



COVERED IN THIS MONTH'S EDITION:

Contact Details

Overview of PSHE Digest

What's Out There

Update from the PSHE Education Service

Update from National Partners

- Updates from the DfE
- Youth Violence
- Community Cohesion
- Com Groups
- Prevent
- Wellbeing
- Lived Experiences of 12-13 years old
- PE and Sports Premium Funding
- Papyrus Closure
- Supporting Young People to Belong
- Gambling Harm
- School Food Standards
- Domestic Abuse/VAWG
- Information Sharing Duty

Update from Local Partners

- Staffordshire Fire Education Offer
- Update to CaFSPA Contact Details
- Suicide Prevention
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- Local Newsletters

Information for Parents and Carers

- Online Safety
- Sessions from the Autism Inclusion Team
- Training from Stay Well

New to the Resource Library

National Resources Updates and Opportunities

Awareness Days (November)

- Islamophobia Awareness Month (1-30)
- November (1-30)
- Mouth, Pancreatic, Lung Cancer Awareness Month (1-30)
- Stress Awareness Day (4)
- Bonfire Night (5)
- International Day Against Violence and Bullying in Schools (5)
- World Kindness Day (13)
- World Diabetes Day (14)
- Road Safety Week (15-21)
- Odd Sock Day (16) and Anti-Bullying Week (16-20)
- International Day for Tolerance
- Ditch the Blade Week (16-21)
- International Men's Day (19)
- World Children's Day (20)
- UK Parliament Week (23-29)
- International Day for the Elimination of VAWG (25)

Upcoming training

- New E-Learning
- New Podcasts
- New Documentaries and Dramas for CPD

Next Month & Link to Facebook Group

FUNDED RSE RESOURCE

One of the most common areas of support requested by schools is responding to pupil questions during Relationships and Sex Education (RSE).

We are delighted to have secured funding from Staffordshire County Council's Public Health Team that enabled us to purchase How Do I Answer That? A Secondary School Teacher's Guide to Answering RSE Questions for all Middle, Secondary and High settings in Staffordshire. We are currently finalising the distribution arrangements, so please keep an eye out for your copy.

Once you have had the opportunity to use the resource, we would be grateful if you could take a few moments to complete our short form. Your feedback will help us evaluate the impact of this resource and support future funding applications.

JOIN THE MAILING LIST

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

natalie@staffscvys.org.uk

REMINDER



PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE

Conference

[CLICK TO BOOK](#)

WEDNESDAY 11TH NOVEMBER

9:30AM-3:30PM

STAFFORDSHIRE COUNTY SHOWGROUND

WESTON ROAD, STAFFORD ST18 0BD

PSHE DIGEST - AT A GLANCE

ACTION FOR PSHE LEADS

Must do this month:

- Middle/Secondary/High colleagues - Keep an eye out for your copy of the funded How Do I Answer That? A Secondary School Teacher's Guide to Answering RSE Questions and complete our short form.
- Review resources, websites and signposting to ensure references to Papyrus and Hopeline247 have been removed and replaced with current support services
- Familiarise yourself with the new Information Sharing Duty and discuss implications for PSHE delivery and safeguarding with your DSL
- Review national opportunities for details of awards, programmes, and resources you can access to strengthen your PSHE provision. Including RSHE staff confidence quiz, digital ambassadors, pride of the playground and more
- Book PSHE Conference Ticket if not already done so.

Recommended:

- Watch the recording of the first PSHE Leads Network Meeting, if you were unable to attend
- Review how your curriculum addresses misogyny, healthy relationships, online influences and gambling in light of recent national developments
- Share information about the new Com Groups Guidance with safeguarding colleagues and review your online safety curriculum
- Check out our updated Thinking About Spice-Laced Vapes resources now available in the Resource Library.

NATIONAL UPDATES

This month's national updates include:

- New Information Sharing Duty guidance and what it means for PSHE, safeguarding and disclosures
- DfE announcements on tackling misogyny, promoting community cohesion, PE Pupil Premium, books for secondary schools and supporting children and young people through the Period Product Scheme.
- New research on youth violence, loneliness, gambling-related harm, belonging, the experiences of young people growing up in the 2020s.
- Updated guidance and resources relating to Prevent, Com Groups, SEND and School Food.
- Reports highlighting teenage relationship abuse.

LOCAL PARTNER UPDATES

To keep yourself updated, we recommend reading this month's updates from local partners, including:

- New CaFSPA mental health referral contact details.
- Information about the Orange Button Scheme and suicide prevention training opportunities.
- Updated guidance from Staffordshire Police on e-scooters.
- Early Years Safety Boxes and Safe+Sound opportunities from Staffordshire Fire and Rescue Service.
- Letter to primary settings that outlines Staffordshire's Physical Activity offer
- Local newsletters from Catch22, Kind Minds, and the Healthy Relationships Programme.

INFORMATION FOR PARENTS AND CARERS

To help education settings to engage with parents and carers in PSHE, please consider sharing:

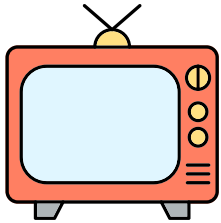
- Guidance on algorithms, social media and digital wellbeing.
- Free parent/carer sessions from the Autism Inclusion Team.
- Free online mental health and wellbeing training from Stay Well.
- Information and advice about online harm groups (Com Groups) and staying safe online.
- Letter from Staffordshire Police and Staffordshire Fire and Rescue ahead of Halloween and Bonfire Night.

RESOURCES

- Updated Thinking about Spice-Laced Vapes professional guidance and lesson resources.
- New resources and opportunities relating to LGBTQ+, online safety and digital literacy, mental health, RSHE staff confidence, healthy eating, community cohesion, health literacy, and surveys around suicide prevention and online content for young people to complete.
- Details of awards relating to preventing sexism, Pride of the Playground
- Information and guidance on November's Key Awareness Dates
- Upcoming Training from local and national providers
- New e-learning/webinars, podcasts and documentaries

WHAT'S OUT THERE?

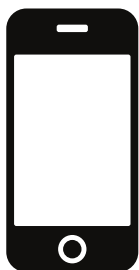
Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of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



- *The Social Reckoning*, the sequel to *The Social Network*, releases this month. The film dramatises the 2021 Facebook leak by whistleblowers.
- The new presenting line-up of *Strictly Come Dancing* have received online criticism over the last two weeks sparking online social media posts and responses encouraging kindness.
- This [TES article](#) reminds us of the influence TV can have on children and young people and not just focus on encounters online.
- In [Emmerdale](#), [Gabby Thomas](#) has developed orthorexia. Although not recognised clinically as an eating disorder, orthorexia is a condition where someone develops a pathological obsession with eating what they deem only 'pure' foods.



- A former Cornell University student has filed a civil lawsuit alleging she was sexually assaulted by seven fraternity members in 2024. New York prosecutors have reopened a criminal investigation, so the allegations remain unproven. The case highlights issues around consent, bystander responsibility, university responses, and the risks of sharing unverified information or identifying people involved in ongoing cases online.
- [New powers have been introduced in Stafford](#), where people can be ordered to remove face coverings if the police believe they are being used to conceal someone's identity while committing a crime or causing anti-social behaviour, which have divided opinion. Stoke-on-Trent City Council are considering introducing similar measures.
- [Scientists have discovered](#) why the Kent meningitis outbreak was so severe.
- Dame Esther Rantzen, founder of Childline, died this week. In 2024, she backed a major [UK Parliament petition](#) launched in January 2024 urging a full parliamentary debate and free vote on assisted dying.
- On 1st October, Northern Ireland became the first part of the UK to bring in a [graduated driving licence](#).
- [Lola Young has said](#) that her breathing feels like a "chore" due to the effects of vaping.



- Following 6 months of investigating dangerous online networks which operate inside major platforms, [Sky News have reported finding self-harm avatars available to children on Roblox](#). In the Digest, we provide more information on these "[Com Networks](#)" and guidance available to education settings and parents and carers.
- [FoodNeverComes](#) is a new "dopamine site" in India that lets users experience the anticipation and reward of browsing, selecting and ordering food without actually purchasing or receiving anything, highlighting how the psychological pleasure of wanting and ordering can sometimes be more rewarding than the consumption itself, while raising questions about the impact of digital reward-seeking behaviours, particularly for young people and the developing brain.
- [TES has written an article](#) providing practical advice around nudification apps.



UPDATE FROM NATALIE

ACTION



It was great to welcome so many colleagues to the first PSHE Leads Network meeting of the academic year.

The session explored key priorities for the year ahead, including inclusion, belonging, attendance, wellbeing and pupil voice, as well as the role of PSHE within a whole-school approach. We also discussed how effective PSHE provision can support wider inclusion priorities, including the Mainstream Inclusion Fund.

If you were unable to attend, or would like to revisit the discussion and resources shared, you can watch the recording. The session contains practical guidance, professional reflection opportunities and examples that can support your PSHE leadership and planning throughout the year.

CONNECTING WITH THE SERVICE

Congratulations to those who are taking on the role of PSHE Lead for the first time. Whether you're new to PSHE leadership or have been in the role for a while, the PSHE Education Service is here to support you every step of the way.

Funded by the Staffordshire Police, Fire and Crime Commissioner's Office, our service is designed to help you lead PSHE with confidence, stay up to date with emerging issues, and provide high-quality learning experiences for children and young people.

HOW WE CAN SUPPORT YOU

- PSHE Leads Network Meetings: Held each half-term, these online sessions provide key updates, practical guidance, professional reflection opportunities and examples of effective practice. Register via our website to receive meeting invitations and access previous recordings.
- Training and CPD:
 - ... & PSHE packs: Ideal for staff CPD and developing in-house training. Our packs are currently being updated to align with learning outcomes from the DfE and PSHE Association.
 - Collated Training Opportunities: We regularly identify relevant local and national training opportunities, shared through our website and the PSHE Digest.
 - In-house Training: Tailored sessions focusing on effective PSHE pedagogy, including using active learning and creating safe learning environments.
- Best Practice Guidance: Access evidence-informed guidance documents designed to support education settings in implementing effective PSHE practice.
- Free Resource Library: Our website hosts a growing collection of quality-assured resources, organised by topic and age range, making it easy to find what you need.
- PSHE Support Visits: Receive a holistic review of your PSHE provision, including lesson observations, pupil and staff voice, and dedicated time with the PSHE Lead. Visits include a written report highlighting strengths, recommendations and next steps.
- Ongoing Advice and Support: Need help choosing resources, commissioning external providers, accessing training, or understanding the latest evidence? Just get in touch.

We encourage all PSHE Leads to make full use of these opportunities throughout the year. Together, we can ensure PSHE remains relevant, evidence-informed and impactful for all children and young people across Staffordshire.

CONFERENCE UPDATE

A reminder that bookings for our second PSHE conference are still open, and we'd love to see as many of you as possible on 11th November at Staffordshire County Showground. The day will be jam-packed with PSHE best practice, including how PSHE can respond to local needs. You can get more information and book your tickets on our Eventbrite page.

Thanks to those who have already booked. To encourage others, we are pleased to share the agenda for the day.



UPDATE FROM NATIONAL PARTNERS



UPDATES FROM THE DEPARTMENT FOR EDUCATION

ADDRESSING MISOGYNY

The Education Secretary announced a new whole-school approach to help education settings tackle misogyny, challenge harmful attitudes and address the influence of toxic online content. Schools will receive a package of support including practical guidance, teacher training and resources for parents and carers.

Building on the strengthened RSHE curriculum, the initiative focuses on healthy relationships, online influences and challenging harmful behaviours. It comes as recent data found that 50% of girls reported hearing misogynistic comments from other pupils during a week at school.

For PSHE leads, the announcement reinforces the importance of teaching respectful relationships, consent, gender equality and critical thinking about online content.

PERIOD PRODUCTS

The DfE has confirmed that the Period Product Scheme will continue through 2026-27 and 2027-28, with the possibility of a further extension into 2028-29.

The scheme provides free period products, including reusable options, to eligible pupils, helping to ensure periods are not a barrier to education. Updated guidance also includes advice on making products available during exams and sports activities.

For PSHE leads, this remains an important opportunity to support menstrual wellbeing, reduce stigma and ensure pupils know how to access products when needed.

SEND TRAINING

Evidence shows that some children and young people with SEND may be more vulnerable to abuse, exploitation and social isolation. High-quality PSHE provides protective knowledge and skills that can reduce these risks, help children and young people recognise when something isn't right and seek help and support. The DfE has produced training materials to help teachers and teaching assistants improve learning outcomes for all children and young people including those with SEND.

FUNDING FOR BOOKS AND READING MATERIALS FOR SECONDARY SCHOOLS

Secondary schools across England can now access new funding to purchase books and reading materials as part of the National Year of Reading 2026. The DfE is investing £5 million to help schools increase pupils' access to reading materials and promote reading for pleasure. Eligible secondary schools will automatically receive funding, with allocations ranging from £450 to £1,400 depending on pupil numbers and levels of disadvantage.

For PSHE leads, this presents an opportunity to strengthen provision around mental health, relationships, identity, discrimination, online safety and wider wellbeing themes. Books and carefully selected reading materials can support a key PSHE pedagogical approach known as distancing, where children and young people explore sensitive issues through fictional characters, stories and scenarios rather than discussing personal experiences directly. This can help create a safer learning environment, encourage reflection and promote meaningful discussion without requiring personal disclosure.

Schools can use the funding to enhance libraries, reading corners and pastoral resources, helping young people engage with important PSHE themes through literature while also supporting literacy and reading enjoyment. All orders must be placed by 31 March 2027.

For more information and details of your school's allocation, see the guidance from the Department for Education.



YOUTH VIOLENCE



New research funded by the Youth Endowment Fund has explored the relationship between childhood bullying and later involvement in violence and weapon carrying. The study examined both young people who experienced bullying and those who bullied others, highlighting the importance of early intervention and prevention.

The findings reinforce the importance of a whole-school approach to preventing and responding to bullying. High-quality PSHE education can play a key role in developing empathy, positive relationships, emotional regulation and help-seeking behaviours, while creating opportunities for children and young people to recognise, report and challenge bullying.

This reinforces why our locally produced comic book on Knife Crime (Kai's Story) features bullying, as young people across Staffordshire and Stoke-on-Trent reported bullying to be the main reason they felt people carried knives.

The research serves as a reminder that bullying is not a "normal part of growing up". Early identification, effective support and a strong school culture that promotes respect and belonging can help reduce harm and contribute to violence prevention.

The DfE's Growing Up in the 2020s found that less than a third of students who reported being bullied said school staff were aware of it, and those students with SEND were more likely to experience bullying (11% reported physical bullying daily or weekly) compared to those without SEND (4%).

The Office for National Statistics (ONS) Centre for Crime and Justice has published new findings on children's experiences and perceptions of crime and safety, drawing on responses from more than 6,000 children aged 10 to 15 across England and Wales.

The report provides valuable insight into the online experiences of young people and reinforces the importance of high-quality PSHE education in supporting children to stay safe, seek help and make informed decisions online.

Key findings include:

- 12% of young people aged 13 to 15 reported receiving at least one sexual message in the previous 12 months, with girls more likely to report this experience than boys.
- 37% of children aged 10 to 15 reported seeing violent or criminal content online in the previous 12 months.

The most commonly reported harmful content involved fights and other forms of physical violence between individuals or groups.

These findings highlight the continued need for education settings to address online safety, healthy relationships, consent, digital resilience and reporting concerns through a planned and progressive PSHE curriculum. They also provide a useful reminder of the importance of creating safe environments where young people feel able to discuss concerns and seek support from safe adults and organisations like Fearless.

Education settings may wish to consider how these findings align with their current PSHE provision, particularly around online harms, peer relationships and the impact of online content on wellbeing.

COMMUNITY COHESION



The Department for Education has announced plans for a new national Community Cohesion Framework, recognising education's role in promoting belonging, inclusion and positive relationships in diverse communities.

Developed with the University of Salford and NUS, the framework will support colleges, universities and student unions to strengthen belonging, encourage respectful dialogue and engage positively with local communities, with student voice central to its development.

Although initially focused on post-16 education, the themes are highly relevant to PSHE, highlighting the importance of empathy, belonging, inclusion and respectful engagement with different viewpoints. For education settings, this reinforces how high-quality PSHE can support community cohesion through learning about identity, diversity, relationships, democratic participation and active citizenship.



COM GROUPS

ACTION



The National Crime Agency's CEOP Education team has launched a suite of new resources to help professionals, parents and carers, and young people understand and respond to the growing threat of online harm groups.

Online harm groups, often referred to as 'Com Groups', use tactics such as grooming, coercion, manipulation, and blackmail to exploit young people online. Their activity can overlap with a range of harms, including child sexual abuse.

The guidance aims to provide a specific, measured and contained narrative from the NCA that supports proportionate action based on the current threat picture. Please share, as appropriate.

The new resources include:

- Guidance for professionals, helping those who work with children and young people understand the threat and respond appropriately to safeguarding concerns.
- Advice to signpost parents and carers to, providing practical information to help families recognise the warning signs, support their child and access support.
- Guidance to support engagement with 11-18-year-olds, helping young people recognise online pressure and manipulation, understand when something doesn't feel right, and know where to get help. This includes a short animation to support young people's learning and aid understanding.

If you have any questions about the resources or would like to discuss the launch further, please do contact the team at ceopeducation@nca.gov.uk.

PREVENT



The refreshed Notice, Check, Share (NCS) guidance has now been published, providing clearer support for professionals identifying and responding to concerns about potential radicalisation.

The guidance reaffirms that the core purpose of Prevent is to stop people from becoming involved in or supporting terrorism. It offers practical clarification on the steps practitioners should take when concerns arise, particularly during the "check" stage of the process, helping professionals make informed decisions about referrals.

The updated guidance aligns with recent reviews of Prevent and has informed revisions to the Prevent Duty Training, which has also been updated. Further developments to the training package are expected over the coming months.

The guidance also reiterates that while ideology may be an important consideration, it is not mandatory.

For education settings, the updated guidance is a useful reminder of the complementary roles of safeguarding and PSHE. Through teaching online safety, critical thinking, media literacy, respectful relationships, identity, belonging and help-seeking, PSHE can support children and young people to develop the knowledge, skills and resilience needed to navigate potential risks and seek support when concerns arise.

Education settings are encouraged to familiarise themselves with the updated guidance and share it with colleagues who have safeguarding and Prevent responsibilities. The DfE has also updated its guidance for DSL's.



WELLBEING



A new report from the Institute for Public Policy Research (IPPR) has explored what it is like for young people growing up in England today and the challenges they face in their daily lives. Drawing on official data and workshops involving more than 150 young people aged 11 to 24, the report paints a concerning picture of increasing disconnection from friends, communities and wider society.

The report, The Loneliest Generation: What it is Like to Grow Up in England Today, highlights a significant rise in loneliness among young people. One of the most striking findings is that 1 in 20 young people now report having no close friends, compared to 1 in 100 in 2014. The research also found that the proportion of 16-21-year-olds with at least three close friends has fallen considerably, alongside a decline in the quality of friendships.

For education settings, these findings reinforce the importance of creating opportunities for children and young people to develop meaningful relationships, a sense of belonging and positive social connections. Through PSHE education, children and young people can develop the skills needed to build healthy relationships, communicate effectively, manage conflict and seek support when needed.

The report also highlights the wider role education settings play in fostering connectedness and inclusion. As educational settings continue to prioritise wellbeing, attendance and belonging, the findings provide a useful reminder of the importance of pupil voice, supportive peer relationships and opportunities for children and young people to feel valued members of their school communities.

LIVED EXPERIENCES OF 12-13 YEAR OLDS



The Department for Education has published the first findings from Growing Up in the 2020s, a major longitudinal study following young people through their secondary school years. The research explores key issues including wellbeing, relationships, bullying, school belonging, social media use and aspirations.

Early findings show that just over half of young people reported getting the recommended eight hours of sleep on a school night, while relationships with friends and family emerged as important sources of wellbeing.

For PSHE leads, the study provides valuable insights into the experiences of today's young people and will help inform evidence-based approaches to supporting wellbeing, relationships, healthy lifestyles and preparation for adulthood.

PHYSICAL ACTIVITY - PE AND SPORT PREMIUM FUNDING



The DfE has published the PE and sport premium: conditions of grant 2026-2027, confirming continued funding to help primary schools make sustainable improvements to PE, sport and physical activity provision. The funding is intended to support healthy, active lifestyles and improve the quality of PE and sport for all primary-aged pupils.

Although primarily aimed at PE leads, the funding is also relevant to PSHE and personal development leads, as physical activity supports physical health, mental wellbeing, resilience and healthy lifestyles.

Schools should use the funding to create sustainable, long-term improvements and continue to report on spending and its impact on pupils. PSHE leads may wish to work with PE colleagues to link physical activity with health education and whole-school wellbeing priorities.

Staffordshire County Council recently shared a letter, with primary settings, sharing details of the local physical activity offer to support the transition to PE and Sports Partnership Network.

PAPYRUS CLOSURE



PAPYRUS Prevention of Young Suicide has closed following administration, ending nearly 30 years of support for young people, families and professionals. Its HOPELINE247 suicide prevention helpline is also no longer available.

Education settings should review and update safeguarding information, websites and resources that signpost to PAPYRUS or HOPELINE247.

Young people should be made aware of alternative support, including:

- Samaritans: 116 123 (free, 24/7)
- Shout: text SHOUT to 85258 (free, 24/7)
- NHS 111: urgent mental health support
- Emergency: call 999 or go to A&E



SUPPORTING YOUNG PEOPLE TO BELONG



Over the summer, The Lost Boys Taskforce launched Supporting Students to BELONG in Parliament, alongside school leaders, young people, policymakers and members of the Taskforce.

The report highlights the importance of connection, belonging and trusted relationships, noting that around 1 in 5 teenagers in England does not have a safe adult outside their family. It explores the practical steps schools can take to strengthen relationships, foster a sense of belonging and ensure every young person has access to supportive adults.

For PSHE leads, the report provides a timely reminder of the protective role that positive relationships, school connectedness and safe adults play in supporting wellbeing, attendance, engagement and safeguarding. As schools continue to develop whole-school approaches to PSHE, the report offers useful reflections on how belonging can be intentionally built into school culture.

GAMBLING HARM



New research highlighted by Ygam suggests that gambling-related harm is an emerging safeguarding issue for schools. Data from 18,000 young people found that 7% had tried gambling, with boys significantly more likely than girls to gamble regularly and experience harm.

The charity highlights growing exposure to gambling through online advertising, gaming, loot boxes and other chance-based features. It is calling for gambling harm prevention to be embedded across safeguarding, curriculum and pastoral support, rather than treated as a one-off lesson.

For PSHE leads, this is a timely reminder to explore gambling, gaming, financial risk and online influences as part of a preventative, whole-school approach and to work with DSLs to establish clear pathways for what happens when a gambling concern is identified.

SCHOOL FOOD STANDARDS



A review by food charity Bite Back of menus at 391 state secondary schools in England found that around three-quarters contained at least one breach of government school food standards.

Most involved unhealthy foods being offered more frequently than permitted. The analysis found that 53% of schools offered foods high in fat, sugar or salt that are prohibited under the standards, while 57% served meat products such as burgers, sausages and nuggets more often than the permitted twice a week. Fried starchy foods such as hash browns were offered too frequently by 37% of schools, and 31% used chocolate in foods despite this being prohibited. By contrast, only 2% were found to be selling confectionery as standalone items, and 1% were selling banned sugary drinks.

The Department for Education has published a new collection of School Food Standards guidance and resources to help schools provide healthy, nutritious food for pupils. The standards are designed to support healthy eating habits and ensure children have the energy and nutrition they need throughout the school day.

Subject to Parliamentary approval, updated School Food Standards will take effect from September 2027, with some secondary schools phased in from September 2028. Schools are encouraged to begin reviewing proposed changes, discussing them with catering providers, and considering any updates needed to menus, policies and procurement arrangements.

For PSHE Leads, this provides an opportunity to strengthen links between the school's food provision and the Health Education curriculum. Promoting healthy eating and wellbeing is most effective when it is embedded through both curriculum learning and a whole-school approach. Recent resources include practical guidance, checklists for school leaders and governors, allergy guidance, and dedicated resources for primary and secondary schools.



DOMESTIC ABUSE/VAWG



The safeguarding challenges facing young people's relationships continue to evolve, particularly within an increasingly digital world. A new report from The Children's Society, Red Flags We Don't See: Missed Signs and Missed Support in Teenage Relationships, highlights teenage relationship abuse (TRA) as a widespread but often overlooked issue, with many young people experiencing harm that goes unrecognised by the adults and systems designed to support them.

While awareness of healthy relationships has improved, the report found that many young people still struggle to identify abuse within their own relationships, especially when it takes place online. It highlights how social media and digital technology can enable behaviours such as monitoring, coercion, emotional manipulation and control, blurring the lines between online and offline experiences.

To complement the report, Community Care has published an article exploring how professionals can better recognise coercive control in teenage relationships. The article examines the scale of the issue, barriers to identification and examples of effective practice.

These findings sit alongside growing concerns about the impact of harmful online content on young people's attitudes and behaviours. A recent report from Refuge and End Violence Against Women Coalition (EVAW) found that 47% of women aged 16-24 have experienced online violence against women and girls, while one in five young women report regularly being recommended misogynistic or degrading content on social media.

For PSHE leads, these reports reinforce the importance of teaching healthy and respectful relationships, consent, recognising abusive behaviours, challenging harmful online influences and developing critical digital literacy skills. They also highlight the need for a whole-school approach, ensuring staff are confident in recognising and responding to concerns. Reflecting this growing priority, the DfE has recently announced a new whole-school support package to help schools tackle misogyny and promote cultures of respect and belonging.

INFORMATION SHARING DUTY



A significant change to safeguarding practice came into force on 30th September 2026.

The new Information Sharing Duty (Duty to Share), introduced through the Children's Wellbeing and Schools Act, strengthens expectations around information sharing to safeguard and promote the welfare of children and young people in England.

The guidance moves information sharing from being viewed as primarily good practice to becoming a statutory safeguarding responsibility.

For PSHE leads, the guidance is particularly relevant as lessons may provide opportunities for children and young people to disclose concerns relating to relationships, mental health, exploitation, online harms or substance use. The document reinforces the need for staff delivering PSHE to be confident in safeguarding processes and understand their role within wider multi-agency support systems. It also has implications for children and young people who benefit from understanding how safeguarding works in practice, including why adults cannot always keep information confidential when there are concerns about safety or wellbeing.



UPDATES FROM LOCAL PARTNERS

STAFFORDSHIRE FIRE AND RESCUE EDUCATION OFFER – EYFS/PRIMARY

ACTION



Looking for engaging ways to support children's understanding of safety? Staffordshire Fire and Rescue Service offers Early Years Safety Boxes for settings to borrow, packed with interactive resources and activities for children aged 3-5.

The boxes cover key safety themes including fire, water, road and rail safety, helping young children explore important safety messages in an age-appropriate and engaging way.

To find your nearest Early Years Safety Box, email:

sdgroomenquiries@staffordshirefire.gov.uk (Stafford, Cannock, Lichfield, Tamworth and Burton)

northernenquiries@staffordshirefire.gov.uk (Longton, Hanley, Sandyford, Leek and Newcastle)

For primary schools, don't forget that Safe+Sound continues to provide valuable safety education for Year 5 pupils, supporting learning around personal safety, risk awareness and making safe choices.

To find out when Safe+Sound is running in your area, or to book your school's attendance please email safeandsound@staffordshirefire.gov.uk

These resources can complement your wider PSHE curriculum, helping children develop the knowledge and skills they need to stay safe.

UPDATE TO CAFSPA CONTACT DETAILS

ACTION



A national DfE survey found that most school leaders and teachers reported feeling confident in recognising signs that a child or young person may be experiencing mental health difficulties. However, confidence was lower when it came to knowing how to access external support and specialist services, highlighting the ongoing importance of training and clear referral pathways.

Staffordshire has Single Points of Access (CAFSPA) to help professionals who are making referrals for children and young people's mental health and wellbeing support.

The telephone number and email address has changed for those making referrals who are based in Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth. Newcastle and Staffordshire Moorlands contact details remain unchanged.

This document provides the information for both north and south of the county in one easy place. Please share with colleagues across your setting.



SUICIDE PREVENTION

ORANGE BUTTON SCHEME

Professionals working with children, young people and families may wish to familiarise themselves with the new Orange Button Scheme, which aims to make suicide prevention support more visible across Staffordshire and Stoke-on-Trent.

People wearing an Orange Button have completed suicide awareness and prevention training and are able to listen without judgement, talk openly about suicide and signpost individuals to appropriate support. They are not counsellors or crisis workers, but provide a visible network of trained community members who can help someone take the first step towards getting help.

The scheme is open to anyone who lives, works or volunteers in Staffordshire and Stoke-on-Trent and has completed recognised suicide prevention training. Free suicide awareness and prevention training is available through North Staffordshire Mind.

STAY ALIVE APP

At the Mental Health Leads Network Meeting, representatives from the Stay Alive App presented. Mental Health Lead have access to the presentation and recording if they are connected to the network. If not please email Sandra Webb to join. The app can be found on the Staffordshire App Finder

E-SCOOTERS

Staffordshire Police have updated their guide E-Scooters and the Law that outlines the legal position and potential consequences of misuse. The leaflet reminds young people and parents and carers, that whilst e-scooters can be purchased legally, they cannot be ridden on public roads, cycle lanes or pavements. Privately owned e-scooters may only be used on private land with the landowner's permission. This is because they are classified as powered transporters and are subject to the same legal requirements as other motor vehicles.

The guidance also highlights that riders may face prosecution for offences, receive warnings under Section 59 of the Police Reform Act, and have their e-scooters seized by police if used inappropriately.

Education settings may wish to share the leaflet with families, the resource can also be utilised alongside our Anti-Social Behaviour lesson for 11-14 years olds, which features e-scooters.

LOCAL NEWSLETTERS

Please find below links to local newsletters that have been shared that you may find useful:

- [Catch22 Research and Development September 2026](#)
- [Kind Minds Issue 28](#)
- [Staffordshire Healthy Relationships Newsletter September 2026](#)



INFORMATION FOR PARENTS AND CARERS

This section provides information that education settings may wish to share with their parents and carers via their usual communication methods, e.g., newsletters, ClassDoJo, class blogs etc... The aim is to improve transparency and engagement with parents and carers, in line with the 7 Guiding Principles.

ONLINE SAFETY

Scroll Safe, First Steps ED's digital wellbeing campaign has produced a handy guide for parents and carers on [Understanding Algorithms](#). This guide explains how feeds shape what young people see and how parents and carers can support healthier scrolling.

Internet Matters has created [Find the Fake](#), a set of interactive quizzes for parents and carers to do with their children together. Families can compete in fun challenges to spot fake news, manipulated images, and misleading headlines.

FREE PARENT/CARERS SESSIONS FROM AUTISM INCLUSION TEAM

The Autism Inclusion team is proud to be delivering a full programme of FREE parent and carer sessions for 2026-2027. These sessions provide families with a space to learn, ask questions, feel understood and connect with specialists who genuinely care. Whether a child has a diagnosis or is on a pathway, every session is designed to offer practical strategies, clear explanations, and real reassurance.

Find out more details by viewing the [Autism Inclusion Team's Eventbrite page](#).

FREE STAY WELL ONLINE TRAINING AROUND MENTAL HEALTH AND WELLBEING

Stay Well offers training sessions for adults who support children and young people, including parents, carers, professionals and volunteers. The training is designed to build confidence, understanding and practical skills to help people feel more equipped to support children and young people with their mental health and wellbeing.

Between October and December, the team are running training on multiple dates around:

- Understanding the emotional wellbeing and mental health of children and young people
- Dealing with difficult emotions (anger)
- Supporting children and young people with worry and low mood
- Raising self-esteem in children and young people
- Understanding and managing self-harm in children and young people
- Supporting children and young people with suicidal thoughts
- And more....

You can view their full training offer and find details on how to book [here](#).



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 natalie@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.

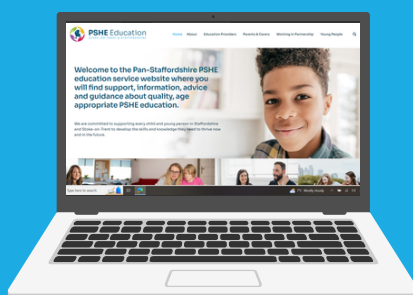
FOR SEPTEMBER:

BULLYING

STEREOTYPES

GANGS

HEALTHY RELATIONSHIPS

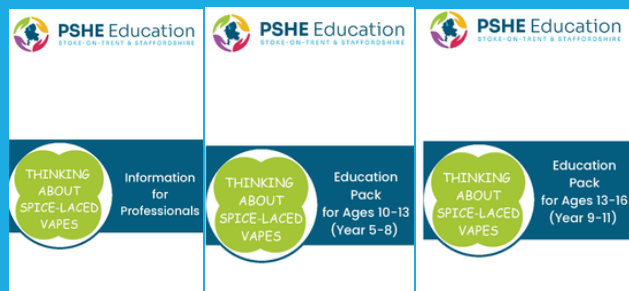


We value ongoing feedback to help us shape the service and ensure that we respond to support needs. You are welcome to share any feedback, suggestions and thoughts by emailing natalie@staffscvys.org.uk.

NEW

NEW TO OUR WEBSITE - WWW.PSHESTAFFS.COM

As part of supporting local education settings, we have been updating locally produced resources in the Resource Library on the website - [register](#) or [log in](#). This month we have updated or created the following resources:



New!

New!

UPDATED

Following a review and refresh, the Thinking About Spice-Laced Vapes resource pack is now available for education settings.

The updated package includes professional guidance and two age-appropriate PSHE lessons for 10-13 and 13-16-year-olds. Through interactive activities, pupils explore the risks, recognise influences on decision-making, and learn where to access help.

Now available in the [Resource Library](#).

Our thanks to CDAS and T3 Stars for their support in developing these resources.



UPDATES ON NATIONAL RESOURCES/OPPORTUNITIES

TACKLING SEXISM IN SCHOOLS

As the new academic year begins, schools and colleges across the country are setting priorities, welcoming new students and staff, and planning for the year ahead, which makes it an ideal time to reflect on how your setting is working to prevent sexism and sexual harassment.

Research consistently shows that sexism and sexual harassment remain widespread in education. Creating safer, more equitable environments requires sustained, proactive action. That's why UK Feminista continues to champion whole-school approaches that embed prevention across leadership, curriculum, safeguarding, staff development and school culture.

Their [System Change report](#) highlighted that staff training is a crucial component of any effective whole-school approach. All staff need the knowledge and confidence to recognise, challenge and prevent sexism and sexual harassment.

UK Feminista offers a range of [training options](#) for schools and colleges, including face-to-face or online.

Taking the [UK Feminista: Action Pledge](#) demonstrates your school or college's commitment to taking a whole-school approach action to prevent sexism and sexual harassment.

Schools and colleges that take the Action Pledge become eligible to apply for the UK Feminista: Action Award, which recognises and celebrates institutions implementing effective whole-school or college approaches.

JUST LIKE US: FREE LGBT+ INCLUSIVE RESOURCES FOR SCHOOLS

Just Like Us has launched a new, easier-to-use [resource library](#), providing free LGBT+ inclusive assemblies, lesson plans, videos and posters to support inclusive school communities and enrich PSHE provision.

Education Settings can access a range of resources, including a [Back-to-School Resource Pack](#), alongside materials designed to help all pupils feel safe, valued and represented within their school environment.

Other opportunities and resources available include:

- [Free teacher e-learning courses](#) for KS3-5 staff
- [School talks](#) delivered by trained LGBT+ ambassadors, sharing their experiences and promoting allyship, inclusion and anti-bullying messages
- The award-nominated [Pride Groups Programme](#), now supporting pupils in schools across the UK
- [Research highlighting](#) the link between LGBT+ inclusion, belonging and improved school attendance

Just Like Us has also confirmed that it is developing guidance and support materials linked to KCSIE 2026, with further information expected in the coming weeks.



DIGITAL LITERACY

YOUTH SURVEY OPPORTUNITY

New research from Ditch the Label is exploring how young people aged 12-18 experience the online world, including social media, screen time, AI, online relationships and exposure to harmful content.

The Youth Survey: Digital Hope and Digital Harms provides an opportunity for education settings to contribute to a national picture of the digital challenges and opportunities facing young people today. The survey takes approximately 15 minutes to complete and can be delivered through PSHE lessons, tutor time or other curriculum activities.

As an incentive, the first 20 schools to achieve 500+ student responses will receive a £250 Amazon voucher and a digital copy of the final report.

All responses are confidential, with safeguarding processes in place where concerns about a young person's safety arise.

[Register your interest](#) or find out more by contacting Emma at Emma@ditchthelabel.org.

DIGITAL AMBASSADORS PROGRAMME

Ditch the Label has launched a new national initiative, the [Digital Ambassadors Programme](#), which equips staff and young people with the knowledge and skills to recognise online harms, and crucially what to do if things go wrong. This would be most suitable for settings with secondary-aged young people.

The Digital Ambassadors Programme, for a cost of £475 + VAT, provides schools with:

- A full-day training event (either online or in person) for a staff member who becomes a Digital Ambassador and the internal champion in digital safety
- All the resources for the champion to return to your settings and share, including a team of student Digital Ambassadors.
- Access to quarterly network meetings and a monthly email digest to ensure the team's knowledge stays current as guidance and online harms evolve
- Removal of harmful and abusive content using Ditch the Label's trusted flagger status
- Continuous access to Ditch the Label's team for information, advice and guidance throughout the academic year.

This programme supports both the RSHE guidance and also Keeping Children Safe in Education 2026 which explicitly states schools are required to educate young people about online harms, such as AI-generated abuse and deepfakes.



WHOLE-SCHOOL APPROACH TO MENTAL HEALTH AND WELLBEING

The Charlie Waller Trust is offering education settings funded support to develop and strengthen a whole-school approach to mental health and wellbeing.

Participating education settings receive up to six days of fully funded support over one year from an experienced mental health trainer, followed by an additional funded follow-up day each year after the partnership ends.

The programme is designed to work alongside existing practice, supporting leaders and staff to embed sustainable approaches that promote positive wellbeing across the whole school community.

Find out more by downloading the [Whole School Approach leaflet](#) or [registering your interest](#) with the Charlie Waller Trust.

Since launching in 2016, the Charlie Waller Book Club has distributed more than 13,000 free mental health books to professionals working with children and young people.

Selected titles are designed to build confidence, knowledge and skills, providing practical resources to support positive mental health and wellbeing in schools and other youth settings.

Details of the next Book Club title will be announced shortly. [Register now](#) to receive updates and be among the first to hear when applications open.

FREE RSHE STAFF CONFIDENCE QUIZ

Following the updated statutory RSHE guidance, schools are expected to ensure staff have the knowledge, skills and confidence to deliver RSHE effectively. To support this, 1decision has developed a free [RSHE Staff Confidence Quiz](#), available to all schools.

The anonymous quiz takes less than five minutes to complete and explores staff confidence in areas including statutory requirements, safeguarding, SEND, online safety and responding to sensitive questions.

Schools receive a unique link and QR code to share with staff, with responses automatically collated into an [intelligent report](#). The report can help identify strengths, confidence gaps and CPD priorities, while providing useful evidence for SLT and governors.

There is no cost to participate and no obligation to purchase anything. The initiative has been fully funded by 1decision to support high-quality RSHE delivery in schools.

NEW WEBSITE FOR FOOD – A FACT FOR LIFE

Food - a fact for life has a [brand new website](#) with a fresh look and layout. The site is organised by theme, healthy eating, cooking and where food comes from. Within each theme the resources are arranged by age, making it easier to find suitable resources for your group.

There are [tours available](#) between 7-7.30pm:

- 6th October Explore the new website
- 8th October Explore Healthy Eating resources

- 15th October Explore Cooking resources
- 3rd November Explore Where Food Comes From resources



NEW RESOURCE ON USING PHARMACIES

The updated RSHE Statutory guidance highlights the importance of helping young people to understand healthcare services, including the role of pharmacies. The Sex Education Forum has created a learning pack for members that introduces the topic to parents, carers and young people.

The resources support learning about accessing healthcare services, finding reliable health information, seeking help when needed and developing confidence in managing health and wellbeing.

Suitable for use in parent communications, curriculum update meetings and information sessions, these resources offer a practical way to support key RSHE learning and strengthen school-home partnerships.

[Become a member](#) to access the resources.

EDUCATE AGAINST HATE

Educate Against Hate has launched [Brave Conversations](#), a new film series designed to help educators feel more confident when discussing sensitive and challenging issues with young people.

The series combines insights from education professionals and students, offering practical strategies for creating safe, respectful and constructive dialogue. Staff can watch the full films or access short clips focusing on specific topics and challenges.

This free resource offers valuable professional development for anyone supporting pupils through complex or sensitive conversations.

The [Tackling Antisemitism in Education \(TAE\) Scholarship Programme](#), funded by the Department for Education, aims to help education professionals recognise, understand and respond appropriately to antisemitism.

Launching in November, the free, online, CPD-accredited course takes around two hours to complete, with optional additional content available.

The programme is open to all school and college staff in England, including Designated Safeguarding Leads, PSHE Leads, Personal Development Leads, senior leaders and college leaders.

PRIDE OF THE PLAYGROUND

Primary schools are invited to take part in [Pride of the Playground](#), a free national initiative inspired by the Pride of Britain Awards. The programme aims to recognise and celebrate children who make a positive difference in their school communities through acts of kindness, courage, leadership and service to others.

Schools can download a free resource pack containing assembly ideas, nomination forms, award categories and a personalised certificate generator, making it easy to run a celebration within your own setting. The initiative encourages schools to shine a spotlight on children who support their peers, care for the environment, raise money for good causes or consistently demonstrate positive values.

This is a valuable opportunity to reinforce key themes from the PSHE curriculum, including respect, kindness, citizenship, belonging and positive relationships. Recognising and celebrating positive behaviour can help strengthen school culture and promote the personal development of all pupils.

SUICIDE PREVENTION SURVEY

The Molly Rose Foundation want to [hear from educators](#) about the challenges schools are facing and where greater support is needed across online safety, mental health and suicide prevention.

Selected participants will receive a £60 voucher as a thank you.



UPCOMING KEY AWARENESS DATES – NOVEMBER

ISLAMOPHOBIA AWARENESS MONTH (1-30)

The Equality Act places a duty on schools to prevent direct and indirect discrimination, harassment and victimisation because of race and ethnicity, religion or belief and other protected characteristics.

Recent data highlights that Islamophobia remains a serious issue in UK schools, impacting the mental health and well-being of young British Muslims, as highlighted in [this factsheet](#).

Secondary education settings can [download free resources](#) from the Islamophobia Awareness Month website.

The Similarities and Differences section of our [Resource Library](#), which includes our locally produced spiral curriculum resources that explore Hate Crime, offers additional resources to support this key awareness date.

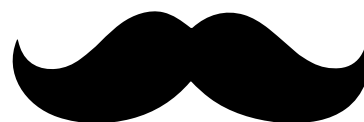
MOVEMBER (1-30)

Movember is a time to consider issues that affect mostly males, including mental health, suicide, prostate and testicular cancers.

Globally, on average, 1 man dies by suicide every minute of the day.

Orchid has created a [package for PSHE sessions](#) for 14-18-year-olds that increases young people's understanding of testicular cancer and gives them confidence to seek help. The lesson covers risk factors, signs and symptoms and highlights the importance of self-examination. This resource has also been quality assured by the PSHE Association.

You can also join the school's challenge. Check out the [Movember website](#) for more information and resources.



MOUTH, PANCREATIC, LUNG CANCER AWARENESS MONTH (1-30)

Mouth, Pancreatic and Lung Cancer Awareness Month provides opportunities to raise awareness of cancer, healthy lifestyles, risk factors and the importance of seeking medical advice.

These topics link to PSHE/RSHE through physical health, healthy choices, risk awareness and knowing when to seek help. There are also cross-curricular links to Science, developing children and young people's understanding of the body, cells, disease and health.

Resources to support related topics can be found in the [Resource Library](#) in the *Self Examination and Screening* section.



STRESS AWARENESS DAY (4)

This date provides a chance to explore what stress is, how it can affect everyday life, and practical ways to look after our mental health. Children and young people can develop strategies for managing pressure, building resilience and supporting their wellbeing.

This supports PSHE/RSHE by developing emotional literacy, self-care and help-seeking skills, while also promoting positive mental health and healthy relationships.

Resources to support can be found in the *Feelings and Emotions*, *Managing Challenges* and *Mental Health* sections of the [Resource Library](#).

BONFIRE NIGHT (5)

Bonfire Night is traditionally an extremely busy time for the emergency services as the demand for services rises significantly. This presents an opportunity for timely conversations about safety, risks, choice and consequence.

Staffordshire Fire and Rescue Service have a video on their YouTube Channel showing [Stop, Drop and Roll](#) - a useful technique in case someone's clothes catch fire.

Fire Safety, as with all PSHE topics, should be embedded within a planned and sequenced curriculum and not just visited around key dates. Resources to support you can be found in the Fire Safety section of the [Resource Library](#), including from Leicestershire Fire & Rescue Service and Staywise.

Staffordshire Fire & Rescue and Staffordshire Police have asked us to share [a jointly written letter](#) to be sent to parents and carers ahead of Bonfire Night and Halloween.

INTERNATIONAL DAY AGAINST VIOLENCE AND BULLYING IN SCHOOL (5)

The International Day against Violence and Bullying at School, including Cyberbullying, led by UNESCO, is observed on the first Thursday of November. In 2026, the day highlights the importance of [safe, inclusive learning environments](#) and tackling all forms of violence and bullying, including cyberbullying and other forms of online harm. UNESCO's 2026 programme focuses on "Every learner safe and well: from promise to practice", emphasising the need to turn commitments to safe and supportive education environments into action.

In 2026, the Youth Endowment Fund is also developing its [Safety In and Around Schools Partnership](#), a place-based programme supported by the Home Office, Department for Education and Ministry of Justice. The programme aims to strengthen children and young people's sense of safety and reduce vulnerability to violence in schools and the communities around them.

Resources to support this and related topics can be found in the [Resource Library](#) on our website. [Register here.](#)



WORLD KINDNESS DAY (13)

World Kindness Day is a yearly event created to celebrate kindness and all of its wonderful benefits. This special day is the ideal opportunity to promote kindness in all forms, such as acceptance, diversity, and love.

Kindness UK have created and designed Kindness Packs for schools which contain activities and resources to use to incorporate kindness into the curriculum.

BBC Bitesize has written information about the importance of kindness based on findings from the Kindness Test and other scientific research.

The British Red Cross has a Kindness Activity Pack for children and young people aged 5-14 years, which helps them to learn about the power of kindness and encourages them to do small acts of kindness each day to help their community, family and themselves.

WORLD DIABETES DAY (14)

The theme for World Diabetes Day 2026 is "Early action on diabetes", focusing on early diagnosis, reducing risk and improving health.

Education Settings can help tackle misconceptions and stigma by increasing understanding of diabetes and supporting pupils who live with the condition. It is important that children and young people recognise the differences between Type 1 and Type 2 diabetes, including how Type 1 is managed and the role of healthy lifestyle choices in reducing the risk of Type 2.

Diabetes education can help create a more informed, inclusive and supportive environment for all.

ROAD SAFETY WEEK (15-21)

The Staffordshire Safer Roads Partnership (SSRP) brings together key public sector organisations across Staffordshire and Stoke-on-Trent to work collaboratively to improve road safety and reduce road casualties.

Staffordshire County Council's Road Safety Team delivers road safety education across all schools in Staffordshire and Stoke-on-Trent. While materials are available and sessions run throughout the year, Brake's Road Safety Week is a great time to spotlight this vital topic.

In the *Road Safety* section of the Resource Library, you will find resources for children and young people aged 3-18 from sources including: Think!, Motor Insurer's Bureau, Safeguarding in Partnership and the Pan-Staffordshire Road Safety Education Service.





ANTI-BULLYING WEEK (16-20) AND ODD SOCK DAY (16)

The Anti-Bullying Alliance has released their [free Anti-Bullying Week 2026 packs](#). They include everything needed to prepare for Anti-Bullying Week around this year's theme: Break the Silence.

Bullying continues to affect many children and young people, with over 1 in 5 reporting that they experience bullying each year. It can have a significant impact on mental health, wellbeing, belonging and education, while many children and young people still do not feel able to speak out or seek support.

Break the Silence is a call to action, encouraging children, young people and adults across the UK to start conversations about bullying, speak up, listen and take action together.

Resources to support can be found in the [Bullying](#) section of the [Resource Library](#).

DITCH THE BLADE WEEK (16-21)

We're supporting the Ditch the Blade campaign in Staffordshire and Stoke-on-Trent to bring communities together to tackle knife crime.

Through education and prevention, the campaign encourages conversations that show children and young people that carrying a knife isn't OK and helps them understand the risks and consequences.

Resources are available in the [Knife Crime](#) section of the [Resource Library](#), including an Upper KS2 comic book on Knife Crime & Joint Enterprise.

INTERNATIONAL DAY FOR TOLERANCE (16)

Tolerance promotes respect, acceptance and appreciation of diversity and is one of the five British Values.

It supports schools in challenging prejudice, reducing bullying and creating inclusive communities.

Education settings are expected to promote British Values as part of their wider curriculum and school ethos.

For PSHE, this means embedding tolerance and respect throughout lessons, relationships, policies and everyday school life - not just through standalone activities. Explore the [Similarities and Differences](#) page for resources linked to the topic.

INTERNATIONAL MEN'S DAY (19)

International Men's Day provides an opportunity for PSHE to explore the health, wellbeing and experiences of men and boys. In 2026, the UK theme is "Supporting Men and Boys".

There are important reasons to include this in the curriculum: in 2024, around three-quarters of registered suicide deaths in England and Wales were male, while men also experience poorer outcomes from conditions such as cancer, cardiovascular disease and Type 2 diabetes.

PSHE can provide a safe space to discuss mental health, help-seeking, healthy relationships, masculinity, stereotypes, physical health and social pressures, helping children and young people develop help-seeking behaviours.



WORLD CHILDREN'S DAY (20)

World Children's Day provides an opportunity for PSHE to explore children's rights, equality, wellbeing, safety and having a voice. It is linked to the UN Convention on the Rights of the Child and encourages children and young people to identify their rights and responsibilities, while recognising the experiences of children around the world.

The need for this remains significant. Globally, more than 400 million children live in extreme monetary poverty, while more than 1 in 5 children in low- and middle-income countries experience severe deprivation in areas such as health, education, nutrition and housing. In the UK, 3.27 million children (26%) were living in relative low-income families in 2025, and 3.5 million children were experiencing material deprivation.

World Children's Day can therefore support discussions around rights, inclusion, poverty, mental health, education, discrimination and safeguarding, helping pupils understand how these issues affect children both nationally and globally.

UK PARLIAMENT WEEK (23-29)

This week is an annual event aimed to spread the news about what Parliament is, what it does and how you can get involved.

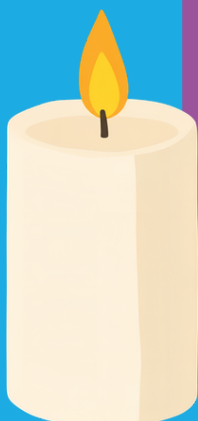
You can [access resources via their website](#) which provide ideas and activities on how your setting can get involved and link this to your British Values plan.



INTERNATIONAL DAY FOR THE ELIMINATION OF VAWG (25)

This year, as Staffordshire Women's Aid celebrates 50 years of supporting women and children affected by domestic and sexual violence, a candlelit vigil will be held to remember women who have lost their lives through violence against women and girls and to stand in solidarity with women and girls affected by abuse.

This event will be held at Market Square, Stafford from 4.30pm. All are welcome.



TRAINING OPPORTUNITIES

Whilst we always try and source resources and training at no cost, we recognise that some organisations do have a small budget to support their PSHE delivery. Here are some upcoming training opportunities available both for free and a cost, locally and nationally. Click on links for bookings and further information.

Reminder

It is important to us that we signpost to any training opportunities that may enhance your CPD offer in your settings.

In addition to the PSHE Education Service webinars and our PSHE Leads Network Meetings, detailed on Page 1, which can be booked, for free through Eventbrite, we signpost to wider training opportunities.

We signpost to training from reputable sources, nationally and locally, however, are not responsible for the content. If you have any feedback to share regarding training which you attend, please feel welcome to share with us - natalie@staffscvys.org.uk.

TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	NEW ERA	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	YGAM	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD-FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
SEXUAL ABUSE	VARIOUS	CEOP	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE
ONLINE SAFETY	VARIOUS	CEOP	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
FINANCIAL LITERACY	VARIOUS	YOUNG ENTERPRISE	FREE	FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. , FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.



TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
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.
PREVENT IN FE SETTINGS	6 TH OCTOBER 10.30AM-12PM	<u>HOME OFFICE</u>	FREE	THE WEBINAR WILL COVER THE STRATEGIC REQUIREMENTS OF PROVIDERS AND EMERGING GOOD PRACTICE IN DELIVERING THE PREVENT DUTY. IT WILL ALSO ADDRESS THE CHALLENGES FACED BY FE TRAINING PROVIDERS OF ALL TYPES, SIZES AND LOCATIONS.
SEXUAL VIOLENCE	6 TH OCTOBER 12-1PM OR 30TH NOVEMBER 12-1PM	<u>SSCP</u>	FREE	LEARN ABOUT THE SEXUAL ASSAULT REFERRAL CENTRE (SARC), INCLUDING REFERRAL PATHWAYS, STRATEGY MEETINGS, CHILD PROTECTION AND CHILD SEXUAL ASSAULT MEDICALS, FORENSIC TIMEFRAMES, THE EXAMINATION PROCESS, ONWARD SUPPORT AND REFERRAL OPTIONS, AND KEY LEARNING FROM INCIDENTS.
ANTI-BULLYING	7 TH OCTOBER 4-5PM	<u>ANTI-BULLYING ALLIANCE</u>	FREE	ANTI-BULLYING WEEK 2026 LAUNCH EVENT TO LEARN HOW YOUR SETTING CAN PARTICIPATE IN ANTI-BULLYING WEEK.
MENTAL HEALTH	8 TH OCTOBER 12.30-1.30PM	<u>CHARLIE WALLER TRUST</u>	FREE	IN THIS WEBINAR, A CHARLIE WALLER TRAINER AND YOUTH AMBASSADOR EXPLORE YOUNG PEOPLE'S RELATIONSHIP WITH SOCIAL MEDIA AND TECHNOLOGY, COMBINING PROFESSIONAL EXPERTISE WITH LIVED EXPERIENCE. THE SESSION TAKES A BALANCED LOOK AT BOTH THE OPPORTUNITIES AND CHALLENGES OF THE ONLINE WORLD, OFFERING PRACTICAL STRATEGIES TO HELP PARENTS, CARERS AND PROFESSIONALS SUPPORT HEALTHY DIGITAL HABITS AND POSITIVE WELLBEING.
MENTAL HEALTH	8 TH OCTOBER 4-5PM	<u>THRIVE</u>	FREE	EARLIER THIS YEAR, MORE THAN 600 TEACHERS AND SUPPORT STAFF SHARED THEIR EXPERIENCES THROUGH AN ADOLESCENT MENTAL HEALTH & WELLBEING IN SCHOOLS SURVEY. JOIN THIS WEBINAR, HOSTED BY THRIVE, WHERE THEY'LL SHARE THE KEY FINDINGS AND EXPLORE WHAT THEY MEAN FOR SCHOOLS, STAFF AND THE YOUNG PEOPLE THEY SUPPORT.
PREVENT IN EDUCATION SETTINGS	13 TH OCTOBER 4-5.30PM OR 10 TH NOVEMBER 10.30AM-12PM	<u>HOME OFFICE</u>	FREE	THIS ONLINE WORKSHOP WILL GIVE STAFF A CLEAR UNDERSTANDING OF THEIR RESPONSIBILITIES AND THE CURRENT TERRORIST AND EXTREMIST THREATS. PARTICIPANTS CAN ALSO DISCUSS ANY QUESTIONS ABOUT THE PREVENT DUTY OR RELATED ISSUES WITH AN EXPERIENCED PRACTITIONER.



TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
VACCINATIONS	14 TH OCTOBER 4-5PM	NHS ENGLAND	FREE	THE WEBINAR WILL COVER HOW EDUCATION SETTINGS CAN SUPPORT CHILDHOOD AND ADOLESCENT VACCINATION UPTAKE, INCLUDING A FOCUS ON MEASLES AND ROUTINE ADOLESCENT VACCINATION PROGRAMMES.
TRAUMA-INFORMED	14 TH OCTOBER 4-5.15PM	ACADEMY FOR SOCIAL JUSTICE	FREE	THIS SEMINAR EXPLORES FINDINGS FROM 28 SECONDARY SCHOOLS IMPLEMENTING TRAUMA-INFORMED APPROACHES. THE SESSION EXAMINES THE IMPACT ON WELLBEING, SAFETY AND BELONGING, THE CHALLENGES SCHOOLS FACE IN EMBEDDING RELATIONAL PRACTICE, AND THE IMPLICATIONS FOR SCHOOLS, LEADERS AND POLICYMAKERS AMID ONGOING EDUCATION AND SEND REFORMS. PLEASE NOTE: YOU MUST BE A MEMBER OF THE ACADEMY FOR SOCIAL JUSTICE TO ATTEND (MEMBERSHIP IS FREE).
ONLINE SAFETY/EXPLOITATION	15TH OCTOBER 2-2:45PM OR 22ND OCTOBER 3-3.45PM	WEST MIDLANDS COUNTER TERRORISM POLICING	FREE	THE COM NETWORK IS ACTIVE AND PRESENT WITHIN STAFFORDSHIRE AND STOKE-ON-TRENT. IN RESPONSE, COUNTER TERRORISM POLICING WEST MIDLANDS ARE HOSTING A SHORT 45 MINUTE INPUT TO PROVIDE AN ENHANCED AWARENESS OF THE NEW AND EMERGING THREAT AND RISK ASSOCIATED WITH THE ACTIVITIES LINKED TO THE COM NETWORK.
ANTI-BULLYING	20 TH NOVEMBER 9AM-12PM	ANTI-BULLYING ALLIANCE	£98.20	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.
CRITICAL THINKING	26 TH NOVEMBER 3.30-5PM	SEX EDUCATION FORUM	FROM £50	EXPLORES HOW TO DEVELOP CRITICAL THINKING THROUGH DISCUSSION-BASED RSE. FACILITATED BY DR VICKY STUBBS, IT FOCUSES ON USING EFFECTIVE QUESTIONING, SAFE CLASSROOM DISCUSSION AND CRITICAL THINKING TO EXPLORE TOPICS SUCH AS RELATIONSHIPS, CONSENT AND MEDIA INFLUENCE.
INCELS AND THE MANOSPHERE	28 TH JANUARY 2027 11AM-12PM	HOME OFFICE	FREE	THIS TRAINING SESSION ON INCELS AND THE MANOSPHERE EXPLORES THE IDEOLOGIES, LANGUAGE AND ONLINE SPACES ASSOCIATED WITH THESE COMMUNITIES. IT WILL HELP EDUCATION PROFESSIONALS RECOGNISE POTENTIAL RISKS AND UNDERSTAND HOW THEY MAY AFFECT YOUNG PEOPLE.
ONLINE PLATFORMS AND EXTREMIST CONTENT	28 TH JANUARY 2027 1.30-2.30PM	HOME OFFICE	FREE	THIS TRAINING SESSION ON EXTREMIST PLATFORMS AND ONLINE CONTENT EXPLORES HOW EXTREMIST MATERIAL IS SHARED AND CONSUMED ONLINE. IT WILL HELP EDUCATION PROFESSIONALS UNDERSTAND EMERGING PLATFORMS, RECOGNISE CONCERNING CONTENT AND IDENTIFY POTENTIAL SIGNS OF RADICALISATION.
GAMING AND EXTREMISM	28 TH JANUARY 2027 3-4PM	HOME OFFICE	FREE	THIS TRAINING SESSION ON GAMING AND EXTREMISM EXPLORES HOW EXTREMIST NARRATIVES AND INFLUENCES CAN APPEAR WITHIN GAMING SPACES AND RELATED ONLINE COMMUNITIES. IT WILL HELP EDUCATION PROFESSIONALS RECOGNISE POTENTIAL RISKS AND UNDERSTAND HOW YOUNG PEOPLE MAY BE TARGETED OR DRAWN INTO HARMFUL CONTENT.



TRAINING (E-LEARNING, WEBINARS)

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

- None added this month

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:

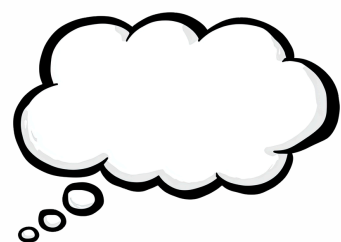
- Teachers Talk Radio The PSHE Update is a podcast that explores the news stories and issues young people may be encountering on social media, discussing with friends or hearing about at home. Each fortnightly show, examines two or three topical stories, considers how they connect with the statutory PSHE guidance and offers practical suggestions for using them in the classroom. Added to Effective PSHE.

DOCUMENTARIES AND DRAMAS

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

- Clickbait Clinic with Stacey Dooley - Health Fact or Social Media Fiction? Dr Alex George and Dr Nighat Arif help Stacey test viral wellness trends to see what is just a scam and what might actually change someone's life. Added to online safety and body image.
- England 'Til I Die is an unflinching film from the front line of Britain's fractious asylum system, charting in real time one man's journey into the far-right movement. Added to Extremism.

"The curriculum should be delivered by school staff who have the knowledge, skills and confidence to create a safe and supportive environment and to facilitate participative and interactive education which aims to support and not to alarm pupils. Staff should be trained in safeguarding and offering support, recognising the increased possibility of disclosures." RSHE Guidance, 2025



- How do you ensure that staff delivering PSHE have the knowledge, skills and confidence to facilitate sensitive discussions in a safe and supportive way?
- What systems are in place to share PSHE CPD, resources and opportunities, including those featured in the PSHE Digest, with colleagues across your setting?
- How confident are staff in recognising safeguarding concerns and responding appropriately to disclosures that may arise during PSHE lessons, and what further training may be needed?

NEXT EDITION (NOVEMBER)...

Resources & Materials for key awareness dates in December:

- World Aids Day (1)
- National Grief Awareness Week (2-8)
- International Day of People with Disabilities (3)
- International Volunteer Day (5)
- Human Rights Day (10)

WANT TO SHARE A
RESOURCE, IDEA OR
INFORMATION ABOUT YOUR
SERVICE?
LET ME KNOW AND I CAN
INCLUDE IN UPCOMING
EDITIONS

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



“ Thank you for facilitating yesterday's [PSHE Leads] meeting. Colleagues were very pleased with the content, and those who missed it really did miss out. ”

Director of School Improvement, Multi-Academy Trust

If you would like to share any feedback or request specific support, advice or guidance, please contact us directly:

natalie@staffscvys.org.uk

Next edition publication date: 6th November 2026



PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE

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