PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE

DIGEST

November 2026
Stoke-on-Trent

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HELLO AND WELCOME!

Welcome to this month's PSHE Digest!

There's plenty to explore, including updates on online safety, AI, mental health, harmful behaviours, new classroom resources, local support and upcoming training.

First, a reminder about our conference next week! It's a great opportunity to connect with colleagues, share ideas and take away practical inspiration for your PSHE work. If you haven't booked yet, this is your last chance to get a ticket, so please book on - we'd love to see you there!



We hope you enjoy this month's Digest, and thank you for all you do to support children and young people in Stoke-on-Trent.

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

UPDATE FROM NATIONAL PARTNERS

UPDATES FROM THE DEPARTMENT FOR EDUCATION

MISOGYNY PREVENTION FUND LAUNCHED

The government announced in the 2026 Budget a fund of £15m to tackle misogyny in schools, at work and in communities. This is intended to support the work of the national task force shared in last month's Digest.

This fund and work is clearly needed. The Young Women's Trust published new research which highlights that nearly 9 in 10 young women have experienced sexism in the past year.

Of the 4000 young women and non-binary people surveyed, ¾ stated that their lives have been negatively affected by sexism and misogyny. More than ¾ say sexist views are becoming more common in society.

UN Women UK, have developed Same Side. Find out more in our National Resources update.

INDEPENDENT REVIEW – ANTISEMITISM IN SCHOOLS AND COLLEGES IN ENGLAND

The Independent Review of Antisemitism in Schools and Colleges found that antisemitism is an increasing concern across education settings, requiring a consistent, whole-school approach to prevention and response.

1 in 5 young people reported witnessing or experiencing antisemitism, rising to almost 3 in 5 among Jewish respondents. Incidents include stereotypes, derogatory comments and jokes, often going unreported due to a lack of confidence in effective action.

The review emphasises that tackling antisemitism is the responsibility of all schools and colleges, regardless of whether they have Jewish pupils or staff. The government has accepted all 27 recommendations, including dedicated training for education leaders, stronger safeguarding guidance and improved reporting and support.

For PSHE leads, the findings reinforce the importance of inclusive environments, challenging prejudice, respectful discussion and using the curriculum, citizenship, media literacy and online safety to build understanding and prevent antisemitism.

NEW GUIDANCE: SAFEGUARDING CHILDREN AFFECTED BY PARENTAL ALCOHOL OR DRUG USE

The Department of Health and Social Care has published updated guidance on supporting children affected by parental or carer substance misuse. It highlights increased risks of abuse, neglect, poor mental health, reduced school attendance and lower educational attainment.

The guidance emphasises early intervention, multi-agency working, effective information sharing and child-centred support, recognising the important role of education settings in identifying concerns and supporting families.

For PSHE leads, it reinforces the importance of creating safe environments where young people can seek help, alongside promoting resilience, wellbeing, healthy coping strategies and help-seeking.

MAKE IT MANDATORY

Make it Mandatory and charity Killed Women have joined forces to publish "The RSE Unofficial Curriculum", a mock textbook exposing the dangerous messages, misinformation and behaviours that can fill the void when formal education ends.

At its heart, the textbook poses a stark question: should the murky world of social media, tv and the dark corners of the internet be our teenagers' only educator?

To download and read The RSE Unofficial Curriculum, and access a template to use to write to your MP to demand that they support the Bill on 4th December click here.

LIVED EXPERIENCES OF CHILDREN AND YOUNG PEOPLE

The Children's Society's 2026 Good Childhood Report highlights the importance of belonging, connection and feeling safe in supporting children and young people's wellbeing. 1 in 10 young people aged 10–17 reported low wellbeing, with school the aspect of life they were most commonly unhappy with. The report identifies bullying, exclusion, discrimination and feeling unwelcome as key barriers to belonging.

It identifies four areas that support belonging: People, Places, Power and Pathways – trusted adults, safe and inclusive spaces, meaningful pupil voice, and clear routes to support and opportunities.
These findings are reinforced by the Childhood Lottery report, which highlights inequalities in children's access to education, health services, safe communities and opportunities, and DfE research into school belonging, which explores how schools can promote inclusion, respect and empathy.

For PSHE leads, the reports reinforce the importance of a curriculum that promotes belonging, identity, respectful relationships and inclusion, challenges discrimination, strengthens pupil voice and helps young people access support. Schools can play a vital role in ensuring every child feels heard, valued, safe and connected.

YOUNG PEOPLE WANT MORE THAN QUALIFICATIONS

A new survey of 2,000 young people aged 13–18 highlights the need for better preparation for adulthood and employment. Young people identified work experience (44%), financial education (43%), job application skills (42%), mental health support (39%) and communication skills (38%) as key areas where they want more support.

The findings highlight the important role of PSHE in developing practical life skills, including financial capability, emotional wellbeing, resilience, communication and decision-making. Young people also valued meaningful work experience, which helped build confidence, develop social skills and reduce anxiety about the future.

The findings echo the Know Your Place Year 2 Research Report, which reinforces the importance of listening to young people's views when shaping education, opportunities and support. Young people also raised concerns about how AI may affect future careers and the skills employers will need.
For PSHE leads, the message is clear: young people want to feel prepared for adult life and have a voice in shaping their education. PSHE can help equip them with the financial, emotional and transferable skills needed to navigate changing opportunities and challenges.

MENTAL HEALTH AND AI

Barnardo's and the National Counselling and Psychotherapy Society (NCPS) have published a report about young people's use of AI for mental health support in the UK. Findings from a survey of 2,000 children aged 11 to 17 years show that 43% of children had used a mental health app or chatbot for emotional support or advice in the previous year, and that some children were using AI because they were unable to access professional support.

The report recommends:

- Establishing specific regulation for purpose-built AI mental health support
- Protecting access to human mental health support, ensuring institutions use AI only to supplement this.

Remember, Orcha Health provides details of safe, quality-assured apps, including apps to support young people's mental health.

WHAT SCHOOLS ARE SAYING ABOUT THE LIVES OF YOUNG PEOPLE

The latest School and College Voice: June 2026 survey provides a valuable insight into the challenges schools are navigating alongside children and young people. While the findings focus on school experiences, they also offer a window into the wider lives of young people and the issues affecting their safety, wellbeing and relationships.

SEXUAL VIOLENCE AND SEXUAL HARASSMENT



7 in 10 secondary schools leaders reported that their school had actively dealt with child-on-child sexual violence and sexual harassment since September 2025.



Just under 3 in 10 primary schools leaders reported the same.

These findings reinforce the continued need for high-quality PSHE education that addresses consent, respectful relationships, online behaviour and challenging harmful attitudes.

KNIFE CRIME



More than 4 in 10 secondary school leaders reported that their school was actively dealing with knife crime as a safeguarding issue.

Although lower than previous years, these figures demonstrate that violence prevention, personal safety, trusted and safe relationships and help-seeking remain important priorities for schools and communities.

Education settings are responding by investing in pastoral support, mentoring and social and emotional learning. Almost all secondary schools reported using targeted interventions to support behaviour and wellbeing, reflecting growing recognition that children and young people need opportunities to develop emotional literacy, resilience and relationship skills alongside academic learning.

The findings remind us that PSHE provides a vital space for helping children and young people understand the world around them, develop protective skills and build the confidence to make safe and healthy choices.

The survey demonstrates that the lives of young people are increasingly complex. As education settings continue to respond to safeguarding concerns and emerging challenges, a strong PSHE curriculum remains a key part of preparing children and young people to thrive both in and beyond school.

YOUTH VIOLENCE

7 in 10 children who admit to using violence say they did so because they felt provoked, highlighting the importance of developing emotional awareness, self-regulation and positive relationship skills.

The Youth Endowment Fund (YEF) has updated its Toolkit, introducing two new Social and Emotional Learning (SEL) strands. Evidence suggests targeted SEL programmes can reduce violence by around 43%, while universal programmes can reduce it by around 25%. Both approaches also support improved behaviour, wellbeing and engagement in education.

This is reinforced by Department for Education guidance on preventing serious violence in education, which highlights SEL, trusted adult relationships and positive school cultures as important protective factors. For PSHE leads, the findings reinforce the role of high-quality PSHE in developing emotional literacy, self-regulation, empathy and relationship skills to help young people manage conflict and respond to challenges safely and positively.

SEXUAL ABUSE

A recent Guardian investigation highlights the scale of child-on-child sexual abuse in and around schools in England and Wales. Police data recorded at least 8,500 sexual offences against children under 13 on or near school premises between 2021 and 2025, including almost 2,000 rapes and attempted rapes. Many incidents are believed to go unreported or are not recognised as abuse.

The findings reinforce the need for a whole-school approach to preventing harmful sexual behaviour. This includes recognising that prevention is not solely a safeguarding responsibility but also a curriculum priority. The Ofsted Review of Sexual Abuse in Schools and Colleges similarly highlighted how sexual harassment and online sexual abuse had become normalised among some young people.

For PSHE leads, this reinforces the importance of high-quality education around consent, boundaries, respect, healthy relationships, gender stereotypes, online influences and help-seeking, ensuring children and young people can recognise harmful behaviour and know where to access support.



Reflection question:

- How confident are children and young people in your setting at recognising unhealthy behaviours, seeking support, challenging harmful attitudes and understanding consent and respect in both offline and online relationships?

These remain key protective factors in keeping children and young people safe.

SEXUALLY COERCED EXTORTION

The Internet Watch Foundation (IWF) has reported an increase in young people contacting its Report Remove service about sexually coerced extortion. The free, confidential service, run with Childline, helps young people report nude or sexual images of themselves online and have them removed.

By the end of June 2026, 462 reports had been confirmed as containing child sexual abuse imagery – 17% more than in the whole of 2025. Of these, 95% involved boys exclusively.

The findings highlight the importance of raising awareness of online sexual exploitation, including sextortion, and ensuring young people know where to access help.

For PSHE leads, this reinforces the need to address online coercion, image-sharing and exploitation within the curriculum, making clear that victims are never to blame and that confidential support is available through services such as Report Remove and Childline.

ONLINE GAMING

Ofcom has published a report exploring UK children's online gaming behaviours and experiences.

The report brings together findings from existing Ofcom research studies. Findings include:

- Gaming is the most popular activity among 8- to 17-year-olds in their free time,
- 88% of 3- to 17-year-olds play games
- More than half of children who game online play with people they have only met online
- Parental concerns include
  - Contact with strangers
  - Inappropriate content
  - Bullying.

The report encourages parents and carers to review privacy and safety features and have conversations with their children about gaming.

Our parents/carer page has information that can be shared through your ususal communication method.

PE AND SPORT PREMIUM GUIDANCE PUBLISHED FOR 26-27

The Department for Education has published the conditions of grant for the Primary PE and Sport Premium for 2026-27.

The funding is intended to help schools make sustainable improvements to PE, sport and physical activity provision and support the development of healthy, active lifestyles for all primary-aged pupils.

Schools should note that funding must be spent within the academic year and report on its use and impact by 31 July 2027.

While primarily aimed at PE leads and school leaders, the guidance aligns closely with wider PSHE and Personal Development priorities around physical health and wellbeing.

PORNOGRAPHY AND THE LAW

From 6 November 2026, it will be a criminal offence in England and Wales to possess or publish realistic pornographic images depicting strangulation or suffocation, certain sexual activity between relatives, or sexual activity involving people who appear to be under 16.
The legislation aims to address the harm caused by pornography that depicts and potentially normalises harmful or illegal sexual behaviour. Maximum penalties include two or three years' imprisonment for possession, depending on the offence, and five years for publication.
Pupils from Oxfordshire are calling on the government to ban school uniform from porn, arguing that their everyday clothes are being sexualised.
For PSHE leads, it is important to review and update curriculum resources and references to pornography and the law to reflect these changes and ensure young people receive accurate information.

SOCIAL MEDIA

The UK government's planned social media ban for under-16s has moved closer, with Ofcom publishing recommendations on age verification ahead of proposed restrictions in March next year. Suggested approaches include photo ID matching, banking checks, facial age estimation and digital ID services. Platforms will be responsible for implementing effective, privacy-conscious checks.

The proposals reflect growing concerns about children's online safety, although evidence from Australia suggests age restrictions alone may not prevent young people accessing social media.

Effective regulation must be supported by parental engagement and high-quality PSHE education to equip children and young people with the knowledge and skills to navigate the digital world safely and responsibly.

HARMFUL SEXUALISED BEHAVIOURS

His Majesty's Inspectorate of Probation has published a report examining harmful sexual behaviour (HSB) among children and young people. It explores understanding sexual behaviours, the needs of children displaying HSB and effective responses. Recommendations include early intervention, working collaboratively with families, schools and other agencies, and using proportionate educational approaches.
For Staffordshire and Stoke-on-Trent, funding from the Staffordshire Police, Fire and Crime Commissioner has enabled the distribution of Addressing Sexualised Behaviours in SEND Schools and Colleges to specialist education settings. This recognises that children and young people with learning disabilities can be at increased risk of experiencing sexual abuse and displaying harmful sexual behaviours. A UK study found that 38% of individuals referred to specialist HSB services had a learning disability.
For PSHE leads, the findings reinforce the importance of early identification, appropriate relationships and sex education, safeguarding and tailored support, particularly for children and young people with SEND.

TACKLING MISOGYNY: UNDERSTANDING THE INFLUENCE OF ONLINE MASCULINITY

Research into young men's experiences of masculinity content on TikTok found that, while it can offer motivation, confidence and practical advice, it can also reinforce unrealistic expectations, harmful gender stereotypes and misogyny. These messages may be embedded in seemingly ordinary fitness and self-improvement content. A separate paper in The Lancet argues that online misogyny should be treated as a public health concern, with coordinated action across education, health services, government and communities. It highlights how loneliness, isolation and a lack of positive role models can make young men more vulnerable to online communities offering identity and belonging.

As highlighted by Misogyny-Free Schools, prevention needs to start early, with families and schools working together to challenge stereotypes and promote respectful relationships.

LATEST VAPING STATISTICS

The latest Office for National Statistics (ONS) figures show that while smoking continues to decline, vaping is increasing. In 2025, around 5.4 million people aged 16 and over vaped, compared with 4.9 million adult smokers. More than 1 million people who had never smoked were vaping. Daily or occasional vaping was most common among 25–34-year-olds (16.4%).

Although vaping is less harmful than smoking, the NHS advises non-smokers and under-18s not to vape, and the long-term health effects remain unclear. The Tobacco and Vapes Bill, including measures to prevent future generations from legally buying tobacco, further highlights the importance of prevention and education.

Secondary settings in Stoke-on-Trent can access locally developed resources from Stoke-on-Trent City Council and the Pan-Staffordshire PSHE Education Service.

FOOD EDUCATION: THE MISSING INGREDIENT?

A new white paper from the British Nutrition Foundation argues that food education should be central to every child's schooling. It warns that food education has become marginalised, despite its importance for lifelong health and wellbeing.

The report highlights the need for food literacy alongside media and financial literacy, helping young people make informed choices in a food environment shaped by social media, influencers, advertising and AI-generated content. Research also links high-quality food education with improved wellbeing, attendance, behaviour and attainment, particularly as part of a whole-school approach.

For PSHE leads, food education supports learning about healthy lifestyles, decision-making, critical thinking and wellbeing. It can help pupils develop the knowledge, practical skills and confidence to make informed food choices and build healthy habits that last into adulthood.

UPDATES FROM LOCAL PARTNERS

NEW ONLINE REFERRAL FORM FOR CCE SERVICE

The Stoke-on-Trent and Staffordshire Child Criminal Exploitation Prevention Service, delivered by Action for Children, has launched a new online referral form and also includes details of its referral pathway. The Service accepts referrals from education settings only for children and young people aged 9-16 (up to 25 for those children and young people with SEND).

The support takes place in small, tailored group sessions, explaining how exploitation can happen and giving children and young people the tools to build awareness and get support.

Sessions could include topics like:

- Relationships
- Knife Crime
- Decision-making
- Grooming
- Online Safety
- Emotional Regulation
- Aspirations

Please remember, you do not need to have evidence that a child or young person is experiencing criminal exploitation. The service is there to help stop this happening before it begins.

If you require any support with a referral or would like more information, please email staffordshireCCE@actionforchildren.org.uk

NEW AI VIRTUAL ASSISTANT LAUNCHED BY STAFFORDSHIRE POLICE

Staffordshire Police has launched Bobbi, a new AI-powered virtual assistant designed to help the public access quick answers to common non-emergency policing enquiries.

Integrated into the LiveChat service on the Staffordshire Police website, Bobbi can provide guidance, signpost users to relevant information and direct them to the most appropriate support or service. If Bobbi is unable to answer a query, users can be connected to a member of staff for further assistance.

The service aims to make it easier for residents to access trusted information and support online, at a time and place that suits them.

PSHE leads may find Bobbi a useful signposting tool when sharing information with parents, carers and young people about accessing non-emergency police advice and support.

To speak with Bobbi, visit the Staffordshire Police website and click the speech bubble icon in the bottom right-hand corner of the screen.

NEW SUPPORT AVAILABLE FOR VICTIMS OF CRIME AFFECTED BY EARLY RELEASE FROM CUSTODY

Staffordshire Victim Gateway now offers dedicated support for adults, children and young people affected by an offender's early release from custody.

Our Offender Release Victim Advocate can provide emotional and practical support, help families understand the release process, and offer guidance around safety and wellbeing.

Support is also available for children and young people aged 8-17 through Victim Support's National Programme Future Me, an online peer support programme designed to help young people explore their feelings, build coping skills and connect with others who may be experiencing similar circumstances.

For more information or to discuss support available, please contact:
orsstaffordshire@victimsupport.org.uk

BOOKS ABOUT FOOTBALL MASCOTS LAUNCHED



A new literacy initiative in Stoke-on-Trent is using local football mascots to encourage children aged 3-5 to enjoy reading. Written by author Tom Watt, the books feature Pottermus from Stoke City FC and Boomer from Port Vale FC and will be available in libraries across the city.

The project comes as reading for pleasure reaches a 20-year low nationally. In Stoke-on-Trent, 70% of children achieve the expected reading standard by the end of primary school, compared with 75% nationally.

ROAD SAFETY REMINDER

Staffordshire County Council's School Transport Team and Staffordshire Police have raised concerns about unsafe road-crossing behaviour among pupils, including crossing directly in front of stationary buses, failing to check for traffic and stepping out from behind parked vehicles or other obstructions. Recent incidents have included serious injuries to children outside school sites.

A consistent approach involving schools, families and the wider community can help children develop the knowledge and confidence to travel independently and safely. Road safety resources are available in our Library.

LOCAL NEWSLETTERS

- Catch22's Safer Futures round-up brings together the latest research, media stories and practical resources to support your work with children and young people around extra-familial risk and harm.
- New Era Domestic Abuse Service Bulletin

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.

KEEPING CHILDREN SAFE ONLINE

New data from the NSPCC has highlighted the 5 platforms most frequently mentioned in Childline counselling sessions where children and young people were also talking about online sexual abuse. The platforms most commonly referenced were:

- Snapchat (324 counselling sessions)
- TikTok (234)
- Instagram (197)
- Discord (92)
- WhatsApp (39)

It is important to remember that these figures do not mean that these platforms are responsible for abuse. Rather, they show that popular apps and online services can feature in children's experiences of grooming, sexual extortion, coercion and the sharing of sexual images.

KEEPING CHILDREN SAFE ONLINE

For parents, carers and anyone working with children, open and regular conversations are one of the most effective online safety tools.

- Know which apps and platforms children use and understand how they work.
- Talk about online friendships, privacy and the risks of sharing images or personal information.
- Create a blame-free environment where children feel safe asking for help.
- Look out for warning signs, such as secrecy around devices, withdrawal or changes in behaviour.
- Remind children that pressure, threats or uncomfortable online experiences are never their fault and should be shared with a trusted adult.
-

Keep the conversation going. Online risks and platforms change constantly, so regular discussions help children recognise risks and seek support.
If a child shares a worrying online experience, listen calmly, reassure them, take them seriously and praise them for speaking up.

Need support?

- Childline: 0800 1111 – Free, confidential support for children and young people. Visit Childline
- NSPCC Helpline: 0808 800 5000 – Advice and support for adults concerned about a child. Visit NSPCC

Remember: Children don't need adults to know everything they do online; they need to know they can always turn to a safe adult for help.

STOKE ON TRENT CITY COUNCIL - RELATIONSHIP, SEXUAL HEALTH EDUCATION (RSHE) - PARENT AND CARER SURVEY

Stoke-on-Trent City Council is inviting schools to promote a survey to parents and carers of children aged 11–16.
The survey aims to gather views on Relationships, Sex and Health Education (RSHE), the support parents and carers need when discussing these topics with their children, and how local sexual health services can better support schools and families.
The survey takes approximately 10 minutes to complete, and all responses are anonymous. Feedback will help inform and improve support for young people, schools and families across Stoke-on-Trent.

A reminder that the schools survey was shared in the October newsletter to capture education settings' experiences, challenges and needs.

PARENT ZONE - DIGITAL PARENTING

Parent Zone is a UK organisation that helps parents and carers understand the digital world in which children and young people are growing up.

Its aim is to help families make the most of technology while understanding the potential risks and challenges children may encounter online.

The organisation recognises that keeping up with changing technology, social media platforms, online games and digital trends can be difficult. It therefore provides accessible, practical and evidence-informed information to help parents and carers feel more confident supporting their children.

Its central message is that parents and carers do not need to be technology experts. They need the knowledge, confidence and skills to have conversations with children, establish appropriate boundaries and help them navigate the online world safely.

The website provides three main types of resources:

- Read: Articles, guides and advice on digital parenting.
- Listen: The Tech Shock podcast, exploring current issues affecting children and families.
- Watch: Videos, explainers and expert guidance on digital family life.

In addition, Parent Zone has developed a Gaming Risk Index to help parents/carers to view publicly available reviews for signs of financial risks in games.

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.

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 OCTOBER:

HEALTHY RELATIONSHIPS

SIMILARITIES AND DIFFERENCES (HATE CRIME)

SMOKING AND VAPING

BULLYING



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

NEW

NEW TO 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:



Assessment is vital to high-quality PSHE education, helping settings understand the impact of their curriculum and pupils' progress. This updated 2026 guidance explores practical, meaningful and manageable approaches to assessment.

Featuring practical examples, activities and reflective questions, it supports leaders in embedding assessment into teaching and learning to ensure PSHE remains relevant, responsive and impactful.

UPDATES ON NATIONAL RESOURCES/OPPORTUNITIES

CEOP EDUCATION AND SEND

CEOP launched the first of their new Inclusion Toolkits. These toolkits are designed to support education professionals in delivering CEOP education lesson resources to children and young people with mild to moderate special educational needs and disabilities, or any child or young person who may benefit from differentiation.

The toolkits provide a suite of additional materials for education professionals to choose from when delivering the corresponding CEOP Education lesson resource.

You can download the lesson resource and Inclusion Toolbox for:

- Jessie and Friends (main resource aimed at ages 4-7)
- Play Like Share (main resource aimed at ages 8-10)
- Connect (main resource aimed at ages 9-11)

These have been referenced in the existing links to these resources in the Resource Library to help those colleagues looking for SEND resources. As always, go to the theme page and select Ctrl+F on your keyboard, then type SEND to see those resources that have adaptations for SEND included.

BROOK: NEW LESSON BUNDLE

Brook's Online Safety & Wellbeing Lesson Bundle provides 5 fully resourced lessons for Years 7-11, covering online wellbeing, body image, image sharing, deepfakes, sextortion, pornography and digital sexual relationships. The lessons are aligned with statutory RSHE guidance and include lesson plans, PowerPoints, teacher guidance and student activities.

The bundle is available for a one-off payment of £250 (currently reduced from £840), with individual lessons available at £140 each.

As education settings respond to emerging online risks, including AI-generated imagery and online sexual harassment, this resource may be a useful addition to PSHE provision.

As we are unable to view the lesson plans, we cannot carry out our usual quality assurance checks required before uploading to the Resource Library; therefore, for consistency, these resources will not be added, but we wanted to make sure you are aware of them.

LGBTQ+ INCLUSION

Just Like Us has developed a new resource in collaboration with the NSPCC: the Bringing Families With You guide on how to talk to pupils' parents/carers about LGBT+ Inclusion in School. This resource is aimed at primary schools but is applicable to all schools and also contains LGBT+ safeguarding tips. There is also a free webinar on 19th November 4-5pm. Please note you need to register for an account to access the resource.

LET'S MOVE CAMPAIGN CLASSROOM RESOURCES

Over half of children aged 7–11 in England aren't meeting the NHS recommendation of 60 minutes of daily physical activity. The government's Let's Move! New Moves Club campaign encourages families to get active and try something new together, focusing on having fun rather than being the best.

A Teacher Toolkit provides ready-to-use newsletter content, social media posts, WhatsApp messages and four fun, curriculum-linked classroom activities.

Families can continue the fun at home using the take-home activity sheet, featuring six activities and badges for children to earn as they get moving together!

SAME SIDE – ANTI-MISOGYNY TOOLKITS

Same Side, developed with Beyond Equality, provides teachers and coaches with tools to explore conversations about masculinity, using elite athletes' stories to discuss pressure, vulnerability, emotions and role models. The nine theme packs are suitable for KS2–KS5, in classrooms or on the pitch.

Currently free, the programme includes live online training, athlete films, activities, discussion prompts, reflection tools and safeguarding guidance. Resources also support RSHE and are accessible to young people receiving SEND support.

Register your interest here to find out what training and resources are available for your school or club.

GUIDE TO SETTING UP AN LGBTQ+ EQUALITY GROUP

This free guide from Diversity Role Models helps secondary schools set up LGBTQ+ Equality Groups, creating safe spaces that promote inclusion, pupil voice and belonging.

Free resources are also available to support Anti-Bullying Week and equality work throughout the year.

KEY STAGE 4 COMPETITION – E-BUGS

PSHE Leads working with Key Stage 4 (14–16) students can collaborate with science colleagues to take part in the e-Bug Creative Challenge 2026. Launched ahead of World Antimicrobial Awareness Week, the challenge invites young people to use their creativity to raise awareness of antimicrobial resistance (AMR).

This year's theme is: What can we all do to help protect antibiotics?
The challenge is open to KS4 students, particularly Year 10, with cash prizes for students and book vouchers for schools.

Entries close 22 November 2026
To request an application form, email e-Bug@ukhsa.gov.uk.

UPCOMING KEY AWARENESS DATES - DECEMBER

WORLD AIDS DAY (1)

HIV is no longer a terminal illness, due to modern antiretroviral therapy (ART). ART reduces the viral load so much that tests are unable to detect it and enables people living with HIV to live the same lifespan as those without the virus.

World AIDS Day is an opportunity to stand together in solidarity with people living with HIV, challenge stigma and discrimination, raise awareness and remember those who have lost their lives to AIDS-related illnesses. Education plays a vital role in building understanding, breaking down misconceptions and ensuring that children and young people have the knowledge and confidence to challenge HIV stigma.

The National AIDS Trust provides a series of lesson plans, which can be delivered as standalone lessons or as part of a wider programme of learning about HIV.

The Children's HIV Association (CHIVA) also offers an education toolkit to help schools and other education settings develop young people's understanding of HIV, challenge misconceptions and empower the next generation to help end HIV stigma.

NATIONAL GRIEF AWARENESS WEEK (2-8)

National Grief Awareness Week 2026 encourages open conversations about grief and bereavement, promoting understanding, compassion and support for those experiencing loss. This year's theme, 'A Thread of Hope', highlights the importance of connection and community, reminding us that nobody should feel alone when grieving.
Schools and education settings play an important role in helping children and young people understand grief, talk about loss and access support.

The Good Grief Trust provides downloadable campaign resources and materials to help individuals, schools and communities get involved, raise awareness and keep conversations about grief going.
In the Change and Loss section of the Resource Library, you will find resources to support you to address this topic including;

- PSHE Association quality assured resources from Winston's Wish, suitable for 5-18 year olds, to support children and young people to develop the skills and understanding they need to deal with loss.
- National Youth Agency resources for young people and youth workers to discuss grief and bereavement.

For settings that are registered with The National College, there is a "Top Tips for Supporting Children in Dealing with Grief" guide, focused on supporting children in dealing with grief. It highlights how we can help children in processing grief healthily at what can be an upsetting time.

INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES (3)

Dimensions have created a PSHE Association quality-assured, resource - I'm with Sam. A lesson plan, for students aged 11 to 13, aims to give students a better understanding of learning disabilities and autism, and the impact of potential bullying and discrimination. Sam represents the 73% of people with a learning disability and/or autism who have experienced hate crime. People who have been subjected to physical attacks, sexual assault and emotional manipulation because of their disability.

BBC Teach features short films of children sharing their experiences of disability and difference, promoting understanding and inclusion.

Uniting Staffordshire Against Hate (USAH) offers free online and in-person training for education staff on recognising, reporting and responding to hate crimes and incidents. To book, email USAH.

INTERNATIONAL VOLUNTEER DAY (5)

According to the UN 1 in 3 young people volunteer globally.

Not only is it helpful to the community, but volunteering can transform lives by allowing young people opportunities to gain valuable transferable skills.

Volunteering serves as a training ground for honing skills, giving them an edge over those who do not have any volunteer experience.

Stoke-on-Trent City Council welcomes volunteers over the age of 16 to start volunteering with them. You can find current opportunities on their website.

Alternatively, VAST's website also has the latest volunteer opportunities.

- Consider what volunteering opportunities your setting could create.
- Ask a local volunteer to come into your setting and talk about why they volunteer and the benefits.

HUMAN RIGHTS DAY (10)

Human Rights Day celebrates the fundamental rights and freedoms that belong to everyone.

Human Rights Day provides a valuable opportunity to explore human rights through PSHE education, helping children and young people understand their rights, respect the rights of others and recognise their role in creating a fairer, safer and more inclusive society. It links particularly well to learning about equality, diversity, relationships, discrimination, social justice and active citizenship.

It is also an opportunity to explore the United Nations Convention on the Rights of the Child (UNCRC), which sets out the rights of everyone under 18, including education, protection, healthcare and having their voices heard. Four key principles underpin the Convention: non-discrimination (Article 2), children's best interests (Article 3), the right to life and development (Article 6), and respect for children's views (Article 12).

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 free of charge and at 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 free of charge through Eventbrite., we signpost to wider training opportunities.

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

TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	NEW ERA	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	YGAM	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD-FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
SEXUAL ABUSE	VARIOUS	CEOP	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE
ONLINE SAFETY	VARIOUS	CEOP	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
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	EVERYONE'S INVITED	FREE	AN EMPOWERING AND INTERACTIVE SESSION DESIGNED TO EQUIP EDUCATORS WITH THE KNOWLEDGE AND CONFIDENCE TO RECOGNISE, RESPOND TO, AND DISMANTLE RAPE CULTURE WITHIN THEIR COMMUNITIES.
PREVENT IN EDUCATION SETTINGS	10TH NOVEMBER 10.30AM-12PM	HOME OFFICE	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.
YOUNG CARER AWARENESS	10TH NOVEMBER 12-1PM	STOKE-ON-TRENT SAFEGUARDING CHILDREN PARTNERSHIP	FREE	THIS IS A PRE-RECORDED VIDEO SESSION WHICH WILL EXPLORE WHO IS A YOUNG CARER, HOW THEY CAN BE IDENTIFIED AND WHAT TO DO IF YOU SUSPECT SOMEONE IS A YOUNG CARER. IT WILL ALSO LOOK AT WHY MANY YOUNG CARERS REMAIN HIDDEN AND WHAT SUPPORT IS AVAILABLE TO HELP YOUNG CARERS LIVING IN STOKE-ON-TRENT. SESSION OUTLINE: • WHO IS A YOUNG CARER? • IMPACT OF BEING A YOUNG CARER • HOW TO IDENTIFY A YOUNG CARER • REFERRAL PROCESS • ASSESSMENT PROCESS • SUPPORT
SUBSTANCES	12TH NOVEMBER 3.30-5.30PM	DRUGS EDUCATION FORUM	FREE	THE SESSION WILL COVER THE LATEST DEVELOPMENTS IN THE FIELD OF PSYCHEDELICS, POPULAR METHODS OF CONSUMPTION, WELL-ESTABLISHED RISKS AND COMMON MYTHS, AS WELL AS EXPLORING WHY PEOPLE MIGHT CHOOSE TO TAKE PSYCHEDELICS AND SOME KEY CONSIDERATIONS FOR REDUCING POTENTIAL HARMS. THERE WILL ALSO BE AN OPPORTUNITY FOR PARTICIPANTS TO ASK QUESTIONS.
ONLINE SAFETY	13TH NOVEMBER 9.30AM-12.30PM	EDUCATION CHILD PROTECTION	£55 +VAT	THIS ONLINE SAFETY, AI & DIGITAL SAFEGUARDING UPDATE FOR LEADERS PROVIDES A FOCUSED THREE-HOUR PROFESSIONAL DEVELOPMENT SESSION EXPLORING CURRENT AND EMERGING ONLINE SAFETY RESPONSIBILITIES. THE SESSION COMBINES LEGISLATIVE UPDATES, PRACTICAL SAFEGUARDING SCENARIOS, INTERACTIVE POLLS, GROUP DISCUSSION, AND CASE-BASED LEARNING TO SUPPORT DSLS IN STRENGTHENING THEIR SCHOOL'S DIGITAL SAFEGUARDING APPROACH.
ANTI-BULLYING	20TH NOVEMBER 9AM-12PM	ANTI-BULLYING ALLIANCE	FREE	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.
PREVENTING CHILD EXPLOITATION AND SERIOUS VIOLENCE	25TH NOVEMBER 12-1PM	STOKE-ON-TRENT SAFEGUARDING CHILDREN PARTNERSHIP	FREE	PURPOSE OF THE BRIEFING: TO DEFINE CLEAR OBJECTIVES FOCUSING ON SERIOUS VIOLENCE AND CHILD EXPLOITATION RELEVANCE TO SAFEGUARDING PARTNERS

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
CRITICAL THINKING	26TH 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.
RSE FOR LEARNERS WITH SEND IN MAINSTREAM	2ND DECEMBER 9.30AM-3.30PM	SEX EDUCATION FORUM	FROM £200	THIS COURSE FOR KS2 AND KS3 PROVIDES OPPORTUNITIES TO EXPLORE A RANGE OF SEND AND HOW THIS MIGHT IMPACT YOUNG PEOPLE'S EXPERIENCES OF GROWING UP, RELATIONSHIPS AND SEXUALITY. THE COURSE PROVIDES CONSIDERATIONS AND ADAPTATIONS NEEDED TO SUPPORT YOUNG PEOPLE WITH SEND IN RSHE
LUNCH AND LEARN HIDDEN ONLINE HARM: AN INTRODUCTION TO COM OFFENDING	7TH DECEMBER 12-1PM	STOKE-ON-TRENT SAFEGUARDING CHILDREN PARTNERSHIP	FREE	THE AWARENESS SESSION WILL EXPLORE THE DIFFERENT AREAS OF COM OFFENDING, WHAT THEY LOOK LIKE AND TYPICAL WORDS, SYMBOLS ASSOCIATED WITH THESE CRIME TYPE. COVERING THESE AREAS; • SEXUAL EXPLOITATION • SELF-HARM AND SUICIDE • TERRORISM AND MASS VIOLENCE • HOW TO REPORT SUSPECTED COM INCIDENTS
DOMESTIC ABUSE AND THE IMPACT ON CHILDREN	10TH DECEMBER 9.30AM – 4PM	NEW ERA	FREE	THIS TRAINING IS DESIGNED TO STRENGTHEN PROFESSIONAL AWARENESS, IMPROVE PRACTICE AND ENHANCE OUTCOMES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES IN STOKE-ON-TRENT.
INCELS AND THE MANOSPHERE	28TH 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	28TH 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	28TH 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.

NEXT EDITION (DECEMBER)...

Resources & Materials for key awareness dates in January:

- Veganuary (1-31)
- Dry January (1-31)
- National Obesity Awareness Week (10-16)
- Cervical Cancer Prevention Week (18-24)
- Brew Monday (18)
- International Day of Education (24)

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



If you would like to share any feedback or request specific support, advice or guidance, please contact us directly:
ellie@staffscvys.org.uk

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