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MEETING RECORDINGS:

To watch any of our events and webinars back, you can access recordings via our YouTube channel.

- PSHE Leads Meetings
 - Autumn 2 - Engaging with Parents & Carers
 - 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:

- 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.

BOOK NOW



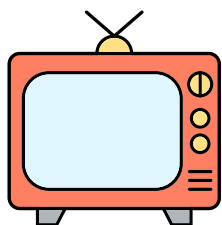
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natalie@staffscvys.org.uk

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, news and social media that young people may want to discuss.



- I'm A Celebrity has recently returned, highlighting PSHE themes such as overcoming anxiety (Shona McGarty, Alex Scott), emotional resilience and mindfulness (Ruby Wax), and acceptance of diversity and difference (Aitch on his sister Gracie who has Down's Syndrome).
- There are lots of Christmas films and programmes, including the Nativity, which many of you will be doing, which can be linked to PSHE themes. If you are watching these as rewards, see how you can link PSHE in.



- Pre-packed coffees, milkshakes and milk-based drinks will be subject to the "sugar tax" in government plans to combat obesity. The sugar tax will also be reduced to 4.5g per 100ml.
- A campaign run by Think! and supported by the police will target "young men" in drug driving hotspots. Around 90% of drivers impaired by drugs in collisions are male, 4 in 10 are between 17 and 30.

UPDATE FROM NATALIE

PSHE LEADS NETWORK MEETING

Thank you to colleagues who joined us on 26th November for the Autumn 2 PSHE Leads Network. This half-term we focused on Engaging with Parents and Carers. The updated RSHE guidance highlights the importance of schools working closely with parents and carers, with transparency now an expectation. Parents and carers should be actively involved, kept informed at every stage, and have the right to view all RSHE materials, including those from external providers.

[Click here to watch the meeting recording.](#)

We have had a request to run a separate PSHE Leads Network Meeting for Alternative Providers and are happy to facilitate this if there is enough interest. To express your interest, please complete this [short form](#).

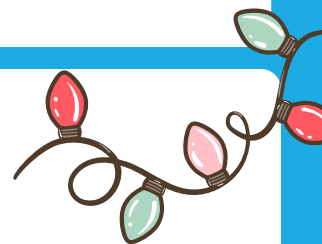
CHRISTMAS BREAK

As we come to the end of this term, I just want to say a heartfelt thank you for working with me and engaging with the service so far this academic year. It's been a real pleasure to connect with you and see the commitment you bring to supporting children and young people in Stoke-on-Trent through quality and consistent PSHE education.

I hope you enjoy a restful Christmas break, with plenty of time to recharge.

I'll be on leave from noon on 24th December and will return on 5th January 2026. I've already got lots to look forward to, including delivering training and school visits.

Wishing you all the very best for the festive season and a positive start to 2026.





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



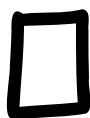
Watch this half-term's PSHE Lead Network Meeting on Engaging Parents and Carers (page 2)



Make a plan on how to engage parents and carers to support being RSHE-ready for September 2026



Middle and Secondary - Sign up for I'm Here Attendance Campaign - deadline 19th December 2025 (page 9)



Read guidance for inspectors on inspecting separation by sex in schools and the teaching of protected characteristics and relationships and sex education (RSE). (page 4)



Check if defibrillator is rescue ready (page 6)



Check if your school is signed up to the Period Product Scheme - From Year 5 and state-funded only (page 7)



Ensure the setting is using the updated version of the Suicide Postvention Guidance (page 10)



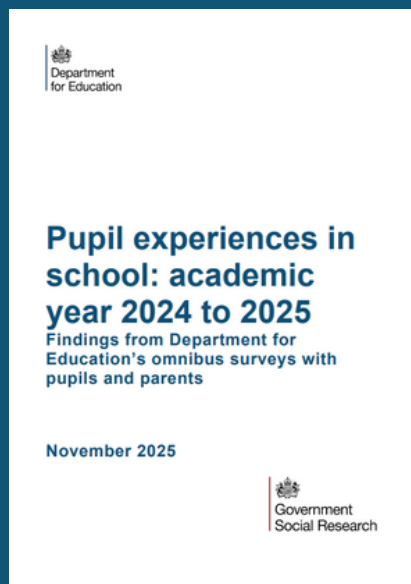
Share Online Challenges information with relevant staff for safeguarding purposes - do not share with parents/carers/children or young people (page 12)



Share information with parents/carers (pages 13-15)

UPDATE FROM NATIONAL PARTNERS

DFE PUPIL EXPERIENCES IN SCHOOL: ACADEMIC YEAR 2024 TO 2025



The Department for Education has published survey findings on pupils' experiences in school, including their feelings of belonging, enjoyment, safety, motivation to learn, and relationships with staff.

Key points include:

- Belonging, safety, and enjoyment in school all rose significantly in May 2025 compared to 2024, despite persistent gaps among disadvantaged groups - 69% of pupils felt they belonged in school (+12 points from 2024), though lower among girls, FSM-eligible, SEND pupils, and KS4. 78% felt safe in school (+6 points from 2024), reversing prior declines. 59% enjoyed school (+11 points from 2024).
- Perceptions of adult care, belief, and recognition in schools rose notably in May 2025, with significant gains in pupils feeling supported and encouraged.
- Pupil motivation to learn declined in May 2025, reversing earlier gains - 70% of pupils felt fairly or very motivated to learn (-5 points from April 2024).

Click on the document to read in full.

PROTECTED CHARACTERISTICS AND SEPARATION BY SEX ON SCHOOL INSPECTIONS

OFSTED have published guidance for inspectors on inspecting separation by sex in schools and the teaching of protected characteristics and relationships and sex education (RSE).

This guidance states that pupils should leave school with a proper understanding of the importance of equality, respect, and understanding differences. Schools should take steps to ensure pupils receive a balanced presentation of opposing views and beliefs where political issues are brought to their attention.

Teaching protected characteristics in PSHE empowers pupils to respect others, recognise discrimination, and contribute to an inclusive society.

All primary and secondary schools should be able to demonstrate that no form of unlawful discrimination is tolerated and that pupils show respect for those who share the protected characteristics. Depending on the circumstances, schools may need to take specific steps to prevent types of prejudice or discrimination (for example, misogyny or racism) from taking hold in some groups of pupils, in line with the DfE guidance on RSHE.

ENGLISH INDICES OF DEPRIVATION 2025

The government has published the latest indices of relative deprivation across England. Education settings should be aware that the prevalence and persistence of deprivation in 82% of neighbourhoods in the most deprived decile in 2025 were also in the most deprived decile in 2019. This means that deprivation remains deeply entrenched in many places and that many children and young people and their families are part of long-standing deprivation cycles.

There are 7 categories that an area's deprivation level is based upon:

- Income
- Employment
- Education and Skills
- Health and Disability
- Crime
- Barriers to Housing and Services
- Living Environment

You can find out more about deprivation in your neighbourhood, to help tailor your curriculum by visiting [this website](#).

PSHE ASSOCIATION CONFERENCE

Bookings are officially open for the PSHE Association's Spring Online Conference.

Taking place on Thursday 12th March (9.30-13.00), there will be keynote speakers and practical workshops on some of the most pressing challenges facing children and young people - including deepfakes, community tensions and knife crime.

Spaces costs £115 per person for members of the PSHE Association. You can become a member from as little as £80

YOUTH VIOLENCE

Knife-enabled crime has fallen 5% with 51,527 offences recorded in the year to June 2025. This is the lowest level since before the pandemic.

Nearly 60,000 knives have been taken off our streets, and hospital admissions for knife assaults are down 10%.

The majority of these offences involved assaults with injury or intent to cause serious harm (22,141), robberies (21,256), and threats to kill (6,126). Hospital admissions for knife assaults have also dropped by 10%, reflecting the impact of prevention and early intervention efforts. Knife-enabled homicides, although smaller in number, still represent a devastating loss of life, falling 18% from 239 to 196 incidents.

At a time when many young people report feeling there has been an increase in youth violence it is important that we use facts to show the reality and provide reassurance.

TACKLING MISOGYNY

The updated RSHE statutory guidance (July 2025) makes clear that schools must prepare pupils to recognise harmful behaviour, understand how online influence works, and develop the confidence and skills to act safely as active bystanders.

In TES Magazine, Peter Hyman states that schools can't just tell boys to avoid controversial content - instead, they need to give them the tools, time and space to discuss the world they inhabit. Inside the mind of a 16-year-old: From Andrew Tate to Bonnie Blue to Nigel Farage - what do first-time voters think about social media, politics, the state of Britain and their futures? found that teachers will often shut down the debate due to a lack of confidence. If this is a training need for your setting - how to facilitate challenging conversations, please get in touch with us to discuss how we can support.

Life Lessons recently highlighted in a blog that online safeguarding continues to be a central priority for UK schools in 2025. The digital environments that children and young people navigate are evolving rapidly; they are fast-paced, highly personalised, and increasingly influenced by AI and algorithmic content delivery. While these spaces can foster creativity, learning, and positive communities, they also present significant risks.

Children and young people are exposed to harmful or unhealthy narratives that can undermine wellbeing and safety. These include:

- Misogyny and gender-based hostility
- Peer pressure and coercion to engage in risky behaviours
- Bullying and harassment, often amplified by anonymity online
- Manipulative or shocking content designed to provoke strong emotional reactions

For schools, this means safeguarding is not just about monitoring online activity but about equipping pupils with the skills to critically evaluate digital content, recognise harmful influences, and build resilience in online interactions. It also requires collaboration with parents, carers, and wider communities to ensure consistent messages about safe and respectful online behaviour.

SUPPORTING BEREAVED CHILDREN AND YOUNG PEOPLE

Winston's Wish has launched Ask Me, a campaign created by young people to improve support for bereaved students in nurseries, schools, colleges, and universities. Too many children still struggle to balance grief and learning without the help they need.

The campaign offers free resources, including Bereavement Plans and a step-by-step guide, plus email support to help you put your pledge into action. Sign the Ask Me: Education Manifesto and download the Bereavement Plan to access these resources and receive an exclusive discount on their new training programme launching in January.

ACTION FOR SCHOOLS: IS YOUR DEFIBRILLATOR RESCUE READY?

Schools should ensure their defibrillator is 'rescue ready' and visible to 999. Over 8,500 devices are not yet registered, meaning emergency services can't see them. With more visitors in schools before Christmas, a registered defibrillator could save lives.

Action steps:

- Check visibility at www.defibfinder.uk.
- Register on The Circuit (11,500 schools already have).
- Use The Circuit's step-by-step video guide.
- If already registered, record your check so the ambulance service knows it's ready.
- Update The Circuit with school closing dates and times if the device isn't available 24/7.



PERIOD PRODUCT SCHEME: MANAGEMENT INFORMATION

The period product scheme was launched on 20 January 2020 to ensure that no girls, women or person with a womb miss out on education due to their period. It covers all state-funded schools with female pupils in year 5 (aged 9 or 10 years) or above and DfE-funded 16-19 education organisations in England. The scheme enables these organisations to provide free period products for these people in their place of study.

The government has published [Management Information](#) for the 2024-2025 academic year.

Staffordshire had the lowest percentage of eligible organisations that ordered (38%) in the West Midlands (average was 45%).

PHS who run the scheme have been given an email address for each school or college that is held by the DfE. If you cannot find the activation email (check your generic inboxes and junk folders), want to change the email address linked to your account or want to request additional login details please call 01827 255 500.

CONTRACEPTION

Brook and The Open University have published research - [Contraception Decision-Making: How Young People Navigate and Value Diverse Information Sources](#), that provides insight into how young people access, assess and use information around contraception to make informed choices.

The research highlights:

- Young people rely on multiple sources for contraception information: NHS, Brook, social media, friends and family
- Trust is central - personal relationships and reputable institutions, like the NHS, but social media is influential because it feels personal and accessible
- Young people need skills to critically assess reliability, including identifying and recognising bias, commercial intent and fact-checking.
- Young people want information that feels relevant and easy to understand.
- Young people value lived experiences alongside facts - they want to understand not just "how" contraception works but "why" it matters for their personal circumstances.

Implications for PSHE:

- Embed digital and health literacy into your curriculum
- Provide balanced, evidence-based content that acknowledges emotional and social factors
- Create opportunities for open dialogue, where young people can explore myths, fears and personal values safely
- Signpost to trusted resources like [Brook's Contraception Tool](#), [NHS](#) and [Open Clinic](#).

PREGNANCY

Tommy's has developed a free digital [Planning for Pregnancy Tool](#) to support women in preparing for a healthy pregnancy. Created in collaboration with the Royal College of General Practitioners, Royal College of Obstetricians and Gynaecologists, Public Health England, and University College London, the tool provides tailored advice based on users' responses to a short questionnaire.

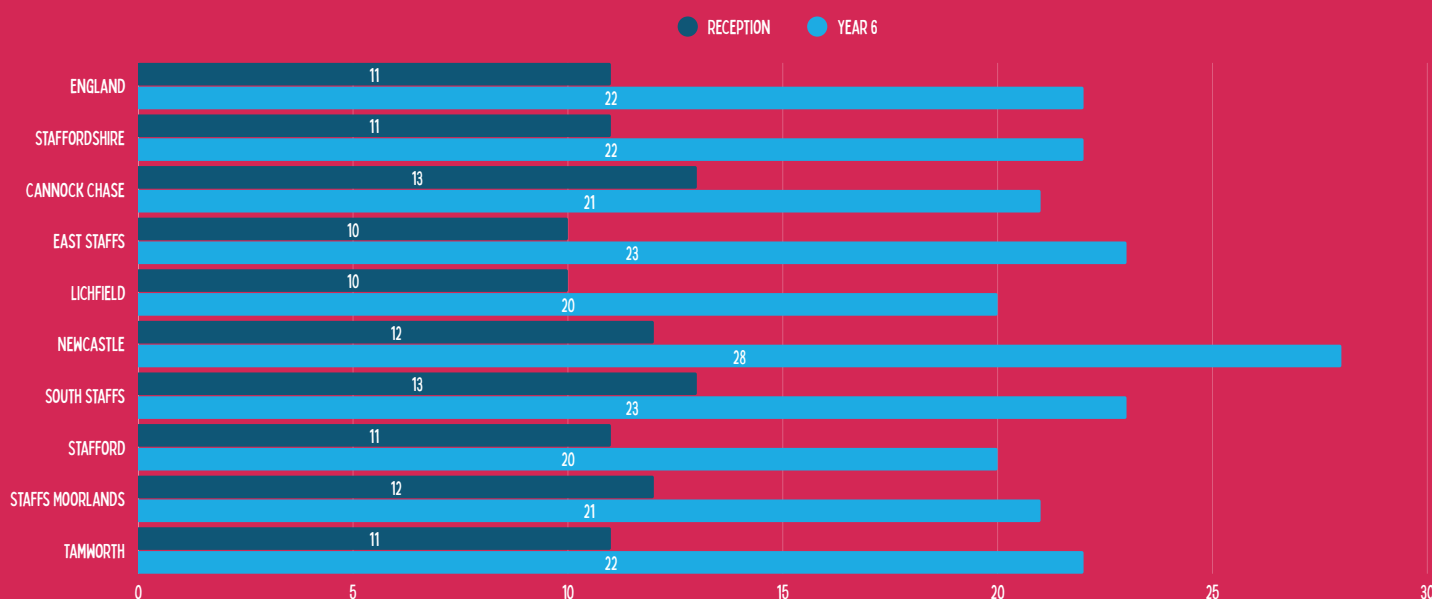
This provides some helpful tips for people planning a pregnancy, which you may want to ensure you cover within your curriculum.

FOOD EDUCATION

The government has reiterated its commitment to get children healthier, recognising education settings as a key avenue for change.

The latest figures from the National Child Measurement Programme 24/25 reveal that 22.2% of year 6 children and 10.5% of children in reception are living with obesity. The National Child Measurement Programme (NCMP) is a key element of the government's approach to tackling childhood obesity by annually measuring over one million children and providing reliable data on the percentage of children living with obesity. Children have their height and weight measured in reception (aged 4 to 5 years) and year 6 (aged 10 to 11 years) in mainstream state-maintained primary schools in England.

You can utilise the Department of Health and Social Care's Fingertips Public Health Profiles database to ensure that your curriculum is reflecting the needs of your local context. We have highlighted the prevalence of obesity (including severe obesity) for both Reception and Year 6 in the charts below.



The British Nutrition Foundation has commented on the final report of the Curriculum and Assessment Review, welcoming the renaming from "Cooking and Nutrition" to "Food and Nutrition", reflecting the broader scope of the subject beyond practical skills.

Wider food education provides a practical context for these skills: financial education through recipe costing, budgeting, smart shopping, and reducing food waste; media literacy by helping pupils critically evaluate information on social media, e.g. around healthy eating and nutrition; and oracy through discussion, explanation, and collaboration in the food room.

PSHE Leads are advised to work with their Design Technology colleagues when the revised curriculum is published in 2027, for first teaching in 2028, to look at the cross-curricular opportunities.

School Food Matters has launched Nourish Secondaries with the University of Birmingham to explore how whole-school food approaches can work in secondary schools, where larger numbers, shorter breaks, and commercial pressures make provision more complex.

A rapid review highlights limited existing evidence, the need to involve student voice, and the impact of dining spaces. It suggests small, low-cost changes, stronger leadership, better food education, and attention to equity and sustainability as key opportunities to improve food culture in secondary schools.

UPDATE FROM LOCAL PARTNERS

I'M HERE CAMPAIGN

Sign Up

Middle and Secondary schools across Staffordshire are being invited to join an important new campaign to help improve school attendance. There isn't long to sign up, so do so as soon as possible. Sign-ups will close Friday, 19th December 2025.

I'm Here is a campaign designed to support young people in attending school every day.

Mild illness and anxiety are amongst the most common reasons for absence, and we also know that what makes the biggest difference is a trusted relationship with a teacher or member of staff.

That's why this campaign encourages school staff to open up conversations with pupils and be alert to the early signs of anxiety, and showing students that someone is here for them.

The campaign has worked closely with Staffordshire young people to co-produce two short, powerful videos that reflect their real experiences:

- One shares why school matters to them personally – their reasons for showing up.
- The other explores mental health and encourages open conversations, reminding students it's okay to talk.

The campaign includes posters, badges, marketing material and a PSHE toolkit designed to complement the campaign by providing a series of lesson plans that empower young people to recognise the value of attendance, explore barriers they may face, and develop strategies to stay engaged with school life.

These resources *will not be* in our Resource Library they will only be available to education settings that sign up to the campaign.

The full campaign launches in January 2026, and Staffordshire County Council are asking schools to sign up as soon as possible to be part of it. Sign-ups will close Friday, 19th December 2025.

Let's work together to help every student feel supported, understood and ready to say: "I'm here."



STAFFORDSHIRE POLICE – DAY OF ACTION UPDATE

In September, Staffordshire Police officers carried out a targeted road-safety operation across the area. During the checks, two illegal e-scooters were seized, three drivers were fined for not wearing seat belts, a moped rider was reported for failing to display an L plate, one driver was dealt with for not being in proper control of their vehicle, and another was ticketed for driving with children unrestrained. The operation reinforced the commitment to keeping roads safe and tackling behaviour that puts people at risk.

Providing this information during relevant sessions can help to dispel myths and misconceptions and reinforce that the police can and do act.

WHERE WILL IT END CAMPAIGN

The Violence Reduction Alliance is continuing to promote its Where Will It End? Campaign that was co-produced with young people living in Staffordshire and Stoke-on-Trent. The campaign raises awareness of how low-level violence can escalate to more serious violence, how emotions and feelings can influence behaviour choices and provides strategies for young people to better manage their emotions – as well as useful information for parents and carers.

All campaign resources can be downloaded via a partner page link on the campaign webpage (www.wherewillitend.co.uk). If you would like to request printed posters to display within your school, please email SSVRA@staffordshire-pfcc.gov.uk.

UPDATE TO POSTVENTION GUIDANCE

We have been asked to advise colleagues that the guidance for education settings responding to a sudden unexpected death being treated as a suspected suicide (schools and colleges) has been updated to include the contact details for The Dove Service - the commissioned Bereavement Service for Staffordshire and Stoke-on-Trent.

Please ensure you refer to the updated version, which can be found on the [Staffordshire and Stoke-on-Trent Integrated Care System's website](#).

LOCAL NEWSLETTERS

Catch22 have shared their [Research & Development Round-Up for November 2025](#) which has a spotlight on Extra-familial Risk and Harm.

The Stoke-on-Trent and Staffordshire Violence Reduction Alliance have published their [Resource Round-Up for December 25](#).

STaRS has [published its first newsletter](#). This newsletter shines a light on the work of STaRS partners, our challenges, and opportunities for collaboration. It's for everyone connected to STaRS – staff, people who use our services, and our wider partners. This newsletter is in the form of a video to give you a break from reading.

UPDATE FROM STAFFORDSHIRE EDUCATION PSYCHOLOGY SERVICE

Staffordshire Education Psychology Service is hosting free virtual webinars as part of Children's Mental Health Week 2026 (9th - 13th February). The sessions will look at pupil voice, ASPIRE, Bereavement, Worry Workshops, Belonging and Anxiety and Worries.

These are open to any professional who works with children and young people, so please print out the flyer and display it in your staff rooms.

The Service is researching to explore the impact of the Emotional Literacy Support Assistant (ELSA) programme across Staffordshire. They would like to invite schools with an ELSA provision to be part of this important project.

There are 2 aspects to the research:

- With pupils who have experienced ELSA in the last academic year
- With parents/carers of those whose child has experienced ELSA in the last academic year (see parent/carer section page XX)

Each aspect involves a small focus group that last no longer than 90 minutes either in person or MS Teams. [This flyer has more information.](#)

HELP SHAPE THE FUTURE OF YOUR LOCAL LIBRARY!

Libraries across Staffordshire already offer far more than books. From creative workshops and youth programmes to arts events, digital support, in-house cafés, and community groups, they are evolving into welcoming spaces for learning, wellbeing, connections, and enterprise. Some even provide help with everyday tasks like paying bills, accessing public services, and developing digital skills.

Now, Staffordshire County Council want to hear from young people aged 8-18 (up to 25 with additional needs) of Staffordshire. What services or activities would they like to see more of? What's missing that could make local library even more useful? What existing services work well and could be built upon? Whether they're a regular visitor or haven't been in a while, any thoughts can help Staffordshire County Council make libraries in Staffordshire even better for people of all ages.

Please see [link here](#) to the online survey for young people aged 8-18 years (up to 25 years with additional needs) to complete. Please share the above information, the attached flyer and link with young people and families to support young people have their say on the future of Staffordshire's libraries. Online survey closes on 7th January.

ONLINE CHALLENGES

It has come to our attention that some children and young people may be taking part in an online trend -the "Salt and Ice Challenge". This is where children and young people place salt on their skin and press ice on top for as long as possible. This creates a chemical reaction, rapidly lowering the temperature and causing cryogenic (cold) burns, similar to frostbite.

Children and young people may underestimate the harm as the cold numbs the skin, masking pain until significant damage has occurred.

This challenge risks children and young people experiencing second- or third-degree burns, potential needs of skin grafts, lasting scarring, nerve damage and impact on wellbeing.

Peer and online pressure may amplify the likelihood of wider uptake; however, *it is important that we avoid naming specific challenges*, as this can inspire children and young people to learn more about them. A better approach is for us to provide children and young people with the knowledge and skills to develop critical thinking and to encourage open discussion both in education and at home.

We are providing this information to professionals to help them effectively safeguard children and young people and recognise the risks and signs associated with this particular challenge.

First Aid Advice

If someone is affected by this type of burn, it is important to:

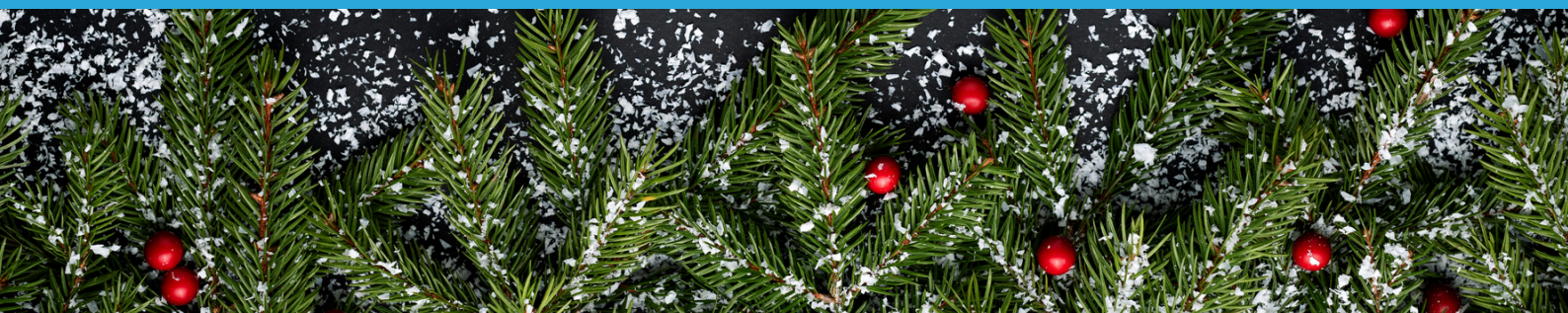
- Cool the affected area under lukewarm running water for at least 10 minutes
- Do not apply ice, creams or fluffy dressings
- Cover with clean cling film or smooth plastic
- Seek medical attention for deep, blistered or extensive burns.

Resources

To support you to safeguard children and young people and manage the risks, de-escalate and respond to harmful online challenges please visit:

- [Internet Matters](#) has advice and resources for parents, carers, children and young people and a lesson plan designed for Year 6s.
- [UK Safer Internet Centre](#) provides best practices for schools and professionals

These links can also be found on www.pshestaffs.com in the Online Safety pages of the Resource Library and on the Parents and Carers page for future reference.



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...

DON'T LET FLU RUIN CHRISTMAS

The NHS in Staffordshire and Stoke-on-Trent is urging families to get children vaccinated against flu. Uptake in primary schools is lower than expected, but there's still time to get protected before Christmas. Flu vaccines are available in school or at local catch-up clinics until Friday, 12 December 2025.

Why it matters

Flu can be very unpleasant and can sometimes lead to serious complications. Each winter, thousands of children in the UK, even those with no underlying health conditions, need hospital care because of flu. Children can catch and spread flu easily, and vaccinating them helps protect vulnerable people in the community. Most children receive a quick nasal spray, with an injectable option if needed. Improving uptake will help reduce flu-related absences and support better overall school attendance.

Missed the school session?

Parents and carers can book a local catch-up clinic appointment by calling the School Age Immunisation Service on 0300 124 0366 (lines open 8:30am-3:30pm, Monday to Friday).

For more information about the flu vaccine, visit: www.nhs.uk/vaccinations/child-flu-vaccine/

Questions or concerns?

If parents, carers or school staff have any concerns or queries about the flu vaccine, please signpost them to the [School Age Immunisation Service \(SAIS\) website](#) or ask them to call 0300 124 0366 for advice.

Here are a couple of images to support this message that you can display around school or on your social media accounts.

- [School Setting](#)
- [Social Setting](#)



ENGAGEMENT EVENT – WORKING TOGETHER UPDATE

The Department for Education is inviting parents and carers to take part in discussions ahead of an update of the Working Together to Safeguard Children guidance, planned for 2026.

This update will aim to strengthen how we protect all children, including learning from serious safeguarding cases, tackling discrimination in safeguarding practices, improving responses to child sexual abuse and domestic abuse and supporting children who are looked after.

This event is where you can share your views and help shape the future of safeguarding. These sessions are open to everyone involved in supporting children – whether you're a birth parent, adoptive parent, foster carer, kinship carer, special guardian, or anyone else caring for a child.

Your voice matters, and we welcome a wide range of perspectives.

Tuesday 9th December 4-5pm - [Click here](#) to sign up for this event.

TIPS FOR CHRISTMAS

Why December Can Be Tricky in School...



Ensure that parents/carers know that you are aware that as December rolls around, UK schools morph into a flurry of glitter, festive assemblies, and sugar-fuelled excitement, and this can be a challenge for some children and young people (and adults). Here are some top tips to help:

- Share information to help them create visual timetables for each day
- Make sure they are aware of the support available from Family Hubs ([Staffordshire/Stoke-on-Trent](#))
- Utilise local websites like [Sandbox](#) for practical resources to support managing mental health or [Health for Teens](#), which has a handy guide for coping at Christmas.

ELSA RESEARCH OPPORTUNITY

Staffordshire County Council's Educational Psychology Service is looking for parent/carers to take part in their research exploring the impact of ELSA across Staffordshire.

They are looking for parents/carers of children who have experienced ELSA within the last academic year. ELSA's who are parents are also eligible.

The research will take the form of small focus group sessions, either in person or on MS Teams, that last no more than 90 minutes.

ONLINE SAFETY

Recent research by [More in Common](#), a think tank and research agency, has shed light on how British parents feel about their children's online safety. The study surveyed over 2,000 parents of children aged 17 and under, and the findings are striking:

Parents are deeply concerned about the risks their children face online. Many feel it's a struggle to keep children safe, with one in three saying that setting limits on screen time often leads to conflict at home.

There is strong support for tougher measures:

- 77% of parents back comprehensive age verification for online platforms.
- 78% want tech companies to take more action on algorithms that influence what children see.

The [Nuffield Foundation](#) has published research exploring what life online looks like for young people aged 14 to 24. Drawing on large-scale surveys, existing studies, and insights from young people themselves, the research examines:

- Access to digital technology and how time online is spent.
- How being online shapes relationships, identity, mental health, and well-being.
- Experiences of online harms and how young people respond.

Key findings include:

- There is no single experience of growing up online—digital life brings both benefits and challenges.
- Belonging to marginalised or minoritised communities can influence how young people experience technology.
- While many have encountered harmful content, some young people are taking proactive steps to protect themselves, such as setting time limits on apps and taking regular breaks from devices.

This research reminds us that supporting young people online isn't just about reducing risks—it's also about helping them build healthy habits and resilience.

These insights highlight the importance of us all working together—education settings, families, and tech providers—to create safer digital spaces for children and young people.

To support this, please find below some useful websites that contain information specifically for parents/carers to talk to their child about online safety:

- [Barnados](#)
- [British Board of Film Classification - guide to age ratings](#)
- [Childnet](#)
- [Internet Matters](#)
- [NSPCC](#)
- [Parentkind](#)
- [South West Grid for Learning](#)
- [UK Safer Internet Centre](#)

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 NOVEMBER

ONLINE SAFETY

BULLYING

SMOKING AND VAPING

KNIFE CRIME

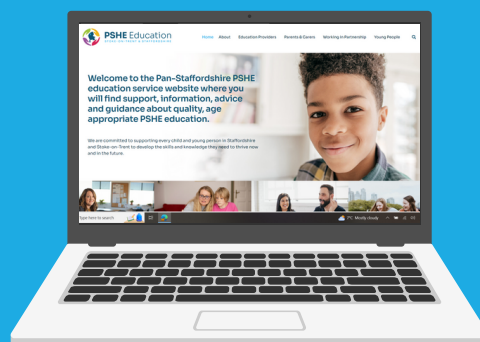
PUBERTY

EATING DISORDERS

JOBS

MANAGING RISKS

ROAD SAFETY

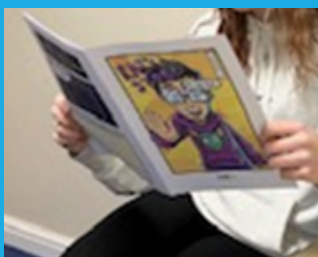


Over 30 people registered for the Resource Library last month. The Resource Library has representation from:

- 66%/42% of Primary
- 86%/94% of Secondary
- 67%/40% of all-age
- 85%71% of Independent

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 have a small number of printed version's of Kai's story our latest comic book to the Oatcake Universe that explores knife crime. To request a supply please email - natalie@staffscvys.org.uk

NEW TO THE RESOURCE LIBRARY - WWW.PSHESTAFFS.COM

NEW!



Last month, a local primary school reached out asking for resources that would support them in educating their children about lockdown procedures. We have resources from Act for Youth for secondary settings, but nothing for primary. Having recognised a gap, we set to work, and 48 hours later, colleagues at Brighton and Hove PSHE Service had kindly given us permission to utilise their resources for:

- 3-7 years old
- 7-11 years old
- 11-14 years old
- 14-16 years old

We are pleased to have added these resources to the [Resource Library](#). These can be found in Managing Risks, Knife Crime and Extremism.

Consistently, Online Safety and Bullying are in the top themes utilised in the Resource Library; we have added more resources to these areas.



Staffordshire Virtual School has worked with care-experienced young people to develop a 10-minute film that highlights the impact of bullying and care experience on young people. Suitable for 12+ and professionals, this resource explores the reasons care-experienced children and young people are more susceptible to bullying or feeling misunderstood and the value of communication and being present. This has been added to Bullying and Communication.



Two lessons from The Rez that explore the importance of kindness and how to recognise kind and unkind behaviours using scenarios and characters from The Rez podcast and comic book series. The lessons are designed to be used in both mainstream and SEND settings. Each activity provides four alternative options for pupils with SEND or pupils who require additional support, as well as a challenge option, allowing you to tailor the lessons to meet the needs of your pupils.

These have been added to the [Resource Library](#) pages, Bullying and Friendships.



PSHE Association assured resource that accompanies the CyberSprinters game, this toolkit supports professionals working with children aged 7-11 to convey key cybersecurity messages, helping develop knowledge and skills in these areas.

These have been added to the [Resource Library](#) page - Online Safety

UPDATES ON NATIONAL RESOURCES

SPEAK OUT STAY SAFE

NSPCC Learning has updated its Speak Out Stay Safe resource, which aims to equip children with the knowledge they need to stay safe from abuse and neglect. The updates include:

- New toolkits for home educators and practitioners in alternative provision
- Supplementary lesson plans to follow the existing programme for primary schools
- Follow-up lesson plans for pupils who have additional needs.

To access these resources, please email your local Schools Coordinator

- Staffordshire Moorlands - rachel.willis@nspcc.org.uk
- All other areas - matthew.harding@nspcc.org.uk

FRIENDSHIP AND BULLYING - SEND

Research by the Anti-Bullying Alliance shows 31% of pupils with SEND experience frequent bullying, compared to 22% without SEND. This trend continues online, with higher rates of both experiencing and engaging in cyberbullying.

To help address this, the PSHE Association has launched a Friendship and Bullying lesson pack for pupils with SEND. It includes:

- 3 lessons for KS2 and 4 for KS3-4, designed for a range of learning needs.
- Activities based on the four progression stages in their SEND Planning Framework.
- Complements existing friendship and bullying resources for all key stages.
-

Available to PSHE Association members only.

BRIGHTON & HOVE PSHE SERVICE

Our colleagues in Brighton & Hove have resources for sale for a small fee.

- Getting on, falling out – EYFS, KS1 and KS2 lessons and materials about managing rejection (to buy whole lot is £75, can buy booklist for £20, or just a KS for £45)
- Anti-Racism lessons (Good to be Me and Growing, AntiRacist School, Anti-racism) for all KSs (price TBC but likely to be similar).

To view or to order, please email pshe@brighton-hove.gov.uk and quote Pan-Staffordshire PSHE to them.

FREE PSHE ASSEMBLY

1Decision is delighted to share their free December PSHE assembly with all schools, with no sign-up required. The assembly introduces the idea of giving back through a reverse calendar and helps children explore simple, meaningful ways to support the most vulnerable in their community.

UPCOMING KEY AWARENESS DATES – JANUARY

DRY JANUARY

Dry January encourages people to go alcohol-free for a month, helping reset habits and improve health, wellbeing, and finances. In January 2025, 8 million in the UK took part fully, with 8.8 million cutting down, and research shows lasting benefits.

Teaching young people about the risks and signs of alcohol misuse can help young people to make informed choices, and seek support if they are concerned about their own or someone else's alcohol use.

In October's edition, we shared a new resource, *Thinking About Alcohol* for 11-14-year-olds. This resource, supported by the PSHE Education service, was funded by Cannock Chase District Council and centres around a video monologue written in conjunction with local people in recovery from alcohol misuse. Whilst the stories are real, they have been combined so that a fictional character describes his journey with addiction to alcohol and acts as a springboard for discussions/creative tasks to explore the theme of alcohol misuse and addiction. This is housed in the [Resource Library](#), in the *Alcohol* page.

VEGANUARY

Veganuary is an annual campaign and challenge that encourages people to try going vegan for the month of January. The campaign promotes veganism for health, ethical, and environmental reasons and has become an international movement with millions of participants worldwide.

Veganuary can enrich PSHE by linking food choices to health, ethics, environment, and respect for diversity, while giving pupils practical skills and a voice in shaping their lifestyle decisions.

NATIONAL OBESITY AWARENESS WEEK – 10-16 JAN

This awareness date aims to demystify obesity and encourage healthier lifestyles through better eating and increased physical activity. The week's initiatives often involve public health campaigns and provide resources for weight management, with a focus on encouraging individuals to set and share healthy resolutions.

Resources are available in the [Resource Library](#) under *Diet and Nutrition*, *Being Healthy*, and *Physical Activity*. These include Goodness & Mercy activity plans for faith schools, Food a Fact of Life for ages 3-16 (with SEND resources), and STEM Learning lesson plans for KS3/4 linking science to healthy eating.

The [National Child Measurement Programme \(NCMP\)](#) supports schools in weighing and measuring pupils in Reception and Year 6, and JenUp offers [guidance for teachers on tackling fat shaming](#) to protect mental health.



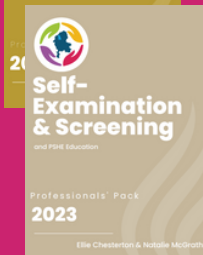
CERVICAL CANCER PREVENTION WEEK - 19-26 JAN

All people with a cervix are offered a smear test for cervical screening from the age of 16-64. It is important to remember this is not a test for cancer, but a test to help prevent cancer. During the test, a small sample of cells is taken from the cervix and sent off for testing.

Brook provides guidance and support on their website, and answers the most common questions about smear tests so people can know what to expect.

NHS England has set a target to eliminate cervical cancer by 2040, through HPV vaccination and improved screening coverage.

We've shared previously that locally, in recent years, fewer young people have taken up the HPV vaccine, which is crucial to reducing the risk of HPV-related cancers, including oral cancer. This guide from the ICB highlights school-aged immunisation schedules to help you plan your curriculum.



Teaching young people about their health and health risks means that they can establish healthy behaviours to take forward into the rest of their life e.g. regular self-examination checks, immunisations and vaccinations.

In our catalogue of & PSHE packs, there is guidance to support you in delivering PSHE education on Self-Examination & Screening and Immunisations & Vaccinations. These packs show the curriculum learning outcomes linked to the topic, giving information to enable professionals to build their own knowledge on the topic to competently facilitate PSHE sessions with confidence.

BREW MONDAY - 19 JAN

Brew Monday is a campaign by the Samaritans encouraging people to connect over a cuppa and conversation, turning the so-called "Blue Monday" - reportedly, the most depressing day of the year, into a day of warmth, connection and support. You can find downloadable campaign materials including posters, leaflets and activities here.



Resources linked to mental wellbeing, can be found in the *Mental Health* page of the Resource Library, register here.

INTERNATIONAL DAY OF EDUCATION - 24 JAN

The 2026 UNESCO International Day of Education theme is "Learning for Lasting Peace."

In PSHE, this means fostering respect, empathy, and global awareness through practical opportunities for inclusive communities.

Resources include Anna Freud's toolkit for ages 10-11 on friendships, wellbeing, and conflict resolution, and the University of Exeter's Communication Matters for ages 13-16, which uses real-life video examples to show how communication can escalate or de-escalate conflict.

These and more are available in the *Conflict Resolution* page of the Resource Library.

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. , FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.
GENDER / CONSENT	VARIOUS 3.45-5.15PM	EVERYONE'S INVITED	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.
SEXUAL EXPLOITATION & HARMFUL SEXUAL BEHAVIOR	10 TH DECEMBER 4-5PM	FEARLESS.ORG	FREE	JOIN THIS ONLINE SESSION WITH FEARLESS, THE YOUTH SERVICE OF INDEPENDENT CHARITY CRIMESTOPPERS, AND CEOP TO LEARN MORE ABOUT CHILD SEXUAL EXPLOITATION AND ABUSE (CSEA) AND HARMFUL SEXUAL BEHAVIOUR (HSB): WHAT IT IS, WHO HARMS CHILDREN, SIGNS TO LOOK OUT FOR AND WHAT WE ALL CAN DO IN RESPONSE.
RSHE READINESS	15 TH JANUARY 3:45-5:15PM	LOUDMOUTH EDUCATION AND TRAINING	£27.80	THIS ONLINE TRAINING WILL LOOK AT SOME OF THE KEY UPDATES TO THE RSHE CURRICULUM, WHICH BECOMES COMPULSORY IN SEPTEMBER 2026. THE TRAINING ALSO INTRODUCES SOME FLEXIBLE AND FUN ACTIVE LEARNING TECHNIQUES, TO EQUIP STAFF WITH THE SKILLS AND CONFIDENCE TO EXPLORE RSHE TOPICS.
PARENT ENGAGEMENT	19TH JANUARY 2026 OR 3RD FEBRUARY 2026 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.
SUBSTANCES	27 TH JANUARY 11AM-1PM	DRUGS EDUCATION FORUM	FREE	THIS TRAINING WILL COVER: THE LATEST DEVELOPMENTS IN THE DRUGS MARKET, EXPLORE METHODS OF CONSUMPTION, WELL-ESTABLISHED RISKS, AND SOME KEY CONSIDERATIONS TO BE MADE WHEN REDUCING POTENTIAL HARMS. THERE WILL ALSO BE AN OPPORTUNITY TO ASK QUESTIONS.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
SUICIDE PREVENTION	12 TH FEBRUARY 2026 1-4.30PM OR 4 TH MARCH 2026 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.
RSE	2 ND , 3 RD , 10, 16, 17 TH MARCH 10AM-4.30PM	<u>BISH TRAINING</u>	£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.

TRAINING (E-LEARNING, WEBINARS)

**NEW
UPDATE**

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

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:

- The College of Sexual Reproductive Healthcare's President, Dr Zara Haider, talks to Lucy Emmerson, CEO of the Sex Education Forum, about the new RSHE guidance, the worrying rise in online misinformation and the Sex Education Forum's key priorities for the year ahead.
- The College of Sexual Reproductive HealthCare interview the Eve Appeal, with reflections on Gynaecological Cancer Awareness Month and the wealth of changes to cervical cancer screening announced recently.

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:

- Exploitation - Social Media Monsters on Channel 4 is a series on social media 'monsters' - people who use social media to groom, threaten, exploit and abuse others. In this episode the focus is on the murder of Joe Dix, who had previously experienced criminal exploitation.
- Domestic Abuse - Episode 1 of the above series follows the experience of 15-year-old Holly Newton. When Holly split up with Logan MacPhail, he hacked her social media accounts, tracked her movements and brutally attacked her. Can the police prove the attack was premeditated?

NEXT MONTH (JANUARY)...

Resources & Materials for key awareness dates in February:

- LGBT History Month (1-28)
- Heart Month (1-28)
- Sexual Abuse and Sexual Violence Awareness Week (2-8)
- World Cancer Day (4)
- Time to Talk Day (6)
- International Day of Zero Tolerance to FGM (6)
- Children's Mental Health Week (9-15)
- World Toothache Day (9)
- Safer Internet Day (11)
- Valentine's Day (14)
- Kindness Week (14-20)
- International Childhood Cancer Day (15)
- Eating Disorders Awareness Week (23-1 Mar)

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

“

Thank you for all of your help and support whilst I have been in the role, it has always been great to receive the newsletters and all of the information you provide

Former PSHE Lead, Primary School,

”

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



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