION DESIGNED TO EQUIP EDUCATORS WITH THE KNOWLEDGE AND CONFIDENCE TO RECOGNISE, RESPOND TO, AND DISMANTLE RAPE CULTURE WITHIN THEIR COMMUNITIES. |
| SUBSTANCES | 10 TH NOVEMBER 12-1.30PM | <u>DRUGS EDUCATION FORUM</u> | FREE | JOIN US FOR A LUNCH & LEARN WEBINAR DISCUSSING HOW NEURODIVERGENT YOUNG PEOPLE NAVIGATE DECISIONS AROUND DRUGS. |
| PSHE | 11 TH NOVEMBER 3.30-4.30PM | <u>LIFE LESSONS AND NSPCC</u> | FREE | THIS PRACTICAL, ENGAGING WEBINAR WILL GIVE SLTS THE TOOLS AND CONFIDENCE TO EVALUATE YOUR SCHOOL'S PSHE PROVISION AND EMPOWER YOUR TEAM TO DELIVER IT WITH IMPACT. |
| MENTAL HEALTH | 12 TH NOVEMBER 9.30AM-4.30PM | <u>ANNA FREUD</u> | FROM £249 | BUILDING ON THE SHORTER MENTAL HEALTH AND SCHOOL ATTENDANCE COURSE, THIS TRAINING OFFERS A DEEPER UNDERSTANDING ON HOW TO ADDRESS ATTENDANCE BARRIERS. |
| BULLYING | 12 TH NOVEMBER 3.30-4.30PM | <u>DIVERSITY ROLE MODELS</u> | FREE | EXPLORES HOW STORYTELLING CAN BE A USEFUL TOOL IN PREVENTING PREJUDICE-BASED BULLYING |
| ONLINE SAFETY | 12 TH NOVEMBER 4-5PM | <u>STAFFORDSHIRE POLICE</u> | FREE | SEE CYBER CHOICES ON NEXT PAGE |
| BULLYING | 14 TH NOVEMBER 9AM-12PM | <u>ANTI-BULLYING ALLIANCE</u> | 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 |
| SUICIDE PREVENTION | 19 TH NOVEMBER 9.30AM-1PM | <u>NORTH STAFFORDSHIRE MIND</u> | FREE | THIS SESSION FOCUSES ON CHILDREN AND YOUNG PEOPLE. IT COVERS AWARENESS RAISING, STIGMA AND BARRIERS TO DISCLOSURE, THEN PROVIDES A PRACTICAL INTERVENTION YOU CAN UTILISE IF YOU SUSPECT THAT A CHILD OR YOUNG PERSON IS EXPERIENCING SUICIDAL THOUGHTS OR IDEATIONS. |

| TOPIC | DATE/TIME | ORGANISATION | COST | OVERVIEW |
|---|--|--|-----------|---|
| YOUTH VIOLENCE | 20 TH NOVEMBER 10-11.30AM | YOUTH ENDOWMENT FUND | FREE | BRIDGEND YOUTH JUSTICE SERVICE WILL SHARE THEIR WORK WITH THE YOUTH ENDOWMENT FUND ON THE RELATIONSHIP BUILDING TOGETHER PROJECT. PRACTITIONERS HAVE BEEN TRAINED IN A PSYCHOLOGY-LED APPROACH USING THE TRAUMA RECOVERY MODEL TO SUPPORT VULNERABLE YOUNG PEOPLE. |
| MENTAL HEALTH | 24 TH NOVEMBER 1.00-3.00PM | ANNA FREUD | FROM £150 | LEARN MORE ABOUT HOW TO SUPPORT STUDENTS EXPERIENCING BARRIERS TO ATTENDANCE IN THIS 2-HOUR INTRODUCTORY TRAINING. |
| MEDIA LITERACY | 2TH NOVEMBER 7-7.30PM | NATIONAL LITERACY TRUST | FREE | JOIN FOR INSIGHTS INTO MENTAL HEALTH LITERACY AND MISINFORMATION, AND PRACTICAL IDEAS FOR HELPING YOUR STUDENTS THINK CRITICALLY ABOUT THEIR ONLINE CONTENT THROUGH GAME-BASED LEARNING. |
| RSE SKILLS FOR KS4 AND KS5 LEARNERS WITH SEND | 26 TH NOVEMBER 1-3PM | SEX EDUCATION FORUM | 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. |
| PARENT ENGAGEMENT | 19TH JANUARY 2026 OR 3RD FEBRUARY 10AM-12PM | ANNA FREUD | FROM £150 | LEARN HOW TO BUILD TRUST AND STRENGTHEN COLLABORATION WITH PARENTS AND CARERS. THIS INTRODUCTORY TRAINING HELPS EDUCATION STAFF IMPROVE ENGAGEMENT TO SUPPORT CHILDREN'S LEARNING AND WELLBEING. |
| SUICIDE PREVENTION | 12 TH FEBRUARY 1-4.30PM OR 4 TH MARCH 9.30AM-1PM | NORTH STAFFORDSHIRE MIND | FREE | THIS SESSION FOCUSES ON CHILDREN AND YOUNG PEOPLE. IT COVERS AWARENESS RAISING, STIGMA AND BARRIERS TO DISCLOSURE, THEN PROVIDES A PRACTICAL INTERVENTION YOU CAN UTILISE IF YOU SUSPECT THAT A CHILD OR YOUNG PERSON IS EXPERIENCING SUICIDAL THOUGHTS OR IDEATIONS. |
| RSE | 2 ND , 3 RD , 10, 16, 17 TH MARCH 10AM-4.30PM | BISH TRAINING | £750 | THE PROCESSES OF THIS ADVANCED RSE TRAINING COURSE WILL MODEL THE CRITICAL PEDAGOGY THAT THE VERY BEST PRACTICE RSE DELIVERS. THAT IS: CONSENSUAL, PARTICIPATORY, INTERACTIVE, AND EXPERIENTIAL. |
| PSHE | 12 TH MARCH 9.30AM-1PM | PSHE ASSOCIATION | £115 | MEMBERS ONLY EVENT - KEYNOTES AND WORKSHOPS WILL ALSO COVER THE LATEST EDUCATION POLICY UPDATES, WITH A SPECIFIC FOCUS ON THE NEW RSHE STATUTORY REQUIREMENTS AND DETAILED ANALYSIS OF PSHE EDUCATION'S RELEVANCE TO THE NEW OFSTED FRAMEWORK |

LOCAL TRAINING

CYBER CHOICES TRAINING

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.

Staffordshire Police, along with colleagues from the Regional Cyber Crime Unit will be running a webinar on Wednesday 12th November, 4-5pm, 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 they can work on a one-to-one basis with a person to help turn their activities away from the risk of cybercrime and into positive pathways.

SUICIDE AWARENESS AND PREVENTION TRAINING

More dates have been added for the FREE Suicide Awareness & Prevention Courses, courses focused on Children and young People and are available. To book visit the [Public Health Booking System](#). This half day training course, held on Zoom, provided by Staffordshire County Council and delivered in partnership with MIND, the mental health charity

This session focuses on children and young people. It covers awareness raising, stigma and barriers to disclosure, then provides a practical intervention you can utilise if you suspect that a child or young person is experiencing suicidal thoughts or ideations.

This course is available to everyone over 18 years of age who lives, works or volunteers in Staffordshire and Stoke-on-Trent.

TACKLING CASUAL RACISM TRAINING

Join us for a dynamic and practical half-day training session designed to equip safeguarding, pastoral, and leadership staff with the confidence and tools to address casual racism in school settings.

Led by expert facilitators from the PSHE Education Service and Education Safeguarding, this session brings together deep experience in education, equity, and child protection. See page X or our Eventbrite page for more details. Spaces are extremely limited. [Book now](#) to avoid disappointment.

TRAINING (E-LEARNING, WEBINARS)

**NEW
UPDATE**

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

This month, we have added:

The Careers & Enterprise Company have developed Getting Started with Career-related Learning enables educators to explore strategies to:

- Link classroom learning to real-world experience
- Challenge stereotypes
- Build confidence to weave career learning into the curriculum

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:

- Teachers Talk Radio - Hear about the Programme of Humanitarian Education - an inspiring initiative from the British Red Cross that helps young people understand the human stories behind global crises. From conflict and migration to climate adaptation and first aid, the conversation explores how schools can empower students to act with empathy, resilience, and confidence in an increasingly complex world. Hear about how this long-standing humanitarian movement continues to stay relevant, how educators can embed these vital topics into their classrooms, and why developing future generations of humanitarians has never been more important.
- We need to Talk - Content warning: This episode includes discussion of suicide and addiction. In this powerful and deeply moving conversation, Ore Oduba shares how he was first exposed to pornography at just nine years old - and the lifelong impact it had on his identity, confidence, and relationships. He also reflects on the emotional scars of growing up in fear, the silence he carried into adulthood, and the private battles behind his public success.

DOCUMENTARIES AND DRAMAS

We have collated documentaries and dramas that we think will support the 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:

- Jobs - Will AI Take My Job? - Will AI leave millions of Britain's skilled workforce without a job? From health care to the law and more, Dispatches investigates, pitting human versus machine to find out who's the best worker.
- Online Safety - Social Media Monsters - examines serious crimes where social media played a significant role, meeting victims, friends and families, and gaining insight from police, psychologists and other experts
- Online Safety and Youth Violence - 24 Hours in Police Custody Murder is No Game (2 parts) - Recommended by a PSHE Lead. Follow Bedfordshire Police as they respond to a horrifying crime in Luton, where a young man murdered his own family. The documentary shows the intense work of officers and detectives as they uncover not just a brutal triple murder but also a plan for something even more devastating.

NEXT MONTH (DECEMBER)...

Resources & Materials for key awareness dates in December:

- 1-31 - Veganuary
- 1-31 - Dry January
- 10-16 - National Obesity Awareness Week
- 19-26 - Cervical Cancer Prevention Week
- 19 - Brew Monday
- 24 - International Day of Education

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

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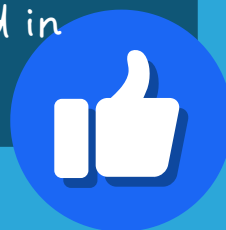
Thank you, There was lots of great information this afternoon really pleased I managed to attend.



PSHE Lead, Primary School, Lichfield
following the Autumn 1 PSHE Lead Network Meeting

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



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5th December 2025