



## COVERED IN THIS MONTH'S EDITION:

### CPD Recordings

### PSHE Leads Network Meetings

### What's Out There

### Dates for Diary & PSHE Conference 2026

### Update from National Partners

- Social Media Ban
- Increase in school suspensions linked to discrimination
- Mental Health Support Teams
- Enrichment Activities
- Diet & Nutrition
- MenB Vaccination
- Sexual Health Update
- HPV Vaccine Success
- RSE Post-16
- New CCE Laws
- Mobile Phone Ban

### Update from Local Partners

- Asthma Friendly Schools
- Lift Family & Youth Festival
- One Big YMCA Day
- Local Partner Newsletters

### Information for Parents and Carers

### New to the Resource Library

### Update on National Resources

- Shaping Mental Health Services
- PSHE Association SEND Framework
- NSPCC Talk Relationships
- Include Me - I Want To Belong
- Teaching Physical Health
- New Pornography Lesson from Brook
- Dog, Duck and Cat newsletter
- COM Network
- CEOP materials
- Boys Education Commission
- National Education Nature Park
- DSM Foundation Delivery Booklet

### Awareness Days (September)

- Childhood Cancer Awareness Month (1-30)
- Snacktember (1-30)
- Zero Waste Week (7-11)
- #AskAboutAsthma (7-11)
- World Suicide Prevention Day (10)
- World First Aid Day (12)
- World Sepsis Day (13)
- Sexual Health Week (14-20)
- Jeans for Genes Week (14-20)
- Orchid Male Cancer Awareness Week (14-20)
- Travel Wise Week (16-22)
- National Fitness Day (18)
- UK Savings Week (21-27)
- Organ Donation Week (21-27)
- Recycle Week (21-27)
- International Day of Peace (21)
- World Contraception Day (26)
- NSPCC Kindness Challenge (30-4 Oct)

### Upcoming training

- New Podcasts, Documentaries and Dramas for CPD

### Next Month & Link to Facebook Group

## RECORDINGS

Last month, Laura from Rabbits RSE delivered a session on teaching sensitive topics, including pornography. The session, relevant for all PSHE educators, was recorded and is available to watch.

We also held our final PSHE Leads Network meeting of the year, focusing on reflecting on achievements and priorities for September. Thank you to everyone who joined; a recording is available for those who couldn't attend.



## DO WE HAVE THE CORRECT DETAILS?

Please ensure we have the correct contact details for your PSHE lead as we approach the end of the academic year.

This ensures they continue to receive key updates, training and resources from the service.

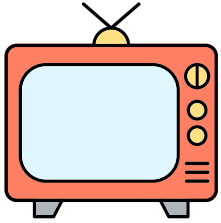
## JOIN THE MAILING LIST

Receive the PSHE Digest directly to your inbox on the first termly Friday of each month by emailing

[ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk)

# WHAT'S OUT THERE...

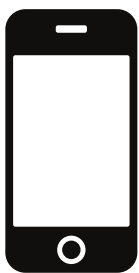
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of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



- [Elle](#), the prequel to [Legally Blonde](#) is streaming now on Prime Video. The 8 part series follows Elle Woods in high school where we learn about the life experiences that shaped her into the iconic young women known in [Legally Blonde](#). The programme will explore identity, relationships and emotional wellbeing.
- In [Eastenders](#), Eve and Suki has fostered a child on an emergency placement, highlighting the experience for both the child and the foster parents.
- [The Remarkable Life of Ibelin](#) on Netflix tells the story of Mats Steen, who was born with Duchenne muscular dystrophy, a degenerative disorder that causes muscle loss over the course of a young person's life. A wheelchair user throughout his adolescence, with the exterior world increasingly difficult to traverse, Steen delves further and further into the virtual universe of [World of Warcraft](#), and builds a life online. The programme shows how his parents discover this online world and the impact it had on their son.



- A [district and town councillor in Staffordshire](#) has announced she will be standing down due to the abuse received on social media. Posts have become increasingly personal, targeting her as a woman, and for what she wears and what she looks like and have included the use of deepfakes.
- A student at a local college has been [sentenced to 3 years and 11 months](#) in a young offenders institution after threatening to bomb the college when he was 17 years old. This highlights the importance of developing help-seeking behaviours, as it was a peer who reported their concerns to college staff.



- The government has announced a social media ban for under 18s. [Read this article from Newsround](#) to help children understand the ban. See our [National Updates](#) for what the ban could mean to education settings and PSHE.
- The [Home Office plans](#) to stop children in the UK from taking or sharing nude images on their devices to reduce exploitation. Tech companies will be required to enable features that detect and block such content, with protections switched on by default and only disabled through age verification.
- The [Centre for Young Lives](#) has highlighted concerns about 'looksmaxxing', an online trend focused on improving appearance that is gaining popularity among teenage boys. The report finds that some young people feel pressure to adopt extreme behaviours, with harmful content often embedded in everyday social media feeds and acting as a pathway to misogyny and extremism. It calls for greater recognition of this content as an online harm and increased support for schools to address masculinity, body image and online influences.

# DATES FOR YOUR DIARY

Thank you to everyone who has joined our PSHE Leads Network meeting this past academic year. It has been great to share practice, discuss key themes around PSHE pedagogy and guiding principles, and learn from each other's experiences.

The network continues to be a valuable space for support, fresh ideas, and collaboration. Your contribution really makes a difference.

## NEXT YEAR'S DATES

Please save the following dates:

- Tuesday 22<sup>nd</sup> September 2026
- Wednesday 27<sup>th</sup> January 2027
- Tuesday 23<sup>rd</sup> March 2027
- Wednesday 19<sup>th</sup> May 2027
- Tuesday 29<sup>th</sup> June 2027



All sessions are held via MS Teams and run from 4:00–5:00 pm.

You can book your place via Eventbrite to secure your space and receive the meeting link.

We'd love to see even more of you at future sessions, whether you're new to the role or a regular attendee. Everyone is welcome!



**PSHE Education**  
STOKE-ON-TRENT & STAFFORDSHIRE

# Conference

WEDNESDAY 11TH NOVEMBER

9:30AM–3:30PM

STAFFORDSHIRE COUNTY SHOWGROUND

WESTON ROAD, STAFFORD ST18 0BD

[CLICK TO BOOK](#)

Following last month's edition, thank you to everyone who has already booked their place at our second local PSHE Education Conference. We're delighted by the early interest and support.

Bookings are still open, and this year's conference promises another great opportunity to explore best-practice PSHE, hear from inspiring speakers, connect with colleagues, and network with local support services.

Following the fantastic feedback from our 2024 conference, we encourage you to book early to avoid missing out.

Ticket prices:

- Early Bird (before September): £45
- General (from September): £60
- 

Your ticket includes the full-day conference, refreshments, and lunch.

If you haven't yet secured your place, book now to take advantage of the Early Bird rate, we'd love to see you there!

# UPDATE FROM NATIONAL PARTNERS

## SOCIAL MEDIA BAN

Last month, the Government announced plans to introduce a social media ban for under-16s from Spring 2027. As details are still emerging and the changes are some way off, there is no need to make immediate changes to your PSHE curriculum. However, it is helpful to be aware of what is being proposed.

### WHAT'S CHANGING?

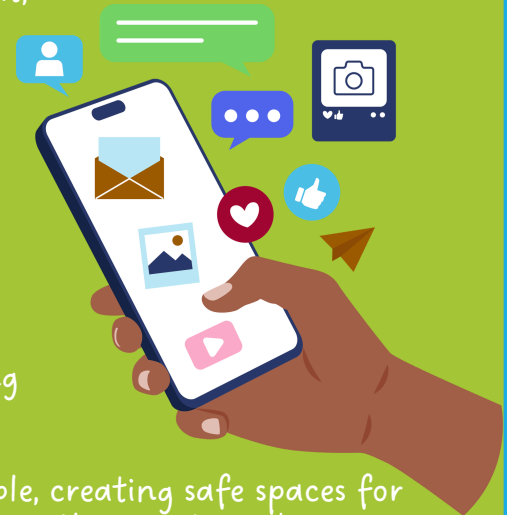
The proposed ban is expected to include platforms such as Snapchat, TikTok, Instagram, YouTube and X, but not messaging apps like WhatsApp. Other proposals include restrictions on livestreaming, contact with strangers and some AI chatbot features for young people.

### WHAT DOES THIS MEAN FOR PSHE?

A ban does not remove the need to teach online safety. Young people will still be online, using messaging apps and facing digital risks. Our focus should continue to be on developing digital literacy, critical thinking, safe online behaviour, and understanding issues such as AI and misinformation.

Teaching should reflect the experiences of children and young people, creating safe spaces for discussion and involving pupil voice in curriculum planning. Working with parents and carers remains key, so continue to share guidance and signpost families to the [Parent/Carer](#) section of our website.

Our role is to help children and young people stay safe, think critically and navigate their digital world. For more information, see the Government [factsheet](#) on the proposed ban.



## INCREASE IN SCHOOLS SUSPENSIONS FOR DISCRIMINATION

A recent [BBC report highlights a rise in anti-LGBT+ and disability-related bullying in UK schools](#), with exclusions and suspensions linked to these incidents increasing significantly over the past four years.

The findings point to factors such as reduced support services, social media, divisive public discourse and limited teacher training. They also reinforce the need for preventative education rather than relying on reactive measures like exclusion.

High-quality PSHE plays a vital role in helping pupils understand equality, respect and protected characteristics, challenge prejudice and build positive relationships.

The Anti-Bullying Alliance has launched new guidance, [Preventing and Responding to Racist Bullying: Practical guidance for schools and settings supporting children and young people](#). This has been developed in response to the lived experiences of children, young people and school staff.

We also have our training package - Empowering Educators to Respond to Casual Racism that you can commission the PSHE Education Service to deliver in your setting. [Contact the Service to make enquiries](#).

# MENTAL HEALTH SUPPORT TEAMS

Recent national data highlights the continued expansion of Mental Health Support Teams (MHSTs) in schools across England. These teams provide early support for pupils, help staff promote wellbeing, and improve access to specialist services

- Around 6 million pupils can now access support
- MHSTs are working in nearly 11,800 schools and colleges (48%) - 254 local settings (50% Pan-Staffordshire, 47% Midlands)
- 78% of secondary schools now have access - this is 77% in Staffordshire and 56% in Stoke-on-Trent, 60% across the Midlands.

The impact is clear:

- 9 in 10 schools report improved student wellbeing
- 7 in 10 report better attendance
- 8 in 10 report improved understanding of how to access external mental health support for pupils
- Nearly 8 in 10 report their MHST was effective in relation to curriculum teaching and learning to promote resilience and support social-emotional learning

These findings reinforce the importance of early support and a whole-school approach to mental health. In PSHE, we continue to help children and young people build resilience, understand their emotions, and know where to go for help.

By 2029, all education settings in Staffordshire and Stoke-on-Trent will be supported by MHSTs. You can see if your setting is already allocated an MHST by checking the following websites:

NHS Combined - For settings that are based in Stoke-on-Trent, Newcastle and Staffordshire Moorlands

For settings that do not currently have access to MHST, the local authorities have commissioned Stay Well to provide Emotional Health and Wellbeing support. This means that every local education setting can access specialist support for children and young people, including universal workshops and training.

# ENRICHMENT ACTIVITIES

The Government has launched a new enrichment framework to help schools and colleges ensure all children have access to activities that build confidence, wellbeing, life skills and a sense of belonging beyond the classroom.

These opportunities are especially important for supporting vulnerable and disadvantaged children and young people.

In our Update on National Resources section, you'll find information on the I'm Here - I Want to Belong guidance, which promotes cultural entitlement for all children and young people. PSHE plays an important role in encouraging pupils to engage in enrichment activities, helping them develop resilience, discover new interests and build positive relationships.



## HPV VACCINE SUCCESS

Recent news reports highlight the significant long-term impact of school-based vaccination programmes, revealing that cervical cancer deaths have dropped dramatically among young women who received the HPV vaccine.

The study found that cases and deaths from cervical cancer have fallen to extremely low levels in those who were offered the vaccine as teenagers.

The latest data shows vaccination rates across the country have fallen below recommended levels. Data from the UK Health Security Agency shows that 76% of girls in England were vaccinated by the age of 15 in 2024-25, well below the 90% that the World Health Organisation (WHO) says is needed to eliminate cervical cancer.

This highlights the importance of not only offering the vaccine but also providing education to young people about its importance. Through learning about:

- Vaccinations and disease prevention
- Informed consent and personal health choices
- Accessing reliable health information

Young people are better equipped to understand the importance of preventative healthcare and lifelong wellbeing.

Our Resource Library hosts quality-assured resource from the University of Bristol about the HPV vaccine.

## NEW CHILD CRIMINAL EXPLOITATION LAWS

New legislation on child criminal exploitation (CCE) came into force on 29 June 2026 through the Crime and Policing Act.

The measures aim to strengthen action against those who exploit children and reinforce the principle that exploited children are victims, not offenders.

The Government has committed funding to tackle county lines and improve safeguarding, alongside new guidance and training to support professionals in identifying and responding to exploitation.

This blog by The Children's Society helps to explain what the new law means.

## UPDATE TO MAKE RSE MANDATORY POST 16

Alistair Strathern, Labour MP for Hitchin, is launching a Private Members Bill (PMB), dedicated to extending RSE into Further Education. He is 1 of 20 MPs who have been selected in the Private Members Bill ballot and is Chair of the Labour group for men and boys.

Here's the press notice issued by End Violence against Women Coalition, which includes quotes from Faustine Petron, the founder of the Make it Mandatory campaign, and Lucy Emmerson from Sex Education Forum.

## MOBILE PHONE BAN IN SCHOOLS

The DfE's guidance on mobile phones in schools became statutory on 29<sup>th</sup> June, with schools expected to implement it from 1 September 2026.

The guidance highlights the role of RSHE in teaching pupils about the risks of mobile phone use, including reduced focus, disruption and bullying, helping them understand the reasons for school restrictions.

It also promotes the benefits of phone-free environments and encourages schools to align their PSHE curriculum with their mobile phone policy to ensure consistent messaging.

# UPDATE FROM LOCAL PARTNERS

## ASTHMA FRIENDLY SCHOOLS

The Asthma Friendly Schools Programme brings together the NHS, education settings and local authorities to manage children and young people with asthma.

Through training, education settings can ensure children and young people with asthma are safe within an asthma-friendly environment. It will also:

- Increase confidence among staff in asthma management
- Improve the quality of life for children with asthma who attend the setting
- Reduce absences due to asthma
- Improve partnership working between education settings and the NHS

Find out more about the [Asthma Friendly Schools Programme](#)  
To register for the local programme, please email [asthmafriendlyschools@staffsstoke.icb.nhs.uk](mailto:asthmafriendlyschools@staffsstoke.icb.nhs.uk)



**LIFT**  
FAMILY & YOUTH FESTIVAL 2026

FEATURING: HIP-HOP COLLECTIVE **ANTI.DOTE.** @ANTI.DOTE.OFFICIAL

SUNDAY 26<sup>TH</sup> JULY

NORTHWOOD STADIUM  
KEELINGS ROAD, STOKE-ON-TRENT, ST1 6PA  
(PAID PARKING ON-SITE, LOCAL BUS ROUTE)

1 PM - 7 PM

1PM - 4PM - FAMILY EVENT FUN FOR ALL AGES  
4PM - 7PM - YOUTH EVENT FOR AGES 11-18s

FREE ENTRY  
SCAN QR TO BOOK YOUR PLACE  
WWW.SOTYC.CO.UK/LIFT

**WHAT'S ON**

- LIVE MUSIC & DJ SETS
- FOOD & VENDORS
- ARTS & ACTIVITIES
- INFLATABLES & CIRCUS
- SUPPORT SERVICES
- SPORTS & GAMES
- ACORN SPORTS CARS
- YOUTH PERFORMANCES
- POETRY & SPOKEN WORD
- DANCE & DRAMA
- YOUTH VOICE SUMMIT

PARENT/CAREER AREA: RELAX & RECHARGE WHILE YOURS ENJOY THE DAY

QUIET SPACE: A SAFE AND INCLUSIVE SPACE FOR ALL YOUNG PEOPLE

PHOTOGRAPHY IN USE: PHOTOS AND VIDEOS WILL BE TAKEN AT THE EVENT

BAG CHECKS: FOR SAFETY REASONS, THERE WILL BE BAG CHECKS

FIRST AID AND EMERGENCY SERVICES & RESPONDERS ON-SITE

POWERED BY SOTYC & PARTNERS

hubb FOUNDATION | Space | NORTHWOOD STAFFORDSHIRE

WWW.SOTYC.CO.UK | INFO@SOTYC.CO.UK | @SOT\_COLLECTIVE

**ONE BIG YMCA DAY**

FREE family fun day  
arts & crafts | games | activities  
music | market | food

24th July  
YMCA North Staffordshire  
11am - 3pm

ONE BIG YMCA DAY

## LOCAL NEWSLETTERS

Here are a round-up of newsletters that have been shared across the Partnership:

- [Stoke-on-Trent Integrated Health Visiting, School Nursing, SAIS & Targeted Services Newsletter Issue 18 \(Spring/Summer Edition\)](#)

# 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.

## SOCIAL MEDIA BAN

The UK government announced a social media ban for under-16s along with restrictions on other features. While we wait for more details and action, the need to support children on social media can't wait. [Internet Matters has created a practical guide](#), and [the Anti-Bullying Alliance have also produced practical guidance](#) to help your child stay safe on social media.

## MINI WEBINARS FOR PARENTS AND CARERS

Supporting children online can be challenging as the digital world evolves. These short [15-20 minute webinars from Childnet](#), supported by the Safeguarding Board for Northern Ireland, offer practical tips, conversation starters and guidance for parents, carers and professionals, covering topics from privacy settings and parental controls, group chats and peer pressure, online bullying, image sharing, harmful content and online grooming – covering everything from everyday online use to more serious risks.

## ONLINE SAFETY RESOURCES FOR PARENTS AND CARERS OF CHILDREN AND YOUNG PEOPLE WITH SEND

Children with additional needs may experience the online world differently, sometimes spending more time online or feeling less in control.

[Every Child Safe Online](#) from Internet Matters offers practical guidance for parents and carers, with tailored support to help children stay safe and have positive online experiences.

## ONLINE SAFETY FACTSHEETS FOR PARENTS AND CARERS

Children's online lives are evolving, with new risks emerging through AI, gaming and private apps—meaning safeguarding must look beyond content to how they interact and build relationships. To help, ECP Safeguarding has created new fact sheets for parents and carers. [Fortnite](#) and [Roblox](#).

## AI GUIDANCE FOR PARENTS AND CARERS

[CEOP's guidance helps parents and carers understand how AI can be used, and misused, online](#), including risks such as manipulated or generated images of children. It offers practical advice on reducing risk, talking to children about consent, and knowing how to respond and seek support if concerns arise.

# 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 [2026-2027 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. To request a printable version please email [ellie@staffscvys.org.uk](mailto:ellie@staffscvys.org.uk)

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 JUNE:

WATER SAFETY

APPROPRIATE BEHAVIOURS

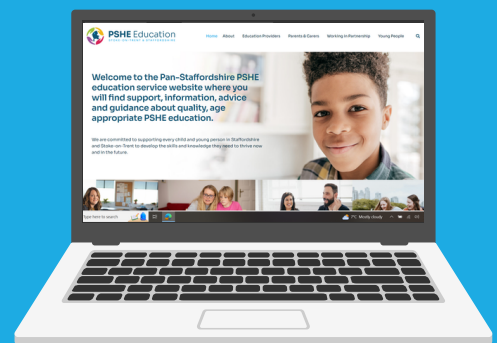
JOBS

ONLINE SAFETY

BODY IMAGE

EXTREMISM

GROOMING



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](mailto:ellie@staffscvys.org.uk).

**NEW**

## NEW TO THE RESOURCE LIBRARY - [WWW.PSHESTAFFS.COM](http://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:

Artificial intelligence is becoming part of everyday life. People use it to plan tasks, communicate at work and find information online. The Economist Education Foundation has created a lesson plan for 10-16-year-olds that helps young people explore how people use AI in everyday life, consider the risks and benefits of AI-generated information and explore how to use AI responsibly and think critically about its answers.

Added to the Media and Online Safety pages of the [Resource Library](#).

The  
Economist

EDUCATIONAL  
FOUNDATION

# UPDATE ON NATIONAL RESOURCES

## HELP SHAPE MENTAL HEALTH SUPPORT IN SECONDARY SCHOOLS

Anna Freud, the Education Endowment Foundation, and partners, including Place2Be, are seeking secondary schools to take part in a randomised controlled trial (RCT) evaluating the Learning Together for Mental Health programme.

This whole-school approach aims to improve student wellbeing, belonging, engagement, behaviour, and academic outcomes through staff training, student wellbeing surveys, and action groups. Schools will be randomly assigned to either take part in the programme or continue with usual practice, with both groups playing a vital role in the research. All participating schools will receive £1,000.

This is an opportunity to contribute to national research, strengthen your approach to mental health, and help shape future best practice.

## PSHE ASSOCIATION'S SEND FRAMEWORK

The updated 2026 version of the PSHE Association's PSHE education Planning Framework for pupils with SEND is now available as a free download.

Widely used by our local education settings, who help achieve over 50,000 downloads of the 2020 version, it remains a key resource for planning and adapting PSHE in both specialist and mainstream settings. The new edition reflects changes in young people's lives and aligns with updated RSHE statutory guidance from September 2026.

The latest 2026 version continues this legacy, while also keeping pace with the ever-changing landscape of children and young people's lives and needs, and updated RSHE statutory guidance in force from September.

The new Framework accompanies the 2026 edition of their Programme of Study and supports a comprehensive, inclusive PSHE curriculum. It includes progressive learning across seven stages, from 'Encountering' to 'Enhancement', allowing children and young people to access content at a level appropriate to their needs.

Schools can download the Framework for free to help ensure all pupils are equipped with the knowledge and skills to navigate life's challenges and opportunities.

[Read this blog](#) for more details about the changes to this update.

## TALK RELATIONSHIPS WEBINAR FROM NSPCC

The NSPCC has launched a free, on-demand webinar for school leaders on creating a whole-school approach to relationships education and a safe, respectful school culture. Its updated Talk Relationships e-learning course also helps teachers confidently deliver sex and relationships education.

This course has been added to our [Training Page of the website](#) under Whole School Approach to Healthy Relationships.

## INCLUDE ME - I WANT TO BELONG

[Include Me - I Want to Belong](#) is a document that provides guidelines for accessing, and raises awareness of the importance of, a cultural entitlement for ALL children and young people, particularly our most vulnerable and disadvantaged.

The Midlands Arts Partnership has published evidence showing how arts-based, trauma-informed programmes can improve the wellbeing, confidence, engagement, and social connections of care-experienced young people, while strengthening support from carers and professionals.

## NEW PSHE BOOK ON TEACHING PHYSICAL HEALTH

The [latest edition of the PSHE Toolkit series](#), provides clear, up-to-date guidance on key health topics, with a focus on the developing teenage brain to support informed decision-making.

It includes a wide range of lesson resources, activities and teacher guidance, designed to be practical, engaging and easy to deliver with minimal preparation.

## NEW PORNOGRAPHY LESSON FROM BROOK EDUCATION TEAM

For many young people, first exposure to pornography is unplanned, with the average age around 13, and often happens without context. [Over half say](#) they have learned little or nothing about it, and report that lessons can feel overly simplistic.

Brook has worked with young people aged 16-19 to create a [more balanced lesson](#) that encourages critical thinking, recognises different experiences, and provides a safe space for open discussion, supported by expert facilitation.

Our guidance document on Using External Providers can help you with the quality assurance process. You can find this with our other [Guidance Documents on our website](#).

## DOG, DUCK AND CAT NEWSLETTER

The [Dog, Duck and Cat Trust Summer Newsletter](#) has been published, including details of new developments and feedback. This is suitable for first and primary education settings.

## COM NETWORKS

This [shareable resource](#) from INEQE can be displayed in education settings, sent home, or used to support discussions about [Com Networks](#)—harmful online communities that build false friendships with young people before pressuring them into risky or dangerous actions.

It explains what Com Networks are, highlights key warning signs, and provides advice on how to leave safely and access support.

## CEOP SUMMER HANDOUT FOR YOUNG PEOPLE

Safeguarding concerns can spike over the summer holidays – remind young people where to get help and report online sexual abuse.

This one-page resource from CEOP directs young people to online service where they can seek help and report concerns relating to online sexual abuse

- [Under 18s help and report poster](#)
- [11-18s poster](#)

## CEOP GUIDANCE FOR PROFESSIONALS

CEOP has updated its [AI-Child Sexual Abuse Material guidance for professionals](#), strengthening safeguarding advice, including enhanced guidance on image consent and protecting organisational images from AI misuse.

It introduces a new parent resource and encourages settings to use it to reinforce key online safety messages at home (see Parent/Carer Update).

## BOYS EDUCATION COMMISSION

A new Boys' Education Commission, led by Peter Hyman, is [inviting schools, professionals and young people to share their views](#) on the challenges facing boys today

The inquiry aims to understand issues such as wellbeing, identity and underachievement, and gather ideas for practical solutions.

This is an opportunity to contribute insight and experience to help shape future support for boys' education and development. Closes 14.9.26

## NATIONAL EDUCATION NATURE PARK

Funding for the 2026-2027 academic year is available for eligible settings to receive up to £5,000.

The Royal Horticultural Society will contact eligible settings during the summer term with application information. You can find a list of these settings in the [National Education Nature Park: 2026 to 2027 academic year eligible educational settings](#).

The grant can be used to add biodiversity and enable its monitoring or measurement.

## DSM FOUNDATION DELIVERY BOOKLET

DSM has published its [2026-27 Drugs Education booklet](#), outlining workshops, webinars, staff training, performances, and teaching resources for schools and colleges. Some resources are paid for, and schools should complete their own quality assurance checks; several self-delivery resources are also available in our Resource Library.

# UPCOMING KEY AWARENESS DATES - SEPTEMBER

## CHILDHOOD CANCER AWARENESS MONTH (1-30)

It can be really difficult to spot the symptoms of childhood cancer. In the UK, there's much less awareness of the signs of childhood cancer versus adult cancers, and many of the symptoms of childhood cancer are also symptoms of common illnesses.

The CCLG provide an [information page](#) on their website around the Signs and Symptoms of Childhood Cancer. We have written a professional's guidance pack [Self-Examination and Screening & PSHE](#) which provides information to develop subject knowledge, provides links to curriculum and key information related to this topic.

## SNACKTEMBER (1-30)

Snack-tember is a free, month-long health initiative from the British Nutrition Foundation, focused around helping children and young people (aged 5-16 years) make and choose healthier, more sustainable snacks.

A range of exciting resources are available, including recipes, posters, classroom activity ideas and assembly slides, to help children and young people:



- Explore better snacking
- Try new snacks
- Make their own healthy snacks

[Register for more information here.](#)

## ZERO WASTE WEEK (7-11)

Exploring Zero Waste Week in PSHE helps students understand environmental responsibility in engaging ways. Lessons on waste, landfills, oceans, and climate change introduce the 3 Rs: Reduce, Reuse, Recycle. Activities like audits, upcycling, and campaigns encourage action, while discussions on eco-anxiety and fairness build empathy. It inspires practical choices to protect the planet.

Resources to support with learning about waste and its impact can be found in the Resource Library in *The Environment* section. [Register here.](#)

## #ASKABOUTASTHMA (7-11)

#AskAboutAsthma Day is a UK awareness campaign held each September to encourage people with asthma, especially children, to get an annual asthma review before school starts. It promotes better understanding of symptoms, proper inhaler use, and having an up-to-date action plan to help prevent asthma attacks and keep people safe and active.

*Moggy's New Medicine* - a storybook from the Dog, Duck & Cat Trust, enables children (ages 7-9) to learn more about Asthma and can be found in the Medicine Management section of the Resource Library.



## WORLD SUICIDE PREVENTION DAY (10)

World Suicide Prevention Day offers a meaningful opportunity to promote mental health awareness within PSHE. Lessons can explore emotional literacy, challenge stigma, and empower pupils to seek help and support others with empathy and compassion.

Through practical strategies like coping tools and signposting to services such as Childline or Kooth, children and young people can build resilience and confidence.

Check out the Parents/Carers page on our website, which lists support services and further information on topics covered by the PSHE curriculum.

Resources to support you can be found in the *Mental Health* page of the Resource Library, click to [register](#) or log in.

A reminder that the Staffordshire and Stoke-on-Trent Integrated Care System (ICS) has developed a suite of guidance and resources to support headteachers, principals, designated safeguarding leads, and other education professionals which has previously been shared. The guidance outlines the immediate actions that should be taken following a suspected suicide involving a child or young person, as well as providing advice on ongoing support, communication, and managing the wider impact on the school or college community.

## WORLD FIRST AID DAY (12)

World First Aid Day highlights simple life-saving actions, from treating minor injuries to calling for help in emergencies, while building confidence and responsibility.

St John Ambulance notes that in a heart attack, every minute without first aid can reduce survival chances by up to 10%, showing how vital these skills are.

Resources to support can be found in the First Aid section of the [Resource Library](#) and include:

- Elastoplast Kids First Aid Programme (ages 5-7)
- British Red Cross First Aid Champions online teaching platform (ages 5-18)



## WORLD SEPSIS DAY (13)

World Sepsis Day, raises awareness about sepsis – a life-threatening condition caused by the body's extreme response to infection.

In PSHE, it's a chance to teach young people how to recognise early signs (like confusion, rapid breathing, or mottled skin), understand the importance of seeking urgent help, and learn how infections can escalate.

The [UK Sepsis Trust's "Sepsis Savvy Schools"](#) PSHE resources, have been designed for all Key Stages, to equip teachers and students with essential knowledge about the dangers of sepsis.

## SEXUAL HEALTH WEEK (14-20)

Sexual Health Week in the UK highlights the importance of open conversations, education, and access to services to improve wellbeing and prevent illness. Good sexual health supports overall physical and mental health, while reducing stigma and encouraging safer choices.

Recent data shows why it matters:

- Around 334,000 new STI diagnoses were recorded in England in 2025
- In 2024, there were over 360,000 cases, showing infections remain at high levels
- Young people aged 15-24 are most affected, with higher diagnosis rates than other groups

Sexual Health Week raises awareness, promotes testing and prevention, and helps ensure people have the knowledge and confidence to make safe, informed choices.

Open Clinic provide Sexual Health Clinics across Stoke on Trent and Staffordshire. Details of their services, opening times, locations and appointment system can be found on their [website](#).

Resources to support with learning about Sexual Health can be found in the Resource Library. Click to [register](#) or [log-in](#).

## JEANS FOR GENES WEEK (14-20)

Jeans for Genes Day is an awareness event that raises funds and understanding for children with genetic conditions.

In PSHE, it's a chance for young people to learn what genes are, how genetic disorders affect daily life, and why inclusion and empathy matter. Activities like designing denim, watching real-life stories, and exploring how our genes shape who we are help students celebrate difference and support others.

Resources from [Jeans for Genes](#) offer engaging, age-appropriate materials for lessons and assemblies.



## ORCHID MALE CANCER AWARENESS WEEK (14-20)

Orchid Male Cancer Awareness Week raises awareness of prostate, testicular, and penile cancers, encouraging early detection and open conversations about men's health. It plays an important role in reducing stigma and helping people access support.

In the UK, the need is clear:

- Over 57,000 men are diagnosed with prostate cancer each year, making it the most common male cancer
- Around 12,000 men die from it annually
- Overall, male cancers affect tens of thousands of men every year

In PSHE, this week provides a valuable opportunity to teach young people about risk factors, symptoms, and the importance of self-examination and seeking help. Using [Orchid resources](#), students can build confidence, empathy, and health literacy while breaking down stigma around male health.

## TRAVEL WISE WEEK (16-22)

TravelWise Week is a great opportunity for schools to encourage healthier, safer and more sustainable travel. By promoting walking, wheeling, cycling and public transport, schools can help reduce traffic and air pollution around the school gate while increasing pupils' daily physical activity and supporting their health and wellbeing.

TravelWise Week also complements a whole-school approach to sustainability, health and active travel, embedding positive travel habits into everyday school life. Schools are encouraged to [sign up to Modeshift STARS Education](#), the national schools travel plan accreditation scheme.

Many schools are already successfully engaged with the programme, using it to recognise and build on their active travel achievements while accessing resources and support to make sustainable travel a lasting part of school culture.

## NATIONAL FITNESS DAY (18)

National Fitness Day celebrates the power of physical activity to boost health, happiness, and community spirit.

Through cross-curricular links between PE and PSHE, it's a great opportunity to help young people explore how movement supports both physical and mental wellbeing.

Resources to support can be found in the *Physical Activity* section of the [Resource Library](#) and include:

- 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)
- Programme of three sessions (60 minutes each) from Dove and Nike aimed at building body confidence through sports (ages 11-17)

## UK SAVINGS WEEK (21-27)

UK Savings Week promotes good money habits like saving and planning for the future.

In PSHE, it supports financial education by teaching budgeting, goal-setting, and smart decision-making. These skills help students become more confident, independent, and responsible with money.



Resources to support can be found in the *Budgeting* section of the [Resource Library](#) and include:

- Financial Literacy resources from Beano and The Bank of England including presentations, activities and games and home learning activities (ages 5-11)
- Resources from Natwest, Barclays and Santander banks which cover financial literacy, budgeting, saving and money skills (ages 5-18)



## ORGAN DONATION WEEK (21-27)

Over 8000 people are currently in need of a transplant to save or improve their lives.

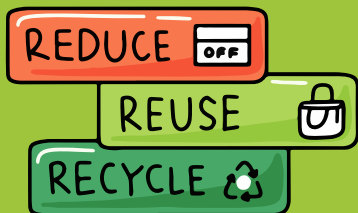
The annual Organ Donation campaign, led by NHS Blood and Transplant, encourages people to confirm their decision on the NHS Organ Donor Register and emphasises the vital importance of discussing organ donation wishes with family members.

Resources to support can be found in the *Organ, Blood and Stem Cell Donation* section of the [Resource Library](#) and include:

- Free curriculum-linked resources from Team Margot, NHS Blood & Transplant (NHSBT) including some assured by the PSHE Association, that help to teach children about giving to help others, and blood, stem cell and organ donation (ages 5-11)
- Free, curriculum-linked resources for secondary school teachers in England, to educate Key Stage 3 and 4 students (11-16 year olds) about blood, organ and stem cell donation. Developed in collaboration with Anthony Nolan.

## RECYCLE WEEK (21-27)

- The UK recycles around 44.6% of household waste [[gov.uk](#)]
- About 89% of people say they regularly recycle, showing strong engagement [[wrap.ngo](#)]
- However, 79% of households still throw away recyclable items, with around 2.3 billion recyclables binned each year



Covering the Environment and Recycling in PSHE helps to tackle this gap by improving understanding and encouraging better habits, supporting a more sustainable future.

Resources to support teaching and learning on this topic can be found in the [Resource Library](#) under The Environment.

## INTERNATIONAL DAY OF PEACE (21)

As the new academic year begins, changing friendship groups and class dynamics can shape how students interact. This creates a valuable opportunity to promote positive relationships and inclusion by exploring the PSHE theme of Similarities and Differences.

You'll find helpful resources on this topic available on our [website](#).

You might also wish to explore Mindfulness as a way to support children and young people in developing calming routines, self-regulation strategies, and breathing techniques. Resources on mindfulness are also available in the Resource Library, click to [register](#) or [log-in](#).



## WORLD CONTRACEPTION DAY (26)

World Contraception Day, promotes awareness of contraception and reproductive health. In PSHE, it's a valuable opportunity for young people to learn about different contraceptive methods, how they prevent pregnancy and STIs, and the importance of informed, respectful choices. Lessons can also explore consent, communication, and access to reliable health services.

Open Clinic provide Sexual Health Clinics across Stoke on Trent and Staffordshire. Details of their services, opening times, locations and appointment system can be found on their [website](#).

The C-Card service is available to 13-24 years old (Staffordshire) and in Stoke on Trent for anyone aged 13 years and above. The C-Card is a service that allows quick, free and easy access to condoms from a range of places e.g., some schools, colleges, shops, clinics and pharmacies. Details of registration and distribution sites can be found [here](#).

## NSPCC KINDNESS CHALLENGE (30-4 OCT)

The NSPCC Kindness Challenge fun, meaningful way for pupils to learn about empathy, teamwork, and making positive change in their world.

Each act of kindness your school completes helps raise money for Childline, supporting the services children rely on every day.



Please fill out [this form](#) to sign your school or nursery up to join in the Kindness Challenge 2026.

# 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](mailto:ellie@staffscvys.org.uk).

## TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	<a href="#">NEW ERA</a>	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	<a href="#">YGAM</a>	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	<a href="#">CEOP</a>	£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	<a href="#">CEOP</a>	£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.
THE LAW	8 <sup>TH</sup> JULY 10-11.30AM	<u>FEARLESS</u>	FREE	COVER AN INTRO TO FEARLESS, EXPLORE GIVING INFORMATION ABOUT CRIME 100% ANONYMOUSLY, SNITCHING AND THE BYSTANDER APPROACH.
ANTI-BULLYING	20 <sup>TH</sup> NOVEMBER 9AM-12PM	<u>ANTI-BULLYING ALLIANCE</u>	£98.20	<p>THIS CPD TRAINING WILL HELP DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK OF EXPERIENCING BULLYING: AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING.</p> <p>THIS TRAINING IS AIMED AT PRACTITIONERS AND PROFESSIONALS FROM SCHOOLS AND WIDER CHILDREN'S WORKFORCE SETTINGS, SUCH AS SOCIAL WORKERS, HEALTHCARE PROFESSIONALS, YOUTH OFFENDING TEAMS, EARLY YEARS PROVIDERS, POST-16 PROVIDERS, YOUTH WORKERS, SCHOOL GOVERNORS, INFORMATION, ADVICE AND SUPPORT WORKERS.</p>

# TRAINING (E-LEARNING, WEBINARS)

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

## PODCASTS

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

This month, we have added:

- MPFT - Protecting your Child Through Vaccination - Join Health Visitors Stacey and Carol as they talk about protecting your child through vaccination. Vaccinations protect children from serious illnesses like measles, meningitis, polio, whooping cough and more. Discover how this works, why the national schedule might change, common myths, managing potential side effects and more. Using NHS and UK Health Security Agency (UKHSA) guidelines to provide current advice, they consider the most commonly asked questions about vaccination. This has been added to Vaccinations and also our Parents/Carer page
- MPFT - Teenagers and Vaping - Caroline is joined by Paul from Everyone Health Staffordshire to explore the growing issue of vaping among teenagers. They share the facts, challenge common myths, offer practical advice on starting supportive conversations, and explain what parents, carers, schools and professionals need to know to help young people make safer choices. This has been added to Smoking/Vaping and our Parent/Carer page.
- Runnymede Trust - Unpacked: Young People and Violence is a 5-part podcast series that challenging us to think differently. Presented by Richie Brave and featuring a range of expert voices, this series encourages us to flip the narrative to question who gets forgotten, and how we can really keep young people safe.

## DOCUMENTARIES AND DRAMAS

We have collated documentaries and dramas that will support the CPD of professionals. We do not encourage or endorse 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.

- OnlyFans: Inside the Machine - Amber Haque reveals how OnlyFans models suffer widespread exploitation and coercion at the hands of their managers. Added to Exploitation
- Gareth Southgate: Changing the Game for Young Men - Former England men's football manager Gareth Southgate reveals the struggles many boys and young men face, asking why some feel left behind and what could help them move forward. Added to Gender.
- Georgia Harrison: Porn. Power. Profit - Georgia Harrison uncovers the terrifying truth behind online intimate image abuse in the porn industry - including who profits from it and what can be done to stop it. 2 episodes, the first explores Revenge Porn and the second explores Deepfake porn sites and Nudifying apps. Added to Pornography
- Revenge Porn: Georgia vs Bear - Revealing doc about how reality star Georgia Harrison fought a revenge porn court case against her ex, Stephen Bear and won. Added to Pornography

## NEXT EDITION (SEPTEMBER)...

Resources & Materials for key awareness dates in October:

- Black History Month (1-31)
- Breast Cancer Awareness Month (1-31)
- ADHD Awareness Month (1-31)
- Cyber Security Awareness Month (1-31)
- Cycle to School Week (5-9)
- Baby Loss Awareness Week (9-15)
- Hate Crime Awareness Week (10-17)
- World Mental Health Day (10)
- International Day of the Girl Child (11)
- Global Handwashing Day (15)
- World Food Day (16)
- Restart a Heart Day (24)
- UN Day (24)



The image shows a detailed awareness calendar for the year 2026-27. It is organized by month and includes various awareness days and weeks. The calendar is color-coded by month: January (orange), February (yellow), March (green), April (light green), May (red), June (dark red), July (purple), August (blue), and September (pink). The calendar lists numerous awareness dates, such as Black History Month (1-31), Breast Cancer Awareness Month (1-31), and UN Day (24). It also includes contact information for PSHE Leads for Stoke-on-Trent and Staffordshire, and the website www.pshestaffs.com.

We have updated the PSHE Awareness Calendar for 26-27. This is now available on our website. If you would like a printable version, including a termly version please email [ellie@staffscvys.org.uk](mailto: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



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](mailto:ellie@staffscvys.org.uk)

Next edition publication date: 4th September 2026  
Please note we don't send an edition of the PSHE Newsletter in August