



COVERED IN THIS MONTH'S EDITION:

Last Quarter in Numbers

Overview of the PSHE Digest

What's Out There

Update from the PSHE Education Service

Update from National Partners

- Latest Research into PSHE
- New Research Hub from University of Birmingham
- Media Literacy
- Online Safety
- Diet & Nutrition

Update from Local Partners

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- Extremism
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Resources

- New to the Resource Library

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Awareness Days (May)

- Local & Community History Month (1-31)
- National Walking Month (1-31)
- Walk to School Week (18-22)
- Skin Cancer Awareness Month (1-31)
- Staffordshire Day (1)
- World Hand Hygiene Day (5)
- World Asthma Day (5)
- Mental Health Awareness Week (11-17)
- National Smile Month (13-13 June)
- International Day of Families (15)
- International Boys Day (16)
- International Day Against Homophobia, Biphobia and Transphobia (17)
- Ditch the Blade/Knife Crime Awareness Week (18-24)
- World Day for Cultural Dialogue, Diversity and Development (21)
- Menstrual Hygiene Day (28)
- World No Tobacco Day (31)

Training Opportunities

- Upcoming training

New E-Learning

New Podcasts

New Documentaries and Dramas for CPD

Next Month & Link to Facebook Group

LAST QUARTER IN NUMBERS

1,188

people on the mailing list for the PSHE Digest 41% growth in a year! Thank you for spreading the word.

7

training events delivered a mixture of online, twilight, half-day and full-day.

81%

of participants who completed an evaluation felt more confident as a result of the training.

11

PSHE Support Visits carried out. It's inspiring to come and visit your settings and talk all things PSHE.

71

Bespoke requests for support, advice and guidance from the PSHE Education Service

63

New resources added to our Resource Library.

1,357

Accounts registered for the Resource Library. 32% growth in a year. Thank you for using us to find quality resources that support your PSHE curriculum.

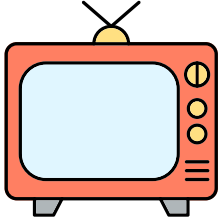
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WHAT'S OUT THERE...

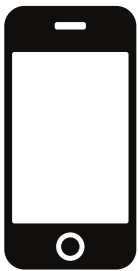
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of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



- Virgin Island is returning to Channel 4. Guided by sex therapists, participants undergo an "intimacy bootcamp" to overcome emotional and physical barriers to sex, such as body image anxiety and fear of intimacy.
- Coronation Street had a special episode in which Todd Grimshaw spoke out about his experience of domestic abuse from partner Theo Silverton. The heartbreaking episode came after shocking scenes earlier in the week in which Theo brutally attacked Todd. The episode featured the colour purple, which is symbolic in raising awareness of domestic abuse.
- In Hollyoaks, a devastating stunt storyline shows a car carrying Charlie, Frankie and Vicky colliding with a removal van transporting the Keane family, who were travelling to the village to begin a new chapter in their lives. The incident highlights a series of factors that can increase risk on the roads, including night-time driving, inexperience, and the influence of peers. The crash has far-reaching consequences for everyone involved and raises questions about decision-making, responsibility and how small choices can have serious outcomes.



- The House of Lords has suggested many changes to the Police and Crime Bill including; criminalising pornography depicting strangulation/suffocation or that portrays incest with relatives, a pardon for women prosecuted under abortion law, and eliminating under 16 "consent" for sexual activity with an adult (18 or over).
- The war in the Middle East continues, please see last month's Digest for advice and resources.



- In December 2025, Australia banned social media for under-16s, but new research suggests some young people still have access to the apps. According to the Molly Rose Foundation, 61% of Australian 12-15 year olds who had social media before the ban, still have access to one or more accounts.
- The BBC has published a news story discussing TikTok's decision not to introduce end-to-end encryption to its direct messaging system. TikTok informed the BBC that it aims to protect young people by ensuring that police and safety teams are able to read direct messages when necessary. The story also discusses how different apps use end-to-end encryption and the reception of TikTok's decision from organisations, including the NSPCC
- Researchers are calling for tighter regulations of AI-powered toys designed for toddlers, after conducting one of the first tests in the world to investigate how under-fives interact with the technology.
- A young person from Newcastle-under-Lyme has gone viral picking up litter in her local area. As seen in our own ASB film for KS3, Amelia was out walking her dog and saw broken glass everywhere, so picked up the dog to the point she was carrying him the whole walk. In response, Amelia started to pick litter, and has been doing it for a year, in March she completed a month-long challenge, collecting 500 bags in 31 days, which caught the attention of others on social media.

UPDATE FROM THE PSHE EDUCATION SERVICE

CPD OPPORTUNITIES

SAVE
The DATE

We've had lots of enquiries about the next PSHE Education Service Conference, and we're pleased to announce the date: 11 November 2026, at the Staffordshire County Showground.

We'll be sharing details on pricing, booking and the agenda over the coming months. We're looking forward to being back together in a space dedicated to PSHE.

RSE CPD

The good, the bad, and the outright hilarious

Session 1 - Tuesday April 28th 4pm

Come along and learn everything there is to know about AI and deepfakes. What these terms mean, how it all works, and most importantly - how this technology affects our young people.

Session 2 - Tuesday June 16th 4pm

Dive into the weird and wonderful world of pornography, and most importantly how to discuss it with young people! Including the new for September 2026 topic - sexual strangulation.

We know that many of you are currently creating your CPD plans following completing your RSHE audit. As a service, we have been looking at how we can best support this across the city and county. We are delighted to have commissioned [Rabbits RSE](#) to deliver 2 online training sessions on new aspects of the RSHE curriculum.

It's great to see some of you have already booked to attend this, following an announcement at the last PSHE Leads Network Meeting and on our PSHE Leads Facebook Group.

This training is not just for PSHE Leads, it's for anyone who delivers PSHE on these topics.

To book:

[28th April Session](#) (Primary and Secondary)

[16th June Session](#) (Secondary only)

PRIMARY PSHE POLICY TEMPLATE

Supporting PSHE policy development is a frequent request, so we've created a [primary model policy](#), with a secondary version coming soon. With updated guidance making around 90% of PSHE compulsory, we recommend one combined PSHE/RSE policy to avoid duplication.

All settings must review their RSE policy before September 2026, so this is a good time to share a template. Questions appear in blue and suggested content in red. An [accessible version](#) is also available, reflecting the local average reading age of 8. Templates should be downloaded before editing.

Thank you to Fierte Multi-Academy Trust and Central Co-operative Learning Trust for their support.

VOICE OF CHILDREN AND YOUNG PEOPLE OPPORTUNITY

The Pan-Staffordshire PSHE Education Service is inviting schools and settings to support an important piece of work that gives children and young people a voice in shaping new PSHE resources. We are developing materials linked to the Violence Reduction Unit's [Where Will It End? campaign](#), which aims to help children and young people:

- Recognise how emotions can influence behaviour and choices
- Describe how low-level conflict or violence can escalate into more serious harm

To help ensure these resources are meaningful, relevant and age-appropriate, we are asking settings to provide an opportunity for children and young people to share their views by completing a short survey. Surveys can be completed online or using a paper version and returned to: SCVYS, Philanthropy House, Priestly Court, Staffordshire Technology Park, Stafford, ST18 0LQ.

THE DEADLINE IS FRIDAY 15TH MAY.

7-11 years old - [Printable](#) or [Online Survey](#)

11-16 years old - [Printable](#) or [Online Survey](#)

Thank you for helping us co-produce meaningful PSHE resources that reflect local needs.

UPDATE FROM NATIONAL PARTNERS

LATEST RESEARCH INTO PSHE

The Youth Select Committee has published a report on how well PSHE prepares young people for adult life in secondary schools. Led by a panel of 14-19-year-olds, the inquiry drew on evidence from students, teachers and education organisations.

The report highlights wide variation in PSHE provision, with differences in quality, depth and timing often linked to school priorities and staff capacity. This mirrors local findings from the PSHE Education Service.

Only around 30% of surveyed young people felt PSHE had prepared them for adult life. Many said content was not always relevant or was delivered too late to be useful.

Young people stressed the need for PSHE to reflect real-world experiences, including emotional wellbeing, relationships, online life, financial understanding and managing risk. Practical, everyday learning was seen as most effective.

The Committee also heard that some teachers lack confidence in delivering sensitive or complex topics, and access to external support varies between schools.

The report notes that PSHE guidance and resources often lag behind changes in young people's lives, especially around technology and emerging social issues - highlighting the value of tools like the PSHE Digest to help schools stay up to date.

A consistent theme was the importance of pupil voice, with young people emphasising that PSHE works best when they help shape what is taught and how it is delivered.

PSHE Leads may wish to use the report as a prompt to:

- Review curriculum coverage and sequencing, checking whether key topics are taught early enough to be useful
- Reflect on consistency, ensuring PSHE is delivered regularly and not displaced by other pressures
- Strengthen pupil voice, using surveys, focus groups or feedback to inform PSHE planning. You could ask similar questions to compare your settings response to the national picture.
- Assess relevance, considering whether teaching reflects current issues and young people's lived experiences
- Identify staff support needs, particularly around confidence in delivering sensitive or evolving topics. Our Training Section in this newsletter and on our webpage as well as your local PSHE Coordinator, can support you when developing your CPD plan.
- Draw on trusted external support, where appropriate, to complement staff expertise
- Plan for regular curriculum review, to ensure PSHE remains up to date and responsive

The Committee concludes that PSHE plays an important role in supporting young people but that improvements are needed to ensure provision is consistent, relevant and responsive to change. The report reinforces the importance of thoughtful curriculum design, staff support and meaningful engagement with young people. As a service, we will reflect on the findings and ensure we consider relevant recommendations.

NEW RESOURCE HUB FROM UNIVERSITY OF BIRMINGHAM

A new hub that brings together practical tools, research insights and publications designed to support professionals, educators, parents and carers and researchers working with young people on sensitive and complex issues has been created by the [University of Birmingham](#).

In the hub you'll find:

- Mapping Tools for understanding sexual behaviours and safeguarding.
- Guides and Toolkits to promote well-being, plan relationships and sex education and promote healthy masculinity.
- Books and Research offering evidence-based approaches to harmful sexual behaviour, sibling sexual behaviour and abuse and autism and sexual behaviours.

Working with sensitive topics such as young people and sexual behaviour, masculinity and well-being requires understanding, evidence and practical tools. These resources are designed to bridge the gap between research and real-world application by helping professionals, educators, and families navigate complex situations with confidence. Each tool and publication reflects a commitment to safeguarding, promoting healthy relationships and fostering positive identities for young people.

MEDIA LITERACY

The government has [published its approach](#) to improving media literacy and the first steps towards a safe, informed digital nation. The plan recognises media literacy as an essential life skill. It highlights the critical role of education in preparing children and young people to navigate an increasingly complex digital world with confidence and resilience.

The publication reinforces messages already central to PSHE education, including:

- Critical thinking about online content and misinformation
- Understanding how algorithms, social media platforms and AI shape what young people see and share
- Staying safe online, including protecting personal information
- Participating positively, responsibly and respectfully in digital spaces

The plan is clear that regulation alone cannot protect children and young people online. Instead, education, empowerment and media literacy are positioned as key protective factors in helping pupils manage risk, challenge harmful content and make informed choices

One of the Action Plan's priority areas is preparing children and young people for a digital future. This aligns closely with statutory RSHE requirements and strengthens the case for:

- Dedicated curriculum time for online safety and digital wellbeing
- A spiral, age-appropriate approach that builds skills over time
- Opportunities for pupils to explore real-world digital dilemmas, including misinformation, online influence and emerging technologies such as AI

The plan also highlights that young people may feel confident online but still struggle to identify misleading content or fake profiles in practice – reinforcing the importance of high-quality PSHE teaching rather than one-off sessions.

ONLINE SAFETY

Internet Matters' latest research shows children's screen time is rising while face-to-face socialising and offline activities are declining. Many children report staying up late on devices and missing real-world opportunities. Although online life can support creativity and connection, the report highlights growing concerns about emotional, physical and social impacts.

For PSHE, the findings underline the need to teach balanced digital habits, the effects of screen use on wellbeing, and skills such as self-regulation, healthy routines, sleep and relationships. The research also stresses the value of open conversations with trusted adults about managing online and offline life.

The Internet Watch Foundation has also reported a rise in AI-generated child sexual abuse material. Their findings show this content is increasing, becoming more extreme, and disproportionately depicts girls. The IWF calls for AI-generated abuse to be treated as seriously in law as other forms of exploitation. This reinforces the importance of PSHE and RSHE education on online safety, consent, respectful relationships and emerging technologies.

NSPCC Learning has released additional material expanding on its 2025 report into the impact of generative AI on children's safety, with a focus on ways to reduce risks.

Childline has launched a four-episode YouTube series, Where We Stand, where influencers explore young people's views on AI, screen time and online safety

DIET AND NUTRITION

The Department for Education has announced major updates to the School Food Standards, removing high-sugar and deep-fried foods for the first time in over a decade. The changes aim to address rising childhood obesity and poor dental health. Schools will limit high-fat, high-salt and high-sugar foods, increase fruit, vegetables and wholegrains, and remove unhealthy grab-and-go options. The standards will apply to all school meals and are being developed with public health experts and national consultation.

For PSHE Leads, the update reinforces the importance of teaching healthy lifestyles, nutrition, wellbeing and informed choices, helping pupils understand how diet links to energy, concentration and long-term health.

Five leading charities have launched the School Food Project to improve school food and food education across England. From 2026, the project will offer practical support, including e-learning and training for caterers and school communities.

Healthy meals are one part of a whole-school approach. Schools can also build pupils' cooking skills with minimal equipment.

Schools with Years 7-10 are reminded of the fully funded Bite Back in Schools programme, which empowers students to improve their food environment. Schools receive a £500 grant, resources, an ambassador assembly and ongoing support. The flexible 15-hour programme builds leadership and problem-solving skills and aligns with PSHE, Citizenship and Food Technology. Applications are open to all mainstream settings, including SEND, AP and PRUs, excluding Independent Schools.

UPDATE FROM LOCAL PARTNERS

NATIONAL WINNERS

Congratulations from the PSHE Education Service to everyone at Outwoods Primary School on winning the National Primary School of the Year 2025-2026 at the National STARS Travel Awards.

Referenced was the school's commitment to a whole-school approach, bikeability and pupil-led activities.



EXTREMISM

On 17 March, via the ESAS email, Counter Terrorism Local Profile (CTLP) information was shared with all Designated Safeguarding Leads (DSLs) across Staffordshire. As these documents are classified as OFFICIAL, PSHE Leads are asked to liaise with their DSL to use this information to help inform both the PSHE curriculum and your setting's Prevent Risk Assessment.

The intention is not for these materials to be used directly with pupils, but to ensure that PSHE provision reflects local context and risk.

The shared information also included:

- CT Briefing 2026
- Signs and Symbols 2026 document to support professionals in recognising signs of extremism within local communities
- Online Factsheet 2026, focusing on the use of online platforms

Please remember that where counter-terrorism concerns are identified, referrals to Prevent should be made using the National Prevent Referral Form in line with this guidance.

The Pan-Staffordshire PSHE Education Service is currently working with partners to review the Southport Inquiry report and consider how its recommendations may apply locally across Staffordshire and Stoke-on-Trent. Further updates will be shared in due course.

PUBLIC HEALTH UPDATE: MENINGOCOCCAL DISEASE (MENB)

In light of the recent Meningitis outbreak in Kent, Public Health would like to share key information for education settings, including advice and resources from the NHS and UK Health Security Agency (UKHSA).

UKHSA has confirmed that there are currently no additional requirements for education settings. The NHS reports that the overall risk of Meningitis B (MenB) outside Kent remains low, but this may change, so please check UKHSA webpages for updates.

Please continue to use the [Health Protection Toolkit](#) as part of your Health and Safety planning. It includes hygiene guidance and exclusion periods and can be used alongside [UKHSA's information for education settings about the outbreak](#).

We understand this news may cause concern, so we have prepared a [message you can share with parents and carers](#). The most important action they can take is to check their child's vaccinations and contact their GP if any routine vaccinations are missing. You can display the [Meningitis symptoms poster](#) in your setting.

For PSHE Association members, [resources for 16+ learners \(KS5\)](#) - developed with Meningitis Now, are available to help young people recognise serious illness, make informed health decisions, and seek urgent medical care when needed.

For more information, visit: [Meningitis B outbreak: what you need to know - UK Health Security Agency](#)

ANTI-SOCIAL BEHAVIOUR

Anti-social incidents involving large groups of children have increased during the Easter holidays.

To support your education settings, here's a reminder of the locally produced PSHE Education Service resources available:

- KS1: Communities Education Pack
- KS2: Zane's comic, animation and resource pack
- KS3: Youth ASB films and education pack
- KS4-5: Pro-Social Behaviour pack

All are available in the [Resource Library](#) under Locally Produced Resources.

DRUG-LACED VAPES

Staffordshire Police have identified an increase in reports of vapes being sold to children and young people, many of which are suspected to contain dangerous substances such as THC or synthetic cannabinoids, including Spice.

The police are engaging with educational settings to strengthen their knowledge of this growing trend and identify areas that could benefit from additional support from the drug and alcohol young people's team.

An overview and process map have been produced to provide more information to education settings. The Police intelligence form referenced can be found on the Safeguarding Partnership's website. This form should be utilised to share any intelligence with the police not just vapes and exploitation, but any criminal activity including ASB.

Please remember that the PSHE Education Service has worked with partners to create a lesson plan for secondary-aged young people that can be found in the Resource Library, alongside a leaflet for parents and carers on Spice-Laced Vapes.

CHANGES TO ADVOCACY PROVIDER

Since April 1st 2026, the advocacy service for children and young people across Staffordshire and Stoke-on-Trent has been provided by Asist, ensuring consistency for children and young people across the local area.

Full contact details, including links to referral forms and information leaflets, can be found on their website. Please ensure all staff are using the correct referral form and contact details.

Asist works alongside people with physical disabilities, learning disabilities or mental health conditions. We strive to ensure that there is support for people who have difficulty speaking out, so that they can have an equal voice in the choices and decisions that affect their lives.

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. A key element in our guiding principles.

We bring these newsletters together in one place to make them easy to access and to highlight the breadth of local information available.

[Violence Reduction Alliance Round Up April 2026](#)

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... The aim is to improve transparency and engagement with parents and carers.

CHILD POVERTY

The Department of Education and the Department of Work and Pensions have published a [Child Friendly version](#) of the Government's [Child Poverty Strategy](#).

This new tool has been designed to give children a clear, reassuring and age-appropriate explanation of what poverty means, why some families struggle, and the concrete steps the government is taking to help.

MENINGITIS OUTBREAK

We appreciate that it can be worrying to hear of the consequences of the recent Meningitis outbreak in Kent. The most important thing that parents and carers can do is be aware of the signs and symptoms of Meningococcal disease and ensure they check their child's vaccinations and contact their GP if they need to catch up on their routine vaccination schedule.

This [information sheet](#) provides information to support you to look after your children.

Please remember if you are concerned about your child's health to speak to your GP or The [Families Health and Wellbeing 0-19 Service](#) by calling 0808 178 3374 Monday - Friday 9am-5pm Monday to Friday. (SoT version)

NEW ERA

[New Era](#) offers free, confidential support for adults, children and young people who are affected by domestic abuse.

Alongside their services for adults, New Era provides dedicated support for children and young people. A [short video is available](#) that explains more about the support on offer and how families can access help.

New Era has also created a [flyer specifically for education settings](#) to share with parents, carers and staff, helping to raise awareness of the Children and Young People's Service and the support available.

RESOURCES

Resources included in this section are either new updates, additions to the [Resource Library](#) or 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 MARCH:

KNIFE CRIME

MONEY

EXTREMISM

FRIENDSHIPS

THE ENVIRONMENT

BUDGETING

COMMUNITIES

ONLINE SAFETY



We value ongoing feedback to help us shape the service and ensure that we respond to support needs. You are welcome to share any feedback, suggestions and thoughts by emailing ellie@staffscvys.org.uk.

NEW

NEW TO THE RESOURCE LIBRARY – WWW.PSHESTAFFS.COM

As part of supporting local education settings, we have been quality assuring and adding more new resources to the Resource Library on the website - [register](#) or [log in](#). This month we have added resources from:

The
Economist

EDUCATIONAL
FOUNDATION



SWITCHED
ON



Curriculum
Connect

UPDATE ON NATIONAL RESOURCES

PSHE ASSOCIATION

As mentioned in [last month's PSHE Digest](#), the PSHE Association has published their new [Curriculum Models](#) and [updated Programme of Study](#). The SEND Framework is expected to be published later this term.

These models present a gold standard, fully sequenced PSHE education curriculum that settings can easily adapt and tailor to their pupils' needs, supported by over 500+ quality-assured lesson plans if a PSHE Association Member.

ONLINE SAFETY

Tesco Mobile has launched a new £200,000 fund to help primary schools (Years 1-6) upgrade technology and resources to boost online safety lessons.

There are 100 £1,000 grants and 5 £20,000 grants available for schools across the UK. The 5 schools awarded £20,000 will also receive an online safety workshop for pupils and teachers from Internet Matters.

Applications close 3rd May, with winners announced in June.

[Read the Guidance Here](#)

[Apply Here.](#)

VIOLENCE AGAINST WOMEN AND GIRLS

UK Feminista has launched a [new blueprint for action](#) to combat sexism and sexual harassment in schools and colleges. The evidence is clear: one-off workshops or PSHE alone cannot fix the problem. Only a whole school- approach, changing policies, practice and culture across every education setting, can deliver lasting change. This aligns with the 7 Guiding Principles of Effective RSHE in the updated guidance.

Education settings can still sign up to the UK Feminista Award 2026 until 1st May 2026 (see the recording of a previous [PSHE Leads Network Meeting](#) to hear from The JCB Academy about their experiences of taking part in this award). Start by taking the [UK Feminista: Action Pledge](#) to signal your commitment to addressing sexism and sexual harassment in your setting.

This [blog from Coram SCARF explores](#) how early gender stereotypes shape behaviour, why emotional literacy matters for all pupils and how promoting positive masculinity in the Primary Classroom can strengthen a whole-school approach.

DIET AND NUTRITION RESOURCES

The University of Liverpool has created a comprehensive food waste toolkit for schools. [Food Is Not Rubbish resources](#) help schools to understand, measure and reduce food waste while saving money and supporting sustainability.

Food - a Fact of Life are delighted to share the final instalment of their sustainable, healthy food resources. New materials have been developed for Early Years, alongside updated sustainability resources for KS1-4 (ages 5-16).

These resources support schools to deliver [sustainability and climate education](#) through food and nutrition, helping pupils understand the environmental impact of food choices while developing practical life skills such as meal planning, reducing waste, and making healthier decisions. They also align well with schools' Climate Action Plans and wider curriculum developments, including the growing focus on green skills and sustainability.

You'll also find [newly animated Doodly videos](#) for 11- 14-year-olds bringing healthy eating to life. These short, engaging videos cover topics such as the Eatwell Guide, balanced diets, and healthier choices, making them ideal for lesson starters, revision, or flipped learning.

TCS MINI LONDON MARATHON 2026

Schools of all ages and abilities are invited to get moving and take part in the [TCV Mini London Marathon!](#) Children can run, jog, walk, wheel or be guided around a fun two-mile course within their school setting, making it fully inclusive for everyone.

The distance can be completed in one go or built up over several days, up until 1 May 2026, depending on pupils' ages and abilities. If your school already takes part in The Daily Mile, this can also count towards completing the challenge.

Every school that takes part will receive a trophy, and there's plenty of support to help you plan. Once registered, schools will receive:

- A digital Participant Guide
- A full digital toolkit with certificates, finish tape, bunting and posters
- Educational resources and The Body Coach Foundation Activity Pack
- A chance to win a visit from Joe Wicks

[Register as soon as possible](#) to ensure your school can take part before the 1 May deadline. It's a great opportunity to promote physical activity, teamwork and inclusion across your whole school community.



WHOLE SCHOOL APPROACH

Our colleagues at Surrey Healthy Schools have shared a [3-minute video](#) featuring a Deputy Head reflecting on developing a Healthy Schools approach. While based in Surrey, the insights are highly relevant for schools in Staffordshire and Stoke-on-Trent and link closely to the local support available from the Pan-Staffordshire PSHE Education Service.

NSPCC SCHOOLS OFFER

Many education settings already make good use of the [NSPCC Schools Offer](#), but with a number of new PSHE Leads now in post, and recognising that not all settings are currently accessing the free resources and support available, we thought it would be helpful to share an update. This includes information about the support available from Matt (Stoke-on-Trent and Staffordshire, excluding Staffordshire Moorlands) and Rachel (Staffordshire Moorlands), and how they can support schools with PSHE and safeguarding priorities.

MIDDLE EAST RESOURCES

First News has published a [free resource](#) for 11-14-year-olds that tests comprehension skills about the US and Israeli strikes on Iran. This is an example of how learning in English can support the PSHE/Citizenship curriculum.

DOMESTIC ABUSE

After surveying nearly 11,000 children and young people, the Youth Endowment Fund found that 15% of teenagers in relationships have experienced physical or sexual abuse. 36% have faced emotional or controlling behaviour – a partner checking their phone, monitoring their location.

To build the evidence for what actually works to prevent it, [the Youth Endowment Fund is investing](#) £2.1 million in:

- [Brook's](#) London Sexual Violence Project – reaching Year 9 pupils across Greater London to shift attitudes around relationship violence and equip school staff to recognise and respond to harmful behaviour.
- [Salford Foundation's](#) Steps programme – giving boys in Years 7-9 a safe space to challenge harmful gender norms and misogynistic attitudes.

Building the UK's evidence base and providing schools with practical and proven tools to prevent children and young people from being affected by violence.

We will keep you updated on the findings of this research.

UPCOMING KEY AWARENESS DATES - MAY



LOCAL AND COMMUNITY HISTORY MONTH (1-31)

Local and Community History Month is a national celebration held each May and is a great opportunity to encourage children and young people to explore the stories, places, and individuals that have shaped Staffordshire and Stoke-on-Trent. At its heart, it's about helping communities understand where they come from and how their shared past influences their identity today.

The month is important because it:

- Strengthens community identity, giving people a sense of belonging and pride.
- Helps students see how national events connect to everyday lives, making history feel real and relevant.

In the resource library...(Communities)

- National Academy lessons for Key Stages 1-3, exploring the theme of community, the importance of community cohesion and the impact of active citizens.
- National Youth Agency toolkit designed to stimulate discussion, thought and reflection around key themes such as identity, belonging, diversity and community.

NATIONAL WALKING MONTH (1-31) WALK TO SCHOOL WEEK (18-22)

These key dates encourage everyone to add a little more movement into their daily routines. Walking is a simple, free and accessible way to boost both physical and mental wellbeing, reduce stress and enjoy the outdoors. It also supports greener, healthier communities by reducing car use and helping us connect with the places we live.

In the resource library...(Physical Activity)

- 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).
- Premier League Stars resource pack designed to help pupils understand the link between physical activity and mental wellbeing (ages 5-11).

SKIN CANCER AWARENESS MONTH (1-31)

Skin Cancer Awareness Month is a reminder of how important it is to stay safe in the sun. As one of the most common yet preventable cancers, it highlights simple protective habits like using sunscreen, seeking shade and checking our skin. Through PSHE, pupils are learning how these everyday choices support their long-term health and wellbeing.

In the resource library...(Sun Safety)

- Practical training materials from the DfE for primary and secondary schools to use to train staff to teach about health and prevention including sun safety.

STAFFORDSHIRE DAY (1)

Tied in with Local and Community History Month, Staffordshire Day on 1st May celebrates the county's heritage, creativity and community spirit.

For the 10th anniversary, Staffordshire County Council is inviting children turning 10 in 2026 to enter a special prize draw by sharing their dream day out in Staffordshire



Staffy is Staffordshire's new mascot, adventure hero and storyteller. Over the next few years, he'll champion the county as the nation's playground, highlighting great places to visit, local businesses and attractions, inspiring both visitors and residents.

The Staffy Toolkit is available for businesses, organisations, schools and residents to use in campaigns and communications, helping boost visibility by joining the wider Staffy campaign. It also includes everything needed to promote events, products or businesses for Staffordshire Day on 1st May – the 10th anniversary of celebrating what makes our county unique.

WORLD HAND HYGIENE DAY (5)

World Hand Hygiene Day highlights the vital role clean hands play in keeping ourselves and others healthy. Good handwashing habits help prevent the spread of illness, protect vulnerable people and support a safer school environment. Throughout the month, we can reinforce these simple routines with pupils as part of our PSHE focus on personal hygiene, responsibility and making choices that support everyone's wellbeing.



In the resource library...(Hygiene)

- Global Handwashing Day resources providing guidelines and ideas to support hygiene promotion (ages 3-11).
- Resources from UK Health Security Agency to support children and young people to learn about microbes, infections prevention and control, antibiotics and vaccinations (ages 3-16).

WORLD ASTHMA DAY (5)

World Asthma Day encourages greater understanding of asthma and how we can support those who live with it. The day highlights the impact of simple, everyday actions - such as recognising triggers, using inhalers properly and keeping shared spaces clean - in helping people manage their symptoms.

In the resource library...(Medicine Management)

- Dog, Duck and Cat Trust Storybook - Moggy's New Medicine - that enables children to learn more about Asthma (ages 7-9).



MENTAL HEALTH AWARENESS WEEK (11-17)

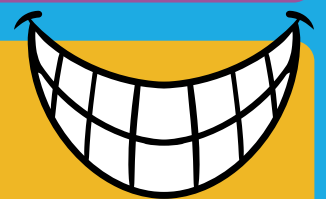
Mental Health Awareness Week offers an important opportunity to highlight why learning about mental wellbeing is a core part of education. The RSHE guidance places significant emphasis on teaching pupils how to recognise and talk about their feelings, develop resilience and understand when and how to seek support - skills that sit at the heart of positive mental health.

Throughout the week, we can build on this guidance by helping pupils explore practical strategies for managing stress, understanding emotions and supporting others with empathy and respect. This learning connects closely with wider PSHE topics such as healthy relationships, personal safety, online wellbeing and developing a strong sense of identity. Together, these themes help pupils build the knowledge and confidence they need to look after their mental health and contribute to a supportive, open school community.

In the resource library...(Mental Health)

- Collection of lesson plans and activities from School of Kindness for Key Stage 1-2 that teach children about the importance of kindness and the impact it has on both physical and mental health.
- For KS3, a short form time activity from the Department for Health and Social Care, which prompts students to identify examples of unhelpful thoughts and practise "reframing" them.
- Lessons plans from Now and Beyond for KS1-4 which include resources specifically for SEND and neurodiverse children and young people.
- Films from BBC Teach exploring topics including anxiety, panic attacks, depression and suicidal thoughts and how they can affect someone's life.

NATIONAL SMILE MONTH (13 MAY-13 JUNE)



National Smile Month, is a UK-wide campaign promoting good oral health and the importance of caring for our teeth and gums. Led by the Oral Health Foundation, it encourages simple daily habits that support a healthy smile. The campaign focuses on three messages: brush twice a day with fluoride toothpaste, cut down on sugary food and drinks, and visit the dentist regularly. It also highlights how oral health links to overall wellbeing, confidence and long-term health.

In the resource library...(Dental Health)

- Aquafresh Shine Bright resources which provide a fun and engaging way to teach pupils about oral hygiene (ages 4-7).
- British Society of Paediatric Dentistry Video with Dr Ranj to help children to look after their dental health (ages 7-11).

INTERNATIONAL DAY OF FAMILIES (15)

The International Day of Families provides an opportunity to promote awareness of issues relating to families as well as to promote appropriate action.



In the resource library...(Families)

- Resources from Coram Life Education and Kinship Care Alliance (registration required) which explores kinship care and different types of families.
- Lesson from the British Council that provides the opportunity to see different kinds of families (ages 5-11).
- Communication Matters from University of Exeter, helps young people explore how communication strategies can either increase or decrease the risk of conflict, especially among families (ages 13-16)

INTERNATIONAL BOYS DAY (16)

Whilst it is essential PSHE covers gendered issues such as Violence Against Women & Girls (VAWG) and Misogyny, we must ensure that our PSHE is free from stereotypes and gender biases.

While some topics may indicate a certain gender is more at risk or another might be more likely to perpetrate, it is essential that we create space for all children and young people to learn about being safe and safe to be around.

Dr Sophie King-Hill's Reframing Masculinity for Young Men and Boys offers a timely exploration of modern masculinity and the pressures boys face online and offline. The book examines issues such as mental health, sexual behaviours and violence, and provides practical strategies for educators, professionals and families.

In the resource library...

Body Image

- Body Image and Advertising lesson from Media Smart UK which focuses on the representation of the male body in the media. Designed for young people of all genders, to help them understand how this issue can affect everyone's body confidence (ages 11-14)

Consent

- Webinar from Brook which brings together an expert panel to explore how to constructively engage boys and young men in conversations around consent (for professionals).

INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA AND TRANSPHOBIA (17)

The International Day Against Homophobia, Transphobia, and Biphobia was created in 2004 to draw attention to the violence and discrimination experienced by LGBTQIA+ people. It's vital for PSHE to address homophobia, biphobia and transphobia because these forms of prejudice directly affect pupils' safety, wellbeing and sense of belonging. Teaching about respect, identity and inclusion helps pupils challenge discrimination and support one another.

In the resource library...(Gender)

- NSPCC AGENDA toolkits to help explore ideas around equality and diversity with children and young people (ages 7-11).
- A series of five lessons on gender and transgender-based bullying from The Welsh Government (ages 11-16).

DITCH THE BLADE/KNIFE CRIME AWARENESS WEEK (18-24)

The Youth Endowment Fund states that only a small but vulnerable minority group of young people carry weapons, in 2024 4% of 13-17 years olds stated they had carried a weapon in the last year. The #DitchTheBlade campaign seeks to educate young people on the dangers and consequences of carrying a knife.

In the resource library...(Knife Crime)

- Ben Kinsella Trust resources which explore the real, lived experience of people affected by knife crime and youth violence (ages 9-16).
- Ditch the Blade Poem, written by three local PCSOs with the aim of highlighting the difference everyone can make in tackling knife crime (ages 9-18).
- Fearless.org toolkit to challenge young people's perceptions, stimulate debate and encourage good citizenship.



Kai's Story - printable comic book, digital flip-book and supporting lesson plan

Learning Outcomes:

- Describe why children and young people may choose to carry a weapon
- Recognise what Joint Enterprise is and how they might be affected
- Explain the impact social media can have on someone's feeling of safety
- Name who to go to if they are feeling worried or scared

WORLD DAY FOR CULTURAL DIALOGUE, DIVERSITY & DEVELOPMENT (21)

This day celebrates cultural diversity and shared connections. You could engage your school community by inviting parents/carers to deliver or participate in cultural workshops, such as cooking or dancing, and create noticeboards highlighting the community's languages and cultures.

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

- Our locally produced resources on Hate Crime, created in partnership with USAH which also look at the benefits of diversity.
- Young Citizens blog with ideas for primary schools.



MENSTRUAL HYGIENE DAY (28)

About one in three young people who menstruate experience heavy periods, with even higher rates among younger groups. Brook's Heavy Talk campaign reports that "A lack of education and awareness means many people don't understand heavy periods or how to support those who experience them." As a result, they have teamed up with people affected to raise awareness and offer tips for managing symptoms.

In the resource library...(Puberty)

- Guidance document from Period Education UK on how to improve support for menstruation in education and four sessions plans (ages 10-16).
- Six sessions (one for each year group) from Lil-Lets & Brook. Each year group is based on slightly different topics, using softer language for the younger age group and going into more detail on wellbeing, sexual education, menstrual cycles etc for the older groups (ages 8-14).

WORLD NO TOBACCO DAY (31)

This annual event shines a spotlight on the harm caused by tobacco, exposes tobacco company tactics, highlights WHO's efforts to combat the tobacco epidemic, and inspires people globally to embrace healthy living and protect future generations.

In the resource library...(Smoking and Vaping)

- Resources from ASH Wales for ages 5-14, including Pollution Detectives, a free resource, designed to help young people uncover the truth about cigarette butts, vapes and their impact on the environment (ages 7-11).
- NICE guidance on Smoking Prevention in Schools for both Primary and Secondary settings (for professionals).

For support, information and resources to support education settings around Smoking & Vaping, you can also contact Richard Ogden, Young People's Smoking & Vaping Prevention Officer for Stoke-on-Trent:
richard.ogden@stoke.gov.uk

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 - 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.
SUBSTANCES	20 TH APRIL 11AM-1PM	<u>DRUGS EDUCATION FORUM</u>	FREE	THIS TRAINING WILL COVER: THE LATEST DEVELOPMENTS IN THE CANNABIS MARKET, INCLUDING CHANGES IN THC CONCENTRATION, POPULAR METHODS OF CONSUMPTION, WELL-ESTABLISHED RISKS AND MORE RECENTLY EMERGING CONCERNS. IT WILL ALSO EXPLORE SOME OF THE REASONS WHY PEOPLE MIGHT TAKE CANNABIS AND SOME KEY CONSIDERATIONS TO BE MADE WHEN REDUCING ITS POTENTIAL HARMS, AND THERE WILL BE OPPORTUNITIES TO ASK QUESTIONS.
DELIVERING RSE	23 RD APRIL 3.30-4.45PM	<u>SEX EDUCATION FORUM</u>	FREE FOR MEMBERS	INTRODUCES THE GROUNDBREAKING SAFE UNCERTAINTY APPROACH, WHICH IS AN EVIDENCE-INFORMED WAY OF TEACHING RSE THAT IS PARTICIPATORY, VALUES-LED AND ROOTED IN YOUNG PEOPLE'S LIVED EXPERIENCES. BY BECOMING FAMILIAR WITH THIS APPROACH, YOU'LL BUILD CONFIDENCE IN FACILITATING SINCERE DIALOGUE, RESPONDING TO CHALLENGING QUESTIONS, AND GUIDING YOUNG PEOPLE TO THINK CRITICALLY ABOUT FAIRNESS, RESPECT AND CARE IN EVERYDAY SITUATIONS, INCLUDING ONLINE.

ONLINE SAFETY AND MISINFORMATION TRAINING

The Mental Health Leads Network in Staffordshire and Stoke-on-Trent is hosting an online workshop with Dr Yvonne Skipper from the University of Glasgow and Alexandra Taylor, Trainee Educational Psychologist, Staffordshire County Council.

The session will introduce Project Real a FREE resource designed to help young people develop skills in online safety and spotting misinformation.

Workshop detail:

- Date 2 June
- Time 4pm - 5pm
- Location: Online, Microsoft Teams

To find out more, [please see this flyer](#) or to book your space, [click here](#)

TRAINING (E-LEARNING, WEBINARS)

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

This month we have added:

- Connect Curriculum Core Training - a one-hour pre-recorded core training video to support education settings using the Connect Curriculum.

PODCASTS

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

This month, we have added:

- The FA and Barclays Made for this Game: Breaking Barriers Podcast brings together educators, players and experts to unpack what really holds girls back... and what education settings can do to change it. This is in response to research that states 63% of secondary teachers say body image and self-consciousness are the biggest factors stopping teenage girls from taking part in football. This has been added under the Gender heading
- BBC Sounds - About the Girls -This project follows the series About The Boys (already linked on our webpage), which spoke to teenage boys from all over the UK. In the wake of Covid-19, #MeToo and all the noise about Andrew Tate, In this series Teenage girls from all over the country talk candidly to Catherine Carr about what it is like to be a girl in 2026. 5 episodes.

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.

- Louis Theroux: Inside the Manosphere.- Please note that a Netflix account is required to view this documentary. This has been added under Gender.
- TikTok: Murder Gone Viral: The Killing of Charlie Coser - This has been added under Youth Violence/Knife Crime

NEXT MONTH (MAY)...

Resources & Materials for key awareness dates in June:

- Pride Month (1-30)
- Gypsy, Roma & Traveller History Month (1-30)
- Child Safety Week (1-7)
- Global Day of Parents (1)
- Stoke-on-Trent Day (5)
- World Environment Day (5)
- School Sustainability Day (6)
- My Money Week (8-12)
- Brake's Kids Walk (12)
- Day of Welcome (12)
- Men's Health Week (8-14)
- Drowning Prevention Week (13-20)
- World Blood Donor Day (14)
- Cervical Screening Awareness Week (15-21)
- Rail Safety Week (15-21)
- National School Sports Week (15-22)
- Clear Air Day (17)
- Refugee Week (18-24)
- International Day Countering Hate Speech (18)
- National Selfie Day (21)
- School Diversity Week (22-26)

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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