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PSHE EDUCATION SERVICE OFFER

Funded by the Staffordshire Police, Fire and Crime Commissioner's Office, our role is to ensure every child and young person in Staffordshire and Stoke-on-Trent receives high-quality, inclusive, age- and stage-appropriate PSHE that supports their safety, wellbeing and personal development.

All education settings can access our support free of charge, including:

- [Monthly PSHE Digest](#)

Key updates, resources and guidance, with access to all [previous editions](#).

Half-termly [online PSHE Leads Network Meetings](#) providing an opportunity to share evidence-based practice and policy updates. [Watch previous sessions](#) or [book upcoming dates](#) to help you be RSHE-Ready for September.

- [Bitesize Practice Development Webinars](#) short CPD sessions on specific PSHE topics.

- [Localised ... & PSHE Series](#)

Deep dives into curriculum links, key knowledge and local context, ideal for CPD.

- [Quality-Assured Resource Library](#)

Access a growing bank of national and local PSHE resources, carefully checked for accuracy and suitability.

- [Direct Advice & Guidance](#)

[Email support](#) for curriculum planning, policy questions or emerging issues.

- [Best Practice Support](#)

Practical guidance to strengthen delivery, assessment and whole-school approaches to PSHE.

- [Quality Assurance Visits](#)

Personalised support to review current provision and identify strengths and next steps.

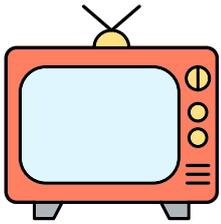
JOIN THE MAILING LIST

Receive the PSHE Digest directly to your inbox on the first term-time Friday of each month by emailing:

ellie@staffscvys.org.uk

WHAT'S OUT THERE...

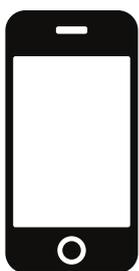
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of topics that are being covered in TV, news and social media that young people may want to discuss.



- [In Hollyoaks](#), Diane Hutchinson will share that she has been diagnosed with Ovarian Cancer, at this stage the cancer is advanced and she is advised that treatment may not be effective. The storyline will explore how the Hutchinson family cope with the diagnosis.
- In [Albert Square](#), Penny Branning has discovered she is pregnant. This discovery has led to the exploration of attitudes around people with physical disabilities having children. Meanwhile, Jonny Carter [had sex to protect](#) his boyfriend Callum's career, exploring if it is this sexual abuse or not. Finally, to help Patrick Truman with the grief of losing his son Anthony, Denzil creates an [AI avatar of Anthony](#) for Patrick to talk to.



- The US and Israel carried out air strikes on Iran this week, and Iran responded by firing missiles at Israel, Qatar, the UAE and Saudi Arabia. Newsround has a child-friendly way to explain what is happening. Our [special edition PSHE Digest](#) about the Israel and Hamas conflict also has some advice and guidance on how to talk to children and young people about the news, suitable news stories - please note that Action for Children is no longer the commissioned provider for emotional health and wellbeing, instead please speak to your Mental Health Support Team or [StayWell Staffordshire](#). Picture News has also created a [Special Resource](#) for education settings to utilise. We also have information to support parents and carers to have conversations with their child in our [parent/carer section](#).
- A [resident from Biddulph](#) has started a petition to get monkey dust reclassified as a Class A drug - it is currently Class B due to the impact the drug had on their life and the lives of others they know.



- [The BBC reports](#) on the government [launching their consultation](#) on banning social media for under-16s. [GirlGuiding has asked](#) young people across the UK for their thoughts. We encourage professionals, parents/carers and pupils to share their thoughts in the consultation which closes on 26th May 2026.
- Parents using Instagram's child supervision tools will soon [receive alerts](#) if their teen repeatedly searches for suicide or self-harm related terms on the platform.
- [Fake AI videos](#) are being created across social media to show urban decline in the UK, are fueling anger and racist backlash.

UPDATE FROM NATIONAL PARTNERS

GOVERNMENT CONSULTATIONS

KCSIE AND GENDER QUESTIONING GUIDANCE

The Department for Education has proposed a new section in Keeping Children Safe in Education (KCSIE) that focuses on issues that might arise when considering how best to support children and young people who are questioning their gender, alongside new sections on single-sex spaces and single-sex sports. There will no longer be a separate guidance document, but the DfE are proposing to include the content in KCSIE so that children's wellbeing and safeguarding are considered in the round, and so that schools and colleges can easily access this information in one place.

The updated guidance has been informed by the consultation run under the previous government.

These changes, along with others, are currently out for consultation (closing date 22nd April). In the proposed document, there are 6 direct references to RSHE, again highlighting the strong link between safeguarding and PSHE, so we encourage all PSHE Leads to read the proposed KCSIE document and complete the consultation themselves or work with their safeguarding team to complete it on behalf of the school.

MENTAL HEALTH SUPPORT

The Education Committee and Health and Social Care Committee have launched a joint inquiry into mental health support for children and young people up to the age 25.

With 1 in 5 young people aged 8-25 having a probable mental disorder, the inquiry will examine support available in the community, health and education settings and how to improve access to services like CAMHS. The inquiry will scrutinise the rollout of Mental Health Support Teams in schools and the Government's new Young Futures Hubs.

Deadline for evidence submissions - 27th March 2026

GROWING UP IN AN ONLINE WORLD

The Department for Science, Innovation and Technology has opened the consultation to prepare children for the future in an age of rapid technological change. This includes potential age restrictions on social media and other services such as gaming sites and AI chatbots, restrictions on addictive design features and risky functionalities and better support for parents and families.

There are 3 surveys to choose from:

- Full consultation for anyone
- Survey for parents/carers of young people aged 21 and under
- Survey for children and young people aged 10-21.

The survey closes at 11.59pm on 26th May 2026.

PSHE ASSOCIATION UPDATE

The PSHE Association has confirmed that their new programme of study and PSHE education Curriculum Models, which replace the existing Programme Builders, will be published on Monday, 16th March. Those attending their Spring Conference will get exclusive early access and key tips on successful implementation.

This is a complete rewrite, with a simplified and improved approach, while maintaining the flexibility necessary to tailor a programme to the needs of your setting. The new materials will:

- Bring specialist expertise into your classroom, with input from experts across key topic areas.
- Support confident curriculum coverage, with clear sequencing that meets all statutory RSHE requirements and wider PSHE needs.
- Make planning easier, thanks to improved structure, layout and accessibility in both print and digital formats.

EXPLOITATION

The Home Office has published guides for children aged 4-11 and young people aged 11-16 who have been referred to the National Referral Mechanism (NRM). Professionals can use these guides to support conversations about the NRM and what happens next. The guide for 11-16-year-olds is available in English, Arabic, Tigrinya, Vietnamese and Welsh.

The NRM helps identify children and young people who may be victims of exploitation, human trafficking or modern slavery.

There is also an information pack for young people turning 18, explaining their options if they choose to remain in the NRM.

BODY IMAGE

The Children's Commissioner for England has published a new report on how appearance-changing products promoted online affect young people. The study surveyed 2,000 children aged 13-17 and held focus groups to explore the impact on body image and wellbeing.

Many reported seeing content promoting prescription-only weight-loss drugs, muscle-building supplements and beauty procedures. Importantly, 78% said this exposure harmed their self-esteem and increased pressure to meet unrealistic body standards.

The report recommends strengthening the Children's Code to better protect young people from harmful body-stigma content and updating the Online Safety Act to stop children from seeing ads for appearance-changing products on social media.

MENTAL HEALTH

The NSPCC has shared new insights into the number of children seeking help for suicidal thoughts. In 2025, Childline delivered almost 19,000 counselling sessions about suicidal feelings. One in five involved a child at immediate risk, while the rest were from young people seeking support before reaching a crisis point.

Children contacted Childline for many reasons, including feeling overwhelmed, struggling with mental health, or dealing with difficult past experiences.

The NSPCC update also offers guidance for adults on recognising signs of suicidal thoughts and supporting affected children, as well as advice for young people on where to get help.

MENSTRUAL HEALTH

Nottingham College has taken steps to support staff affected by endometriosis and other menstrual health conditions. The college has focused on 3 key areas:

- Enhancing leadership and management support
- Tackling stigma and fostering cultural change
- Improving communication

The college is committed to membership with Endometriosis UK as an Endometriosis Friendly Employer and introduced "Menstrual Health" as a recognised sickness category in its HR system. They also run a successful Cafe Connections initiative and launched a comprehensive Menstrual Health and Menopause Policy in July 2025. [Read more here.](#)

We recognise that many staff may not feel confident delivering sessions around this topic due to their own knowledge. To support you, we have sourced an online course by Cardiff University - Severe Period Pain is Not Normal - this has been added to the [training page of our website.](#)

Please ensure your setting is registered for the [DfE's Period Product Scheme](#) (state-funded settings only) to access free period products to girls and women in their place of study.

ONLINE SAFETY

Education Child Protection (ECP) Safeguarding has published a new [YouTube factsheet](#) that uncovers the real reasons the app remains the digital hangout for young people. This helps adults to have a clear look at how children use it and why it's become such a huge part of their daily lives. The factsheet also provides details of the safeguarding essentials that professionals, parents and carers need to know, including the impact of personalised recommendations, autoplay, comments, live chat, content filters and parental controls.

This resource helps professionals and parents/carers support a more balanced, safer and age-appropriate viewing for every child and young person.

NSPCC Learning has published an [insight briefing](#) on the impact of harmful online content on children and young people. Drawing on Childline counselling sessions and NSPCC Helpline contacts, the briefing explores how exposure to online bullying, hate content, violent imagery, misinformation, pornography and addictive platform features can affect children's safety, wellbeing and sense of identity. The findings provide a snapshot of children's experiences before the implementation of the Online Safety Act's child safety duties, highlighting gaps in protection and ongoing challenges for families and professionals. This briefing offers valuable evidence to support safeguarding practice, policy development and future online safety interventions.

OFCOM has [launched a call for evidence](#) for its first statutory report on online content harmful to children and young people. The report will set out a review of the incidence of content harmful to children on regulated services, and the severity of harm that children in the UK may experience as a result of this content. Ofcom is seeking evidence from professionals on: the incidence of content harmful to children on regulated user-to-user, search and/or combined services; and physical or psychological harm to children. *The call for evidence closes on 10 March 2026.*

Nominet and the UK Safer Internet Centre have [released a new report](#) exploring how children and young people in the UK are using AI, how safe they feel online, and what changes are needed to support responsible use. The research draws on survey responses from 2,000 parents and 2,000 children aged 8-17, alongside focus groups with school pupils.

Key findings include:

- 97% of young people have used AI in some form.
- 60% of children are worried about AI being used to create inappropriate images of them, a concern shared by 65% of parents and carers.
- 75% of 8-17-year-olds believe the government should introduce stronger rules to ensure AI companies keep children safe.

The report also calls on the government to ensure schools receive the support and resources needed to deliver up-to-date online safety education, reflecting the rapidly changing nature of AI and how young people are engaging with it.

YOUTH VIOLENCE

The Youth Endowment Fund has [released a new blog post](#) examining the latest [Office for National Statistics data](#) on annual homicides in England and Wales for the year ending March 2025, with a particular focus on young people.

The analysis shows an 8% overall reduction in homicide victims across all age groups compared with the previous year. Notably, some of the most significant decreases were among teenagers. The number of knife-related homicides involving 13-19-year-olds fell by 59%, dropping from 54 cases in 2023/24 to 22 in 2024/25.

The blog emphasises the importance of continued investment in evidence-based approaches to prevent serious youth violence and sustain this positive downward trend.

Last month, [the government announced](#) that every child caught carrying a knife in England and Wales will receive a mandatory targeted plan to stop them reoffending and protect the public. Each case will be referred to the Youth Justice Services, where a specialist plan will address the root causes of offending. Engagement will be mandatory and closely monitored. This is part of the government's commitment to halve knife crime within a decade.

EXTREMISM

Counter Terrorism Police HQ has launched [What You Share Leaves a Trace](#) - a campaign aimed at preventing young men aged 13-17 from becoming involved in terrorist offending online. Developed in response to rising referrals linked to extremist content on social media, the campaign uses short videos to target young men aged 13-15 and 16-17 across the UK.

The campaign has been informed by youth focus groups, the content speaks in a relatable tone and highlights the real-world consequences of sharing terrorist materials, including the impact on education, travel and future employment. The campaign runs from 16th February to 15th March through paid ads on TikTok and YouTube.

Educate Against Hate has also published posters to support education staff to start those important conversations on online safety. These have been added to our [Notice Board Resource](#) and can be downloaded from the Educate Against Hate website. They are designed to be displayed in classrooms and staffrooms to enable discussions about what young people are encountering online.

BULLYING

A major UK study from the Born in Bradford: Age of Wonder programme has revealed the scale and complexity of adolescent bullying, highlighting key challenges for both education and health systems.

Key findings include:

- Bullying remains widespread - 29% of adolescents reported being bullied at school in recent months, with 14% experiences online bullying
- Gender differences - In-person bullying affects girls more (32%) than boys (26%). Appearance-related pressures were especially strong for girls
- Identity -based bullying - Incidents included intentional misrecognition of racial identity, often experienced as targeted and discriminatory
- Schools are both site and solution - Although schools remain central to bullying experiences, many young people felt that little action was taken when they reported incidents. Some felt driven to move school or shift to home education
- The importance of "fitting in" - Qualitative accounts underscored that social acceptance is a major factor shaping vulnerability to bullying

These findings come from over 8,400 pupils aged 12-15 and highlights the importance of PSHE education within a whole-school approach. PSHE teaching should explicitly tackle body image pressures, social comparison, and peer norms around appearance, and build a sense of belonging within school culture. Our Matilda Comic Book supports UKS2.

DIET AND NUTRITION – FOOD EDUCATION

An evaluation report from Leiths draws on findings from a year-long pilot study conducted in primary schools across England, examining the impact of regular, practical cooking lessons on children's learning and their experience of the school day.

Key findings from the pilot show that regular cooking classes can play a significant role in building children's confidence with food, and increasing their willingness to try new ingredients. The report also highlights wider benefits beyond the kitchen. Teachers involved in the pilot reported improved engagement in lessons and valuable opportunities for cross-curricular learning including links to maths and science. The report also found that children excitedly shared recipes at home and asked parents and carers for new ingredients to recreate meals themselves.

The Leiths education programme found that 41% of pupils gained a better understanding of the impact of healthy eating as a result of regular cookery lessons. The report also launches a cooking programme for Key Stages 1 and 2 - this is available for free to all non-fee paying schools and for £395+VAT per year for independent schools (you can access six lesson plans for free). To find out more please visit their website.

UPDATE FROM LOCAL PARTNERS

LOCAL NEWSLETTERS

Local newsletters are a great way to stay connected with our partnership and keep up to date with what's happening across the area.

We bring these newsletters together in one place to make them easy to access and to highlight the breadth of local information available. We encourage you to join the mailing lists directly so you can receive updates more quickly, rather than waiting for the PSHE Digest to arrive.

Families Health & Wellbeing Service 0-19 Newsletter Winter Edition (this can also be shared with parents and carers)

Violence Reduction Alliance Round Up March 2026

ONLINE CHALLENGES

You may have seen reports of a TikTok trend called "School Wars" where schools are identified as either red or blue and fights are arranged between the schools in each "colour" in community locations, with extra points available if school objects are used, e.g., a compass, a metal rule and more points if they bring a blade. There is no police intelligence that this trend is in Staffordshire, but there have been incidents in Walsall and intel from Wolverhampton, Sandwell and Leicestershire, so it is important that professionals are aware.

We must share intelligence with Staffordshire Police if we become aware of, or have suspicions of, young people becoming involved with this activity. You can do this by completing this form.

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.

To support you in safeguarding children and young people and managing 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.

LOCKDOWN PRACTICE

In this week's ESAS e-mail sent to all DSLs on Tuesday, there was an important reminder about Lockdown Practice. Lockdowns should be practised with both staff and pupils, with clear, proactive and well-planned communication with parents.

This must be delivered in an age-appropriate, calm, and reassuring way. Current DfE security guidance expects children to know the lockdown signal and understand what to do during a drill. *Staff-only practice does not meet these requirements.*

There is further guidance in the e-mail, but to support our education settings, we have a number of resources that can be utilised within your PSHE curriculum in the [Resource Library](#) under Extremism.

STOKE-ON-TRENT YOUTH AMBASSADORS

YMCA North Staffordshire are looking for 20 paid Youth Ambassadors to help shape the future of Stoke-on-Trent.

This opportunity is available to young people aged 14-24 years and is a chance for those passionate about making a real difference to where they live. The Youth Ambassadors will have the chance to turn young people's ideas into real action, from improving mental health support to creating cleaner, safer public spaces.

The Youth Ambassadors will:

- Work alongside other young leaders from across the city
- Influence real decisions that affect young people
- Gain valuable skills and leadership experience
- Take part in training and placements with youth organisations
- Meet local leaders, partners and decision-makers
- Build confidence and boost your CV

There is a recruitment day on March 28th at the YMCA North Staffordshire, ST1 3AE. With sessions running 10am-12pm or 1-3pm. A free lunch is provided between 12-1pm for people attending either session. Spaces are limited and sign up is required to attend.

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

The Department for Education launched a new website to support families and encourage regular conversations about what children and young people are seeing online, asking simple questions like "who shared this?" and "why". The website has been designed based on the main concerns and needs raised by parents and carers.

- Tips for parents/carers' conversations with their children
- Actions to support each stage of their child's life
- Parental control information
- Signposting to other trusted resources from charities and third parties, where parents/carers can access other forms of support, like speaking to an expert.

As part of the government consultation to prepare children for the future in an age of rapid technological change, they want to hear from parents and carers. The consultation will consider how children use digital technology as well as potential age restrictions on social media and other services such as gaming sites and AI chatbots, restrictions on addictive design features and risky functionalities, and better support for parents and families.

We welcome you to share your views and experiences and also encourage children and young people aged 10-21 to get involved too.

TALKING TO CHILDREN ABOUT WEIGHT – A GUIDE FOR PARENTS AND CARERS

The University of Bath have produced a video version of their parent/carer guide to talking to your child about weight that the British Dietetic Obesity Spec group helped to produce and disseminate back in 2023. Both versions share the same messages, but the hope is that the video version makes the information more accessible.

Both versions are available on our Parent/Carer page, so you can share at a time relevant to your curriculum to enable parents/carers to support the learning in the classroom at home.

New! SEND Support Group

A free supportive group for parents and carers of children with SEND. Whether you are awaiting assessment, navigating a new diagnosis, or further along in your SEND journey, drop in and enjoy a hot drink, get advice and connect with other parents with similar experiences.

When and where?

Monday 16th March

12:30-2:00pm

South Staffordshire Family Hub
Holly Lane,
Great Wyrley,
WS6 6AQ.



ROAD SAFETY WEBINAR – SUPPORT YOUR YOUNG DRIVER

Is your child learning to drive? Has your child just passed their driving test? Your influence doesn't end when they pass. Warwickshire Road Safety Partnership are hosting a free parent/carer webinar to help learn how small actions and conversations can help protect young drivers.

Parents and carers from Staffordshire can register to attend this webinar on 19th March 2026, 6-7pm [via this form.](#)

CONFLICT AND WAR

With events in the Middle East remaining uncertain, it's understandable that parents and teachers may feel anxious about how to support children and young people. Many adults are unsure how to explain what's happening without causing fear, or how to help children make sense of the world while still protecting their sense of safety.

The Children's Commissioner for England has [written a letter to all children and their families](#) in England about the war in the Middle East.

Children often notice more than we expect – through snippets of conversation, news headlines, social media, or simply the emotions of the adults around them. It's natural for them to feel confused, worried, or to ask big questions. It's equally natural for adults to feel unsure about the best way to respond.

Right now, offering support doesn't mean having all the answers. Sometimes the most important thing is to stay calm, listen, and be present. We have collated some resources that might help you have these conversations:

- [How to Talk to Your Children About War - UNICEF](#)
- [Middle East and Regional Escalation: 5 Ways to Talk to Children About Conflict](#)
- [How to Talk to Your Children about War and Conflict BBC \(video\)](#)
- [Talking to Children and Young People about War and Conflict - Place2Be](#)
- [How to Talk to Young Children about War - Teach Early Years](#)

You may find that watching news updates designed specifically for children and young people might be a helpful starting point for conversations. Outlets like:

- [Newsround](#)
- [First News](#)
- [Children United Today](#)

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 FEBRUARY:

JOBS

COMMUNITIES (INC. ASB)

SIMILARITIES AND DIFFERENCES (INC. HATE CRIME)

BULLYING

ONLINE SAFETY

SMOKING AND VAPING



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 ellie@staffscvys.org.uk.

NEW

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, a brief overview, and where to find them.



Introduction to Positive Self-Image Online is a lesson for 9-11 years old that explores how images and videos seen online impact how someone feels about themselves. This has been added to Online Safety and Self-Confidence

BEANO

Place
2Be

This is my Place is 2 x 1 hour lesson plans, one for ages 5-7 and the other for 7-11 years that helps children recognise how humour, laughter and jokes can help people feel included and happy and build 'bouncebackability'.

UPDATE ON NATIONAL RESOURCES

NEW WHOLE SCHOOL AUDIT TOOL FROM SEX EDUCATION FORUM

The Sex Education Forum has launched an updated and expanded [audit toolkit](#), designed to support RSE and PSHE Leads in implementing the new RSHE guidance, ready for September 2026.

This interactive toolkit brings all key guidance content, tasks and record-keeping in one place so you can review your provision, plan next steps and track progress with ease. The toolkit is only available to members.

There are also audit toolkits from the [PSHE Association](#) and Pan-Staffordshire PSHE Education Service that education settings can utilise.

- [Primary Settings](#)
- [Secondary Settings](#)

MAKE THE CASE - MEDIA LITERACY FROM FIRST NEWS

First News has created a ["Make the Case" deck](#) to help education settings explore the reasoning behind integrating TeachKit: MIL into your setting's resource bank. It covers:

- What media and information literacy is
- Why it matters now, not later
- Why ad-hoc coverage isn't enough
- How a structured, flexible approach supports staff and reduces workload.

The deck can be adapted to support conversations in your settings.

CUP OF TEA VIDEO

The [tea video](#) uses the metaphor of making someone a cup of tea to explain sexual consent.

The video has been widely used to help explain consent to young people for over a decade.

However, how we talk about consent in 2025 is much more nuanced and complex than it was back in 2015, which means the tea video isn't as helpful a resource as it once was. Brook has [published a blog](#) on why we shouldn't be using this video with young people anymore; this is also the position of the Pan-Staffordshire PSHE Education Service, which is why the video is not available in the Resource Library. We're happy to discuss this should anyone want to talk about the rationale for not using this video anymore.

OPPORTUNITY TO PARTICIPANT IN BEYOND GENDER STEREOTYPES (KS2)

[Beyond Gender Stereotypes](#) (BGS) is the Children's Society's free evidence-based PSHE resources that supports children aged 7-11 to understand and break free from gender stereotypes. There is an opportunity for 20 more primary schools to sign up and deliver the new curriculum, ahead of the full national roll-out from Autumn Term 2026. You will receive access to online courses for staff, lesson plans, teacher guidance and resources for parents/carers. If your setting is interested, please complete [this Application Form](#). Schools are selected on a rolling basis, so please apply ASAP to ensure you are considered. The first 20 schools to sign up will receive a £250 book credit to spend at Health Educational Books (T&Cs apply)

UNIVERSITY OF YORK – CLIMATE ACTION & SCHOOL LEADERSHIP RESEARCH OPPORTUNITY

A team of researchers from the University of York are inviting Headteachers and/or MAT CEO to take part in a research project to understand how school leaders engage with and commit to climate action.

This study is funded by Ashden, which leads the Let's Go Zero campaign, but you don't have to have had prior engagement with the Let's Go Zero campaign or climate action to take part.

Those taking part will participate in an online semi-structured interview for about an hour at a time convenient for you. You will also be invited to a second meeting to shape a policy brief and other research outputs, which will be shared with national organisations such as the DfE.

To take part in this research project, participants must give their approval to participate by completing [this short consent form](#). Once this has been completed, we will be in touch to arrange an interview at a time that is convenient for you.

If you have any queries about this research project at all then please do not hesitate to ask [Lynda Dunlop](#) (project lead) who can be contacted via lynda.dunlop@york.ac.uk.

ACTIVE TRAVEL AMBASSADORS

The Modeshift STARS [Active Travel Ambassadors](#) (ATA) 'Campaign Junction' events are making a return over the coming months. These dragon-den style competitions provide secondary school students the opportunity to pitch their active and sustainable travel ideas to a panel of special guests.

PICTURE NEWS – FREE RESOURCES

Picture News has made its latest Gladiator's pack [available free of charge](#).

This thoughtful assembly and discussion pack uses the popularity of the Gladiators to help children explore what makes a good role model, including strength, kindness, resilience, and how people behave both on and off screen.

Picture News has also created a special resource for education settings on the recent news about the Middle East. Share this story calmly and factually, without graphic detail or political debate. Emphasise that the situation is complex and happening far away, and that many adults and organisations are working to keep people safe and support peaceful solutions. Reassure pupils and give them space to ask questions, as some may have personal connections to the area.

BRITAIN'S FUNNIEST CLASS 2026 – NOW ENROLLING

Last year, St. Michael's Primary School in Lichfield made the shortlist with two jokes – could your class be next? Entries for the 2026 competition are open until 4pm on 27 March.

The Beano is inviting schools to submit their best original jokes for a chance to be crowned the Funniest Teacher of the Funniest Class. Winners will receive a class illustration, a feature in the comic, 'Golden Gnasher' medals, Beano subscriptions, and a joke book for every pupil.

Find out more or enter [via the Beano website](#).

UPCOMING KEY AWARENESS DATES - APRIL



STRESS AWARENESS MONTH (1-30)

Stress Awareness Month provides an opportunity to explore how stress affects both our bodies and our minds. In PSHE, this supports learning around emotional literacy, coping strategies, resilience and when to seek help. Children and young people can learn to recognise early signs of stress, understand common triggers (such as exams, friendships or online pressures) and develop healthy strategies for managing challenges.

In the resource library...(Managing Challenges (Resilience))

- Activities (ages 7-11) from City of Wolverhampton to build pupils' understanding of mental health and equip them with practical strategies - such as problem solving and managing emotions, to strengthen their resilience through guided practice and real-life application.
- How to Build Your Resilience - Six activities from British Red Cross (suitable for ages 10-19) which help explore the challenges young people face and discuss the techniques they could use to help build their resilience to overcome the challenges they are faced with.

TESTICULAR CANCER AWARENESS MONTH (APRIL)

This awareness month supports age-appropriate conversations around body awareness and early help-seeking. Within secondary PSHE, it links to statutory learning on physical health, puberty and reducing stigma around discussing changes in the body. Clear, factual education can empower young people to seek medical advice if something doesn't feel right.

In the resource library...(Self Examination and Screening)

- Lesson pack from Highgate School and NHS Barts Health Urology Network to teach students about the signs and symptoms of both testicular torsion and testicular cancer, and provides strategies to help them recognise when and how to seek support (ages 11-16).

NATIONAL WALKING DAY (1 APRIL)

National Walking Day encourages pupils to consider the benefits of physical activity for both physical and mental health. In PSHE, this links to healthy lifestyles, goal-setting and understanding how movement supports mood, sleep and concentration.



In the resource library...(Physical Health)

- Accredited Sure Breaking Limits Programme that equips young people with the confidence to move, demonstrating the power of movement to deliver physical, mental and social benefits for young people (ages 9-11).

WORLD AUTISM DAY (2 APRIL)

World Autism Day promotes understanding, acceptance and inclusion of autistic people. In PSHE, this supports learning around neurodiversity, empathy and celebrating differences. It is important that discussions move beyond awareness to acceptance and inclusion, reinforcing respect and belonging.



Anna Freud has launched new training to empower school staff to improve mental health and wellbeing support for neurodivergent students. The funded training is available to state school staff from primary and secondary schools (KS2, 3, and 4) in the UK at no cost, with both online and in-person training options available.

See our [Training Page](#) for more information.

WORLD HEALTH DAY (7TH APRIL)

Led globally by the World Health Organization, World Health Day is an opportunity to explore the broad concept of health - physical, mental and social wellbeing.

In 2026, the theme is "Global Action for Universal Health Coverage," aiming to ensure everyone can access necessary care without financial hardship.

In the resource library...(Being Healthy)

- Resources from the Association for Young People's Health include a Young Person's Toolkit with ideas, information, inspiration and two animations, plus linked teacher resources such as guidance and lesson plans, all created from NIHR-funded research exploring young people's views on what supports or hinders good health and their priorities for reducing health inequalities.

NATIONAL SIBLINGS DAY (10 APRIL)

National Siblings Day provides a gentle opportunity to explore family relationships in an inclusive way. PSHE discussions can focus on managing conflict, communication skills and appreciating different family structures, ensuring sensitivity for pupils who may not have siblings or who experience complex family dynamics.

In the resource library...(Families)

- Short videos from BBC Teach which introduce children to a wide range of family structures, each demonstrating the same love and care for each other (ages 5-7)
- Lesson from British Council providing the opportunity to see different kinds of families (ages 5-11).



NATIONAL EXERCISE DAY (18 MARCH)

This day reinforces messages about regular movement and its impact on long-term health. In PSHE, it links to motivation, habit-building and understanding how exercise supports emotional wellbeing as well as physical fitness.

In the resource library...(Physical Activity)



- The Shake Up toolkit from Public Health England which uses Disney, Pixar and Marvel inspired activities, designed to be fun and flexible, so they can be used at different times throughout the school day (ages 5-11)
- Lesson from the Department for Health & Social Care which explores how looking after our physical health can have a positive impact on our mental wellbeing (ages 9-10)
- Programme designed in collaboration between Dove and Nike (ages 11-14) designed to be used in sports clubs or school aimed at building body confidence.

ALLERGY AWARENESS WEEK (20-25 APRIL)

Allergy Awareness Week helps pupils understand medical conditions that may affect their peers. The government has announced that life-saving pens must be stocked by schools for the first time under new plans announced this week, and a requirement for schools to access compulsory training for staff and have a dedicated allergy policy. A consultation on the new guidance is now open ahead of coming into force in September 2026.

In the resource library...(Medicine Management including Vaccinations)

- "Medicine Management, Allergies & PSHE" guidance for professionals which shows the curriculum learning outcomes linked to Medicine Management & Allergies, and gives information to enable professionals to build their own knowledge on the topic to competently facilitate PSHE sessions with confidence.

INTERNATIONAL MOTHER EARTH DAY (22 APRIL)

This global day encourages reflection on environmental responsibility and sustainability. In PSHE, it supports learning around citizenship, community action and understanding how personal choices impact the wider world.

In the resource library...(The Environment)

- Resources from Fairtrade Foundation including activities and games, lesson and assembly plans, professional development and films to support learning on topics including; Fairtrade, climate justice and origins of foods (ages 3-16)

NATIONAL STEPHEN LAWRENCE DAY (22 APRIL)

National Stephen Lawrence Day commemorates the life of Stephen Lawrence and promotes a message of hope, unity and action against racism. In PSHE, this supports learning on equality, challenging discrimination and understanding the importance of justice and allyship.

The government has announced an independent review into Antisemitism in schools.

In the resource library...(Similarities & Differences)

- Sessions from Anti-Racism Education designed for use in Form Time, PSHE, or Circle Time (ages 5-11).
- Various lessons from School Wellbeing Leeds for each key stage exploring race and racism.

STOP THE BLEED DAY (29 APRIL)

Stop the Bleed Day raises awareness of basic first aid skills that can save lives.

Citizen Aid CIC has developed a Train the Trainer package so that anyone working with children from the age of 10 upwards in schools or youth organisations can deliver life-saving education.

The only cost to the setting is for the Training kits that young people utilise in the session.

For more information please visit the Stop the Bleed Day website.

WORLD IMMUNISATION WEEK (27 APRIL - 3 MAY)

Led by the World Health Organization, this week promotes understanding of vaccines and their role in preventing disease. In PSHE, this can support informed decision-making, critical thinking and respectful discussion about health information and misinformation. The updated RSHE guidance states that immunisation and vaccination education should align to when vaccinations are being offered - Year 8 HPV vaccinations will be taking place soon.

In the resource library...

- Practical training materials from DfE for primary and secondary schools to use to train staff to teach about health and prevention, including immunisation and vaccination.
- Lesson from Bristol University on the HPV vaccination

STOP FOOD WASTE DAY (30 APRIL)

Stop Food Waste Day encourages reflection on sustainability, budgeting and responsible consumption. Within PSHE, this links to financial education, environmental awareness and understanding global inequality around food access.

In the resource library...(Diet & Nutrition)

- Lesson plans from Beano that teach children about the world's food waste problem and equip them to reduce their own food waste (ages 5-11)
- Various resources from Countryside Classroom including ways to reduce food waste, Composting, Environment, Healthy Eating, and Climate Change (ages 5-11)

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 free to share with us - ellie@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
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

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
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.
SEND & RSE	10TH MARCH 9.30AM-3.30PM	<u>SEX EDUCATION FORUM</u>	FROM £200	THIS FOUNDATION COURSE GIVES RSE LEADS AND DELIVERING TEACHERS THE OPPORTUNITY TO EXPLORE THE REQUIREMENTS OF THE STATUTORY RSHE GUIDANCE IN RESPECT OF LEARNERS WITH ADDITIONAL NEEDS, AND TO ADDRESS VALUES AND ATTITUDES TOWARDS RSE IN THE SEND LEARNING ENVIRONMENT.
YOUTH VIOLENCE, MENTAL HEALTH, SLEEP	10 TH MARCH 11.00AM-12.30PM	<u>YOUTH ENDOWMENT FUND</u>	FREE	THIS VIRTUAL LEARNING CAFÉ BRINGS TOGETHER RESEARCH, PRACTICE AND IMPLEMENTATION INSIGHTS TO EXPLORE THE ROLE OF SLEEP, MENTAL HEALTH AND COGNITIVE BEHAVIOURAL APPROACHES IN VIOLENCE PREVENTION.
PSHE	12 TH MARCH 9.30AM-1PM	<u>PSHE ASSOCIATION</u>	£115	JOIN THE PSHE ASSOCIATION MEMBER'S ONLY SPRING CONFERENCE FOR HALF A DAY FILLED WITH EXPERT KEYNOTES, PRACTICAL WORKSHOPS AND LIVE Q&A
BULLYING	12 TH MARCH 3.30- 5.30PM OR 22 ND APRIL 9.00- 11.00AM	<u>ANTI-BULLYING ALLIANCE</u>	FROM £116.20	AIMED AT THOSE WORKING IN SCHOOLS TO DEVELOP THEIR UNDERSTANDING OF BULLING, THOSE MOST AT RISK AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING
SEND & RSE FOR KS4 &5 - PREPARING FOR ADULT RELATIONSHIPS	18 TH MARCH 1-3.30PM	<u>SEX EDUCATION FORUM</u>	FROM £80	THIS SHORT INTERACTIVE WEBINAR FOCUSES ON HOW WE CAN TEACH RSE TO KEY STAGE 4 & 5 LEARNERS WITH SEND IN AN AGE AND STAGE APPROPRIATE WAY. THROUGH THE LENS OF THE PREPARING FOR ADULTHOOD OUTCOMES WE TAKE A SKILLS FOCUSED APPROACH TO EXPLORING SOME OF THE KEY RSE TOPICS, IN LINE WITH THE EMPHASIS ON SKILLS IN THE NEW RSHE GUIDANCE.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
MISOGYNY PREVENTION FOR INDEPENDENT SCHOOLS	20 TH MARCH 5-5.30PM	<u>EVERYONE'S INVITED</u>	FREE	JOIN EVERYONE'S INVITED FOR A SHORT ONLINE SESSION TO LEARN ABOUT OUR EDUCATION PROGRAMME IN INDEPENDENT SCHOOLS, DESIGNED TO TACKLE SEXUAL VIOLENCE AND MISOGYNY. OUR PROGRAMMES SUPPORT SCHOOLS IN IMPLEMENTING THE NEW RSE REQUIREMENTS AND EQUIP EDUCATORS, PARENTS, CARERS, AND STUDENTS WITH THE KNOWLEDGE AND CONFIDENCE TO ADDRESS THESE ISSUES.
VAWG	26 TH MARCH 9.30AM-12.00PM	<u>STEPS FOUNDATION</u>	FREE	THIS TRAINING IS DESIGNED TO SUPPORT EDUCATORS TO FEEL EMPOWERED AND CONFIDENT TO ENGAGE IN VAWG PREVENTION WORK USING THE STEPS CURRICULUM

ANNA FREUD LAUNCHES NEURODIVERSITY AND WELLBEING IN SCHOOLS TRAINING



Anna Freud has launched new training to empower school staff to improve mental health and wellbeing support for neurodivergent students. The funded training is available to state school staff from primary and secondary schools (KS2, 3, and 4) in the UK at no cost, with both online and in-person training options available.

With 1 in 7 students being neurodivergent and research showing they face higher wellbeing and attendance challenges, this training is designed to give staff the confidence, practical strategies and understanding they need to make a real difference.

We appreciate that there is a gap in training school staff both locally and nationally. Previous research has shown that only 39% of teachers have received more than half a day's autism training, with the figure dropping to 14% for secondary school teachers. We would encourage settings to access this opportunity; there are only 140 funded spaces available, organisations can purchase non-funded spaces for £350. To find out more information or to book your place visit the website. If you are from an independent school, please email autism.schools@annafreud.org to enquire.

TRAINING ON THE COM

Both Stoke-on-Trent Children Partnership and Staffordshire Safeguarding Children Partnership are hosting training on The Com. You may have read about The Com in previous PSHE Digest's - an online space that encompasses various areas of concern, including Extreme Violence, Grooming, Self-Harm and Financially Motivated Sexual Exploitation (commonly known as "Sextortion").

The training will be held via MS Teams on:

- Monday 20th April 2026 12-1pm
- Friday 24th April 12-1pm
- Monday 11th May 2026 - 12-1pm

BOOK NOW



TRAINING (E-LEARNING, WEBINARS)

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

- Winston Wish has developed a new bereavement course, Ask Me: Education Training. Designed to give those working in education the confidence and practical skills to instil meaningful, personalised bereavement support in your setting. Please note there is a cost to this training.
- Severe Period Pain Is Not Normal (SPPINN) is an online course designed to help professionals to identify when period pain is not normal, understand the impact of severe period pain, and learn about associated conditions, particularly endometriosis. Endometriosis can be difficult to diagnose because symptoms are often misidentified as 'normal' period pain.

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.

This month, we have added:

- Education Child Protection explores the complex and often overlooked issue of stalking behaviours among young people. From obsessive messaging to digital surveillance, these behaviours can subtly emerge in teenage relationships and social circles, often normalised by pop culture or peer dynamics. Joining them is the Deputy CEO of the Suzy Lamplugh Trust, and together they unpack how to support young people navigating the 'firsts' of adolescence while spotting red flag behaviours.
- Research in Practice's podcast takes a look at youth violence through a public health lens, exploring what that really means in practice and includes reflective questions to stimulate conversation and support practice.
- NSPCC - Explores male experiences of domestic abuse. Experts from the NSPCC Helpline and Childline explore the challenges of working with male perpetrators of domestic abuse, barriers that male survivors of abuse face and the effects of domestic abuse on parent-child relationships.

DOCUMENTARIES AND DRAMAS

We have collated documentaries and dramas that 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 option can also be found in the drop-down menu for Education Providers, located under the Training sub-menu.

- Lover, Liar, Predator - 4 women discover they have been coercively controlled and abused by the same man, they join forces to end their nightmare and put him on trial. Added under Domestic Abuse.
- AI Confidential with Hannah Fry - Hannah Fry takes a deep dive into some of the most extraordinary human stories emerging from the world of AI, from falling in love with a chatbot to life and death decisions made by robots. Added under Online Safety

NEXT MONTH (APRIL)...

Resources & Materials for key awareness dates in May:

- Local and Community History Month
- National Walking Month
- Skin Cancer Awareness Month
- Staffordshire Day (1)
- World Hand Hygiene Day (5)
- World Asthma Day (5)
- Mental Health Awareness Week (11-17)
- Walk to School Week (18-22)
- National Smile Month (13-13 June)
- International Day of Families (15)
- International Boys Day (16)
- International Day Against Homophobia, Biphobia & Transphobia (17)
- Ditch the Blade/Knife Crime Awareness (20-26)
- World Day for Cultural Diversity, Dialogue & Development (21)
- Menstrual Hygiene Day (28)
- World No Tobacco Day (31)

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:

ellie@staffscvys.org.uk

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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