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## MEETING RECORDINGS:

We have our own YouTube channel and all our recordings from our events can now be found on our website.



[PSHE Leads Meetings](#)

[Bitesize Practice Development Webinars](#)

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- [11th February 2025 -4-5pm](#)
- [26th March 2025 - 4-5pm](#)
- [7th May 2025 - 4-5pm](#)
- [24th June 2025 - 4-5pm](#)

Reserve your space via our Eventbrite page and an MS Teams invite will then be sent to you

## JOIN OUR MAILING LIST

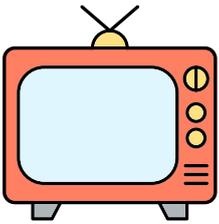
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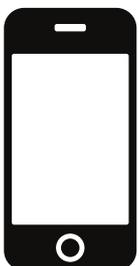
# WHAT'S OUT THERE...

Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them.

We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- I'm a Celebrity returned last month and episodes have included various topics of discussion including mental health, grief and loss, miscarriage, gender roles, sexuality, social media, sex and relationships.
- Netflix's hotly anticipated documentary - [Buy Now! The Shopping Conspiracy](#) is now airing. The documentary delves into the intricate marketing science corporations use to drive mass consumerism and the over-consumption of non-recyclable goods. E-ACT has [created resources for Key Stage 3 Citizenship](#) to support this release.
- TV presenter, Gregg Wallace has stepped down from MasterChef over allegations he made inappropriate sexual comments on a range of programmes over 17 years.
- MPs have voted in favour of the Assisted Dying Bill by 330 to 275.
- The [BBC reports](#) how women change their behaviour when the darker nights arrive in response to figures [published by This Girl Can](#), a campaign set up by Sport England to support women to be active, show nearly three quarters (72%) change their outdoor activity routines during the winter months.
- The government is promising more protections for stalking victims including a "Right to Know" policy whereby the police will be empowered to tell victims the identity of the person threatening them online at the earliest opportunity and making Stalking Protection Orders, which can ban stalkers from going within a certain distance of their victims or contacting them, more widely available. Minister for Safeguarding and Violence Against Women & Girls, Jess Phillips, said "these measures are just the first step and we will do more to crack down on this sickening crime which no one deserves to experience."
- Health Secretary Wes Streeting has confirmed plans for a first-ever Men's Health strategy. it'll consider how to tackle the biggest health problems affecting males of all ages including cardiovascular disease, prostate cancer, testicular cancer and mental health issues.



- The Australian Prime Minister has announced a [social media ban](#) for those aged under 16 years old. The [Economist Education Foundation](#) has created a lesson plan about restricting social media. [Young people talk](#) about how a ban on social media would reduce social connections.
- [Misinformation online](#) could be part of the reason fewer women are taking long-term contraception. [Open Clinic](#) provides information and resources for professionals to be able to dispel these misconceptions.

# UPDATE FROM NATALIE

## IMPORTANT - CHANGE IN CONTACT DETAILS

Starting December 2nd, the Pan-Staffordshire PSHE Education Service will be hosted solely by Staffordshire Council of Voluntary Youth Services (SCVYS). Ellie and I will share the same management structure and IT system, meaning changes in Ellie's contact details.

Please be patient as we revise previous resources with this new information.



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



## PSHE EDUCATION CONFERENCE - A THANK YOU

A massive thank you to all the amazing colleagues who joined us for the very first local PSHE Education conference on Wednesday, November 13th, at Staffordshire County Showground! What a fantastic day filled with inspiring guest speakers, sharing best practices, and plenty of networking shenanigans! I had a great time meeting some of you as we explored what makes PSHE education great. It was a joy to see so many educational establishments from our county represented!

We are currently compiling a comprehensive report on the event, which we will share once finished. In the meantime, we would like to highlight some key insights from our conference evaluation form. If you attended and have not yet completed the survey, we would greatly appreciate your feedback!

Here's what the feedback is telling us so far...

- 99% of attendees rated their conference experience as 5 stars!
- BEFORE the conference, confidence in best PSHE practices was at 3.22 out of 5.
- AFTER the conference, that confidence soared to 4.36!
- BEFORE the conference, the average knowledge of PSHE Education service was 2.86.
- AFTER the conference, that knowledge jumped to an impressive 4.55!

Talk about a fantastic transformation!

We have created a video to highlight the day and some memorable moments.



Thank you to everyone who participated and contributed to making it special. We look forward to sharing the full report and collaborating for the next four years of funding.

For those who were unable to join us on the day you can find a [copy of the slides here](#). Please note due to internal policy we are unable to share the slides from OFSTED.

WHAT DID YOU ENJOY ABOUT THE PSHE CONFERENCE?

THE ENTHUSIASM AND PASSION OF THOSE INVOLVED. PSHE CAN OFTEN FEEL LIKE AN ADD-ON SO IT REALLY MADE ME THINK ABOUT HOW WE CAN RAISE THE PROFILE IN MY SCHOOL.

# UPDATE FROM NATIONAL PARTNERS

## DFE UPDATE

The Department for Education launched a new document "[Keeping Children Safe, Helping Families Thrive](#)". The Safeguarding Network has produced a summary document of the guidance. Within our curriculum, where we cover families, we should include children and young people who may have an allocated social worker, be in foster care or are adopted. The document also highlights the need for multi-agency partnerships and the importance education plays in these arrangements.



## PSHE ASSOCIATION UPDATE

Bookings are now open for the PSHE Association's Online Spring Conference 2025, held on Thursday 6th March 2025 9 am-1 pm. This conference will have workshops and keynotes that focus on a range of priorities - from mental and physical health to relationships and safeguarding, and AI literacy.

The first keynote speaker has been announced as Dr. Chris van Tulleken, Associate Professor at University College London, bestselling author of *Ultra-Processed People* (Sunday Times, New York Times), and one of the BBC's leading science broadcasters. His keynote will explore the impact of Ultra-Processed Foods on the physical and mental health of children and young people.

At the conference, the PSHE Association will be launching their new nutrition lesson materials (for KS1-4) that are designed to help children and young people identify and avoid ultra-processed foods.

This event is available exclusively to members of the PSHE Association, as many of the resources discussed and shared will be member-only. It's suitable for PSHE Leads and teachers, as well as those working in LAs or academy trusts. The cost of the conference is £115. You can [book your space here](#).

Fully Human, the research and development arm of the PSHE Association, has published a new essay - [Beyond Consent: moving to a fully-bodied sexual ethics](#). You must be a member of Fully Human (it's free to subscribe) to access the essay.

# LOCAL GOVERNMENT VISION FOR CHILDREN, YOUNG PEOPLE AND FAMILIES

The Local Government Association (LGA) has published its [Vision for Children, Young People and Families](#), setting out its ambition. The vision is structured around five core pillars:

- Love
- Fun
- A chance to learn and grow
- Safety
- Health



This paper highlights statistics which demonstrate the importance of PSHE including road safety, violence against women and girls, online safety, diet and nutrition and more. The vision includes 12 key recommendations incorporating work across the LGA and considering the role of partners.

## DFE FUNDED SENIOR MENTAL HEALTH LEADS TRAINING – DEADLINE 31ST DECEMBER 2024

Schools and colleges have until 31st December 2024 to claim their £1,200 grant to fund their [senior mental health lead training](#) which develops the knowledge, confidence and practical skills of mental health leads.

Whilst the training is not compulsory we strongly encourage our education settings access the support available.

Mental Health Leads can also access a [resource hub](#), to help them embed and sustain their whole setting approach to mental health and wellbeing. This has recently been updated with new evidence-based resources for this academic year.

Mentally Healthy Schools also has a [targeted mental well-being support toolkit](#) to help mental health leads develop and provide effective targeted support.

[Resources](#) are also available for teachers, parents, and carers to support children and young people experiencing difficulties with mental well-being and school/college attendance.



# HAPPIER, HEALTHIER, GREENER SCHOOLS

The UK government has introduced new guidelines to make school runs happier, healthier, and greener. Published by Active Travel England and the Department for Transport, these guidelines aim to help councils implement "School Streets" schemes. Key points include:

- **Traffic Restrictions:** Limiting motor traffic outside schools during pick-up and drop-off times to create safer spaces for children to walk, wheel, cycle, or scoot.
- **Health Benefits:** Encouraging physical activity among children, which improves their physical and mental health.
- **Reduced Congestion:** Decreasing dangerous driving and parking around schools, leading to less traffic and lower emissions.
- **Community Support:** The schemes are widely supported by parents, carers and local residents, enhancing social interactions and independence for older pupils.

These initiatives were highlighted at the COP29 climate conference, emphasising the importance of integrating active travel into daily routines for a healthier future.

A School Street temporarily only allows motor traffic with a permit outside the school gates at pick up and drop off times. This creates a safer space for children and their families to walk, wheel, cycle or scoot to school. To register your school's interest in having a School Street please [click here](#).



# SMOKING, ALCOHOL AND SUBSTANCES

NHS Digital has published its latest data on Smoking, Drinking and Drug Use among Young People in England, based on 2023 figures. The data shows:

- *Smoking* - 11% of pupils had ever smoked (meaning 89% have not) and 1% are regular smokers (99% are not) - these figures are similar to those from 2021. Vape use remains at 9% (91% are not vapers), with 25% of pupils having tried it (75% haven't)
- *Alcohol* - 37% of pupils report having ever had an alcoholic drink (63% haven't ever). The prevalence increases from 15% among 11 years old to 62% among 15 years old. About 5% of young people usually drank alcohol at least once a week (meaning that 95% do not)
- *Substances* - 13% of pupils had ever taken drugs (83% have not), this is down from 18% in 2021. 9% had taken drugs in the last year (91% haven't), and 5% in the last month (95% have not).
- *Well-being* - 10% of pupils reported feeling lonely often or always. 18% felt they often had no-one to talk to, and 15% often felt left out.

It is important to consider how we phrase statistics, research shows that re-framing statistics to highlight positive behaviours "it can be easy to think that everyone is vaping, statistics show that 75% are not". This helps us to challenge perceived social norms. You may want to consider carrying out anonymous surveys to be able to give localised statistics so you can say XX% of people in this school do not vape.

The PSHE curriculum should not only focus on ensuring children and young people are equipped with knowledge but also a space to develop skills and strategies and consider values around alcohol, smoking and substances.



Consider how you use statistics within your own setting.

- Where do you collate data
- How do you frame it?
- Does it challenge or reinforce perceived social norms?

If you'd like support in finding out about local data and using statistics please contact [Natalie](#)

# TEENAGE PREGNANCY AND YOUNG PARENTHOOD

Nesta has [published a blog](#) on the reduction in teenage pregnancy rates in England. The blog examines the impact of the Social Exclusion Unit's cross-governmental Teenage Pregnancy Strategy, launched in 1999, on reducing teenage pregnancies. It highlights key lessons learned, such as the importance of understanding and addressing all root causes of complex social issues, setting challenging outcome targets, being practical and leveraging available evidence, and ensuring that national and local leaders share a common purpose.

Teenage Pregnancy and Young Parenthood Effective Policy and Practice - what happened next - has been published. The previous edition described the actions taken to support young people after 2010 (the calendar end of the strategy and the year that marked a change of government) up to 2017. In this edition, the important documentation of the original strategy is retained and the lessons from the 'whole systems' multi-agency approach but focuses on 'what happened next' from 2018-2024.

The authors, Alison Hadley, Roger Ingham, Jo Nichols and Venkatraman Chandra-Mouli review the evidence and draw on interviews at national and local levels to explore the factors that have supported or hindered continued action, including the impact of austerity, the pandemic and the cost-of-living crisis, as well as the milestone achievement of statutory relationships and sex education.

You can view [a flyer for the book which includes a 20% discount code here](#).



## GENDER

Following on from the information we shared in [last month's PSHE Digest](#) about the increase in reports on misogynistic attitudes and behaviours Brook has published a blog "[4 ways to tackle misogyny among young people](#)"

## SEXUALISED BEHAVIOUR

The Lucy Faithfull Foundation is launching a new training programme early next year - Harmful Sexual Behaviour (HSB) Prevention Lead. This training will equip safeguarding leads to manage HSB in their setting and develop a personalised prevention plan. They want to ensure that the training meet your needs and are inviting you to [complete a short survey](#).



# CHILD EXPLOITATION

The Child Exploitation Taskforce has commissioned The Children's Society and the National Association for People Abused in Childhood (NAPAC) to update the Appropriate Language Guide, which can be used by multi-agency professionals.

It follows the HMICFRS inspection report on the effectiveness of the police and law enforcement bodies' response to group-based child sexual exploitation in England and Wales (2023), which recommended that:

"With immediate effect, all chief constables should take effective steps to eradicate victim-blaming language in their forces."

Victim blaming language refers to any language that implies, intentionally or unintentionally, that a victim is responsible for the abuse they have experienced. The language we use is shaped by and normalised within the cultures we work, live, and spend time in. As language evolves, phrases that were once commonly accepted may no longer be appropriate. Therefore, it is crucial to maintain an open and reflective attitude to make sure that our language evolves in a way that supports and respects all individuals.

Here is a [short video](#) you may wish to share with colleagues to highlight why language is important.

When using scenarios within PSHE education sessions, consider how you frame questions e.g. "What should xx do?" could lead to victim-blaming language, it is preferable to say "What could xx do?", this suggests a range of possibilities and invites open-ended responses. It allows the person being questioned to explore different options and ideas without feeling constrained.

The Child Sexual Exploitation (CSE) Taskforce has [published a new report](#) which sets out publicly a clear, detailed picture of police-recorded group-based child sexual abuse and exploitation crimes across England and Wales in 2023.

The report provides demographic information on both victims and suspects. Notably, 26% of group-based offending occurs within the family environment, and 48% of suspects, where age is known, are between 10-17 years old.

Any concerns about a child that requires a referral to social care should be sent through to SCAS as per the existing process and please continue to use the [cseinbox@staffordshire.gov.uk](mailto:cseinbox@staffordshire.gov.uk) e-mail address to contact the CE coordinators for advice around Child Sexual Exploitation. To refer to Catch22 if concerned about Child Criminal Exploitation please [complete this form](#) and send to [catch22cce@catch-22.org.uk](mailto:catch22cce@catch-22.org.uk)

# YOUTH VIOLENCE

The Youth Endowment Fund has shared their latest Children, Violence and Vulnerability report for 2024. This year, the report is divided into five themes, each to be published weekly, giving time to absorb the significance of young people's experiences. Themes include:

- Who is affected by violence?
- What role does social media play in violence affecting young people?
- How do boys and girls experience violence?
- What do children and young people think about the police?
- Who has access to positive activities, youth clubs and trusted adults?

The Who is affected by violence? report finds that:

- 67% of young people aged 13-17 years worry about becoming victims of violence,
- 1 in 5 children report experiencing violence in England and Wales
- 1 in 20 carry a weapon (5%), with nearly half citing personal protection as the reason
- Most vulnerable children are most affected - those who are persistently absent, excluded from school, have SEND, are supported by social workers or are at risk of exploitation. This is reinforced in the report from the government.
- Only 1 in 1- receive help to prevent further harm

Report 2 - What role does social media play in violence affecting young people highlights that:

- 70% of respondents have encountered real-world violence online in the past 12 months
- 25% say they found it because social media platforms promoted it through features like 'Newsfeed' 'Stories' and 'For You' recommendations. TikTok is the platform where children and young people are most likely to witness violent content
- Only 6% said they actively searched for it
- 80% of teenage young people who encounter weapons-related content on social media report it makes them feel less safe in their local communities.
- 39% said seeing violent content online made them more likely to carry a weapon
- 64% of teenagers who perpetrated violence in the past year say that social media played a role in their behaviour.

The third Children, Violence and Vulnerability report focuses on how boys and girls experience violence. A survey of 10,000 young people aged 13 - 17 years highlights the challenges many teenagers face in their relationships.

Violence affects both boys and girls, but gender plays a significant role in shaping these experiences. Boys are disproportionately more affected, being more likely to both experience and be involved in violence. The types of violence they face also differ.

Boys are more frequently victims of most forms of violence, including robbery, physical assault and incidents involving weapons. Sexual violence is the exception, with the rates being closer: 6% of boys and 7% of girls aged 13-17 report experiencing sexual violence in the past year.

There is a worrying trend of violent and controlling behaviours that teenagers reported experiencing in their relationships include:

- 20% were pressured or forced into sexual activity
- 19% experienced physical violence, such as being hit, kicked or shoved
- 17% had intimate images shared without their consent
- 27% felt afraid to disagree with their partner
- 26% were scared to break up with their partner

The report shows that certain groups of young people are significantly more likely to experience relationship violence.

- 83% of teenagers involved in gangs and 79% of those facing exploitation (e.g. being asked to hold drugs or money) reported experiencing violence or control in relationships.
- Teenagers with special educational needs, those excluded from school, and those supported by social workers were also at much greater risk compared to their peers.

Teenagers who reported committing violence were less likely to have received lessons on sexual consent, harassment and building healthy respectful relationships, highlighting a critical need for targeted, evidence-based education.

The final two reports will be released over the coming weeks, keep [checking their website or sign-up to their newsletter](#) to receive them direct to your inbox.

We have previously shared an opportunity for all phases of formal education to access support via funding from the Home Office. Women's Aid is offering a free training programme to educate children and young people about unhealthy relationships. The programme includes training for staff and workshops with children and young people. It's free to access, to find out more [click here](#) or to book the programme email [cyp@womensaid.org.uk](mailto:cyp@womensaid.org.uk).

A [recent report highlights](#) that serious youth violence is more widespread than many realize, affecting children across England, including those as young as 11 who carry knives for protection. The report, published by Ofsted, the Care Quality Commission, HM Inspectorate of Constabulary, Fire and Rescue Services, and HM Inspectorate of Probation, emphasizes the urgent need for multi-agency collaboration to address this issue.

Fearless has produced a [Toolkit for Education and Youth Work Practitioners](#) in Scotland, that discusses the barriers to reporting crime, including myths around grassing and provides a range of activities for young people.

# DOMESTIC ABUSE

In England and Wales, 1 in 4 women and 1 in 6 men will experience some form of domestic abuse in their lifetime, and tech abuse is an increasing part of that problem. Abusive partners may use technology to control, harass or intimidate. Refuge has teamed up with Avast to create a [Digital Breakup tool](#) to help people analyse and discover which digital tools and devices may be being tracked and monitored by an abuser. Coercive control will often include surveillance and digital tracking so it is important that young people are aware and can block this form of abuse.

The NSPCC has published a news story about the increase in contact to its Helpline around Domestic Abuse Figures show that between April 2024 and September 2024, the NSPCC Helpline handled 3,879 child welfare contacts about domestic abuse, an increase of 19% when compared to the same period last year. Common issues mentioned included: coercive or controlling behaviour; emotional domestic abuse; and post-separation domestic abuse. [New Era](#) is the locally commissioned service for victims and perpetrators of domestic abuse.

## SEND

NSPCC Learning has published another [blog in their "Why Language Matters" series](#) on using child-first language when talking about children who have disabilities. The blog explores how shifting language can help professionals to see the child and not just the disability; understand how disability can be an important part of a child's identity; and recognise and respect how children prefer to talk about their additional needs. There are some useful prompts for PSHE Leads to consider when creating/reviewing their curriculum.

## PUBERTY

The NSPCC, Together for Childhood Stoke has collaborated with Watermill School and Widgit to create a [Navigating Puberty guide for parents and carers of children and young people who have learning disabilities](#).

This initiative came about after a gap was highlighted in support for parents and carers to help their children who have learning disabilities navigate puberty, including topics such as public and private touch/spaces.

When covering the topic of puberty within PSHE, this resource could be shared to support parents and carers in scaffolding these messages at home. This resource can be found on our [parent and carers page](#).



# ONLINE SAFETY

The government has announced five new online safety priorities for OFCOM these include:

- Embedding safety by design
- Increasing transparency and accountability from tech companies
- Maintaining regulatory agility
- Building an inclusive and resilient online society
- Supporting innovation in safety technologies

A new research project was also launched to explore the impact of smartphones and social media use on children and young people's mental health and wellbeing. This study aims to strengthen the evidence base needed to create a safer online environment for young people.

## ROBLOX

Since the 18th November, children under 13 can no longer message people outside of games, significantly reducing the risk of unwanted contact. Age-gated experiences limit access to games designed for broader socialising, ensuring younger users interact primarily with their friends. They have also introduced tools to give parents and carers more oversight and control over their child's activities. The National College has an information guide for parents/carers and educators about Roblox

Internet Matters has created a mobile phone safety checklist for parents and carers to help them decide if their child is mobile-phone ready - please share this with parents and carers.



OFCOM has published its annual report into the nation's digital habits, highlighting the differences between men and women. The data, primarily sourced from Ofcom's Online Experiences Tracker and Ipsos iris, reveals several key insights:

- Older children express more concern about their online time compared to younger ones.
- One in five children aged 8 to 15 have a user age of at least 18 on social media platforms.
- Teenage boys are more likely to come across content featuring dangerous stunts, whereas girls are more likely to encounter potential harms related to body image.

The UK Safer Internet Centre has [published a report on sextortion cases](#) managed by SWGfL's Revenge Porn Helpline between August 2022 and August 2024. The study, which draws on the experiences of 127 victims, highlights the psychological and legal challenges of sextortion and emphasizes the need for coordinated preventative measures across social, legal, and digital platforms.

The report identifies trends within sextortion cases. Among the individuals who were affected:

- Demographics: Young men are disproportionately targeted, with 85% of individuals identifying as male and 64% aged 18–34.
- Platforms: Perpetrators typically initiate contact on social media or dating platforms, exploiting platform functionalities to intimidate individuals online. A staggering 92% of cases involved content shared on social media platforms.
- Tactics: Offenders frequently employ “cross-platform behaviour,” switching between services to avoid detection and intensify their coercion.

SWGfL has released a new version of “[So You Got Naked Online](#)” to provide children, young people, parents, carers and professionals with essential advice on what to do if a young person has put an image or video online and has lost control of that content and who it is being shared with.

## ONLINE STUDY OPPORTUNITY FOR 13–18 YEARS – ACNE

Acne is very common, frequently causes distress and may lead to permanent scarring. Treatment of acne is a major cause of antibiotic use, although guidelines suggest that topical treatments should be the main treatment.

However, patients often give up on topical treatments because they don't know how to avoid side effects and/or don't use them for long enough. The University of Southampton study team has developed a website to help young people to manage acne more effectively, including information on how to obtain effective treatments, promote regular treatment use and how to avoid side effects. This study aims to improve outcomes for acne by promoting the use of topical treatments and reducing overuse of oral antibiotics through an online intervention to support acne self-management.

Could your education setting support this study? The benefits for pupils includes that by using the website, they will be able to find new ways of managing their acne, with videos and top tips from other young people.

They'll be able to get advice on treatments, seeking medical help and coping with acne. There is also the chance to win a £50 voucher.

Please find out more information via the following PDF: [Information for Headteachers](#)

# CAREERS

There are lots of crossovers between PSHE education and Careers education. The [Gatsby Benchmarks for good careers advice](#) have been updated to better align with current educational and employment landscapes to ensure that careers education is more relevant, and inclusive in preparing young people for the future world of work. The updates to the benchmarks build on those originally published in 2014. If your setting works towards the updated benchmarks, you are still compliant with the statutory guidance that was published in 2018.



The government has announced that updated statutory guidance will be published to include the updated benchmarks in Spring 2025 to enable education settings to embed the new framework into their careers programmes for implementation from September 2025.

The Stoke-on-Trent and Staffordshire Careers Hub is the strategic arm of the DfE responsible for improving careers provision in secondary education settings. They support education settings to connect into the world of work. If you are not already connected to the Careers Hub you can [contact them here](#) or to find out more watch our [Bitesize Practice Development Webinar](#).

## RESOURCES UPDATE

Oak National College has created a brand-new [curriculum plan for cooking and nutrition](#) for Key Stages 1-3 (5-14 years old). We recommend that PSHE Leads work with subject leaders for this area of the curriculum to enable the PSHE curriculum to complement and not duplicate learning.

Many education settings purchase or have funded sessions from Loudmouth - a Theatre in Education provider. We wanted to highlight a [recent blog from Loudmouth](#) which reinforces advice given by the Pan-Staffordshire PSHE Education Service about how using assembly/whole-year sessions impacts our ability to effectively safeguard children and young people when delivering PSHE education.

Loudmouth report they receive 7 times more disclosures when they run workshops alongside a performance and Q&A session, compared to the performance and Q&A session alone. We ask all education settings to carefully consider the use of assemblies/whole year sessions within their PSHE curriculum. If you would like to discuss this further please [contact Natalie](#).

Picture News are hosting a [Christmas Campaign](#) and are asking all education settings to create Origami Doves - the symbol of peace and share them either on social media using #ASymbolOfPeace or via [email](#).

# UPDATE FROM LOCAL PARTNERS

## VIOLENCE REDUCTION ALLIANCE OPPORTUNITY



The Staffordshire and Stoke-on-Trent Violence Reduction Alliance (VRA) has a very exciting opportunity for First, Primary and Middle schools to be a part of a new local campaign!

The campaign will raise awareness of how frontline professionals are people too and that their primary aim is to keep people safe.

They are looking to work with Year 6 and below to create a series of short videos of children talking about what they'd like to be when they grow up and why frontline workers are important in keeping everybody safe and healthy.

We also have the opportunity to arrange emergency vehicles to attend the school and for students to have the chance to explore the vehicles and turn on the blue lights!

This is a Pan-Staffordshire campaign and partners involved in its development include: Staffordshire Police, Fire & Rescue and Crime Commissioners Office, Staffordshire Police, West Midlands Ambulance Service and Staffordshire and Stoke-on-Trent Integrated Care Board. If your school would like to be involved in the campaign, please email [SSVRA@staffordshire-pfcc.gov.uk](mailto:SSVRA@staffordshire-pfcc.gov.uk) by Monday 20th January for more information.

## POLICE & CRIME, FIRE & RESCUE PLANS

After a widespread consultation, Staffordshire Commissioner Ben Adams has now launched his Police & Crime and Fire & Rescue plans for 2024-2028.

Staffordshire Commissioner Ben Adams said: "I've listened to local people in developing these plans, to ensure the priorities they contain match the concerns of our communities across Staffordshire and Stoke-on-Trent.

"These plans are informed by our communities' expectations: good quality services which respond quickly and effectively, coupled with prevention work to keep people safe. An expectation that people will be treated with courtesy and respect, that victims will be kept informed, and that crime and ASB in their neighbourhoods will be addressed.

"The services cannot do all this by themselves - community safety is something we can only achieve together with partners including health, councils, the criminal justice system, community groups and volunteers. My plans highlight this."

Prevention is a key priority in both plans which is why the Commissioner's Office funds the PSHE Education Service. We look forward to contributing to these plans over the next 4 years.

# ORCHA HEALTH - DIGITAL HEALTH APPS

The Staffordshire App Finder is a powerful, free tool designed to connect individuals with safe, effective, and assured health and well-being apps. Developed in partnership with ORCHA (Organisation for the Review of Care and Health Apps), ORCHA have been assessing health and care apps, and digital health products, since 2015.

The digital health app finder resource is tailored to support the people of Staffordshire in accessing safe apps that enhance physical health, mental well-being, and lifestyle management. Apps present a fantastic opportunity to provide us with valuable health information which can help us not only improve the quality of our healthcare, but also help us to live healthier lives. Using the Staffordshire app finder ensures that we, and our friends and families, can access to safe, quality-assured apps at our fingertips.

For PSHE education, the App Finder is a valuable resource. It complements lessons by providing pupils, teachers, parents, carers and supporting partners with safe apps that align with PSHE topics such as mental health, resilience, physical activity, and relationships.



To find out more information [please click here](#) or scan the QR code.

# HEALTH AND WELLBEING FAIR - BURTON

Burton Library will be hosting a Health and Wellbeing Fair on Saturday 25th January between 9 am and 4 pm. for the local community.

Partners are welcome to have a free table at the event to showcase what their organisation does around health and wellbeing for adults/ children and young people. The deadline for a stall is 15th December 2024 and can be booked by contacting [Liz Gardner](#).

Education Settings in East Staffordshire are asked to promote this Health and Wellbeing Fair to their local communities.

# CORRECT CONTACT DETAILS

Several Community Safety Partnerships have secured funding to support formal education settings PSHE curriculum through the use of external providers. To ensure that your setting does not miss out on these opportunities please can you ensure that the [PSHE Education Service](#) has the correct details for your PSHE Lead to enable us to contact them directly.

# LIGHT UP THE LONGEST NIGHT

As part of our suicide prevention and mental wellbeing work, Staffordshire County Council's Public Health Team is working with Staffordshire Samaritans on a campaign to remind people that the Samaritans Support Line is always open, including over Christmas and New Year.

Please find [here the partners pack](#) which contains more information about the #lightupthenight campaign.

## How to get involved

- From Monday 2 December 2024, pop to your local library to collect a free poster and green LED tealight.
- If you can't pick up a poster from your local library, you can view and print it from [here](#).  
[Longest Night Poster](#) (1.20 Mb)
- Display the poster in your window with the green light between 16 – 21 December 2024 (Please stay safe and only use LED lights. The LED light provided contains a button battery which could harm a child or pet if swallowed. Please keep out of reach.)
- Post Your Green Light Photo: December 21, 2024 (The Longest Night)

Please help to spread the word as far as possible by tagging Staffordshire County Council and using the hashtag #LightUpTheNight, or email your pictures to [philip.wade@staffordshire.gov.uk](mailto:philip.wade@staffordshire.gov.uk).



## LOCAL NEWSLETTERS

Staffordshire Together for Carers has published their [Autumn/Winter Newsletter](#) including information about activities and events, training, for adults, children and young people and professionals. You can also access their [Professionals Bulletin here](#).

[The Violence Reduction Alliance has shared their Delivery Resource Round-up for December.](#)

[Workplace Health Staffordshire share their December newsletter](#)

[Family Hubs Staffordshire December's newsletter](#) (opens in Sharepoint, if you have any issues viewing please email Natalie who will forward you the newsletter) contains useful information to share with parents and carers.

[Catch22's Missing, Child Exploitation and Vulnerability Research and Development Round-up for November](#) features information on online safety, exploitation, domestic abuse, mental health, substances, and more...

# RECLAIMING MENTAL HEALTH NARRATIVES SURVEY

MPFT's Participation Team launched a survey during Black History Month to gather insights that will allow the reclamation of narratives on mental health support for Black communities. The survey is open for 12 months and the aim is to help local services move towards support being more inclusive, culturally relevant and accessible. The team are asking education settings to display this poster and promote this opportunity to their staff teams, young people, parents/carers and the local community.

## Why does this matter?

**Reclaiming Narratives:** The theme invites us to rethink how the experiences of Black people in the area are represented in mental health services.

**Tailored support:** By sharing this survey, you are helping us to gather invaluable feedback that will inform how MPFT can improve services. There are unique cultural experiences and challenges faced by Black people as a whole and individually, this input can help ensure our services are equipped to meet these diverse needs

**Building trust:** Through ensuring Black communities feel heard and represented in mental health services. Sharing the survey supports a long-term commitment to fostering inclusive and effective mental health care.

The survey is anonymous and can be found at the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=V2N9w4v1a0K2gN-BZqhu1y76O8HkJ2dJpSY1uK5B1a5URFBaWVMzVFc3MIRQRjVHRTdQS1ZGOFpZSS4u>

MPFT thank you in advance for your support in helping them to improve mental health support for Black Families.



**REMEMBER!**



# WINTER SAFETY

The autumn and winter months can bring rain and mud to paths and walkways around water, making surfaces very slippery. As the temperature drops further, there are some important potential hazards to be aware of. All year round the shock of the cold water can really take your breath away and cause your muscles to cramp, making it very difficult for you to stay afloat. The Royal Lifesaving Society UK provide [information about Winter Water Safety](#) which includes what to do if you or someone else falls through ice. This is included in our Water Safety & PSHE professional's guidance which is available in our Resource Library under Water Safety, [register here](#). It can also be found, with all our other [...& PSHE packs here](#).

Network Rail's "[Look out for each other this winter](#)" document provides advice and tips for winter safety including Winter driving, Slips, trips and falls, Drugs and alcohol and Mental wellbeing.

Click here for the [Warm Welcome Campaign map](#) which allows you to search for Warm Welcome Spaces near you by entering your postcode.

# NATIONAL OBESITY AWARENESS WEEK - 10-16 JAN

The [National Child Measurement Programme](#), which measures the height and weight of school children in England each year, found that the proportion of four and five-year-olds who are obese rose to 9.6% in 2023/24. The report also found that the proportion of ten and eleven-year-olds living with obesity fell to 22.1% in 2023/24 from 22.7% in 2022/23, but remains higher than the pre-pandemic level of 21.0% in 2019/20.

From 25th October 2025, TV ads will be allowed after 9pm as part of [plans to curb childhood obesity](#) and there will be a total ban on paid online junk food adverts. The government says it's trying to "give every child the best and healthiest start in life".

Resources to support you, can be found in the Diet and Nutrition, Being Healthy and Physical Activity pages in the Resource Library on our website, including:

- For Church/Faith schools - [Goodness & Mercy](#): activity plans in line with Church of England teachings by the Diocese of Bristol including; Being Healthy, Exercise, Balanced Lifestyles and Diet and Nutrition.
- For ages 3-16 - [Food a fact of life](#): a progression education programme for each key stage (and SEND appropriate resources). Explores where food comes from, cooking and healthy eating
- For ages 11-16 - [STEM Learning](#): a range of lesson plans that link to the science curriculum for KS3/4 around junk food and the science between a balanced diet and health. Resource promotes debate and discussions within lesson.

[Register for the Resource Library here](#).

The National Child Measurement Programme (NCMP) programme is delivered within school and aims to weigh and measure all children in England in Reception and Year 6. [Click here for information and contact details for your local Health Visiting and School Nursing hub](#).

JenUp has [tips for teachers on how to address fat shaming](#), which can lead to poor mental health if not addressed.

## BREW MONDAY – 20 JAN

This Brew Monday, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about.

You can find downloadable campaign materials including posters, leaflets and activities here.

The National Literacy trust partnered with Penguin Random House UK and Charlie Mackesy to create KS1-2 cross-curricular literacy and PSHE resources which explore Charlie Mackesy's powerful, illustrated book, *The Boy, the Mole, the Fox and the Horse* and help pupils to explore the importance of being kind to others as well as themselves.

The UK Youth Heads Up Toolkit designed to work flexibly as a fifteen hour programme, or as individual sessions (or a linked series of sessions) is suitable for schools and youth organisations supporting young people aged 11-16. Sessions cover; Looking after yourself, Supporting friends, Reaching out, Thinking and feeling and When bad things happen.

These, and other resources linked to mental wellbeing, can be found in the Mental Health page of the Resource Library, register here.



## INTERNATIONAL DAY OF EDUCATION – 24 JAN

UNESCO is dedicating the International Day of Education to “the crucial role education and teachers play in countering hate speech, a phenomenon which has snowballed in recent years with the use of social media, damaging the fabric of our societies.”

As shared last month, Uniting Staffordshire Against Hate (USAH) can provide free in-person or online training specific to education settings on Hate Crimes and Hate Incidents, helping education staff to feel more confident in recognising, reporting and supporting people who may be affected. To find out more information or to book your session please email USAH.

We have worked with Uniting Staffordshire Against Hate (USAH) to create a locally produced resource for exploring the impact young people can have on their communities as part of a spiral curriculum across the key stages. This resource, along with others, can be found in the Resource Library, on our website, under “Similarities & Differences”. Register here.

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More broadly (and we might be biased but) we can use this day to recognise and celebrate PSHE as a whole. The PSHE Association recognise PSHE as “Education that prepares for life today, and tomorrow.” This includes helping them to deal with critical issues they face every day such as friendships, emotional wellbeing and change. And giving them a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope.

Thank you for all you do to ensure that PSHE education is quality, age-appropriate and consistent in order to support children and young people to make safe, healthy and informed choices!

# 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, both locally and nationally. Click on links for bookings and further information.

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

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TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
VAPING, SMOKING MISOGYNY AND SEXUAL HARASSMENT	5TH DECEMBER 3.45-4.15PM	<a href="#">CHAMELEON PDE</a>	FREE	30 MINUTE OVERVIEW OF TWO POPULAR TRAINING COURSES FROM CHAMELEON PDE
BULLYING	6TH DECEMBER 12.30-3.30PM	<a href="#">ANTI-BULLYING ALLIANCE</a>	£116.20	DELIVERED VIA ZOOM, THIS TRAINING AIMS TO DEVELOP YOUR UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK, AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING.
VAPING, SMOKING MISOGYNY AND SEXUAL HARASSMENT	5TH DECEMBER 3.45-4.15PM	<a href="#">CHAMELEON PDE</a>	FREE	30 MINUTE OVERVIEW OF TWO POPULAR TRAINING COURSES FROM CHAMELEON PDE
MENTAL HEALTH	18TH DECEMBER 6-7.30PM	<a href="#">CHARLIE WALLER TRUST</a>	FREE	THIS 90 MINUTE WEBINAR WILL EXPLORE LONELINESS, WHAT IT IS AND WHY IT HAPPENS AND HOW IT AFFECTS MENTAL HEALTH. PROVIDE PRACTICE STRATEGUES TO MANAGE LONELINESS
MENTAL HEALTH	24TH JANUARY 9.30-3.30 AND 25TH FEBRUARY 1.30-3.30PM	<a href="#">STAFFORDSHIRE COUNTY COUNCIL EDUCATION PSYCHOLOGY SERVICE</a>	FREE	MUST ATTEND BOTH SESSIONS, FIRST IS FACE-TO-FACE AND SECOND IS VIRTUAL. THE TRAINING FOCUSSES ON INTRODUCING AND DEVELOPING PRACTITIONERS' AWARENESS AND UNDERSTANDING OF EMOTIONS, BEHAVIOURS AND THE ROLE OF RELATIONSHIPS
ALCOHOL/ PREGNANCY	18TH FEBRUARY 3.00-5.00PM	<a href="#">ELUCIDATE TRAINING</a>	FREE	A 2-HOUR VIRTUAL AWARENESS COURSE ON FOETAL ALCOHOL SPECTRUM DISORDER
SIMILARITIES AND DIFFERENCES	19TH FEBRUARY 10AM - 1.30PM	<a href="#">USAH</a>	FREE	FREE HATE CRIME AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.

# E-LEARNING COURSES

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

TOPIC	PROVIDER	COST	OVERVIEW
BODY IMAGE	<a href="#">DOVE/NIKE</a>	FREE	EQUIPS EDUCATORS WITH THE KNOWLEDGE, TOOLS AND INSPIRATION TO IMPROVE BODY CONFIDENCE IN THE YOUNG PEOPLE THEY WORK WITH
BULLYING	<a href="#">EQUALITEACH</a>	FREE	SUPPORTS STAFF TO BE ABLE TO RECOGNISE AND RESPOND EFFECTIVELY TO INCIDENTS OF PREJUDICE AND BULLYING.
BULLYING	<a href="#">ANTI-BULLYING ALLIANCE</a>	FREE	PROVIDES PROFESSIONALS WITH A GOOD UNDERSTANDING OF THE DIFFERENCE BETWEEN BULLYING AND BANTER. HELPS TO PREPARE THE USER TO TAKE A WHOLE-ORGANISATIONAL ANTI-BULLYING APPROACH TO PREVENT THE MISUSE OF BANTER.
CHANGE AND LOSS	<a href="#">WINSTON'S WISH</a>	FREE	FREE BEREAVEMENT TRAINING TO HELP THEM TO UNDERSTAND HOW TO SUPPORT GRIEVING CHILDREN AND YOUNG PEOPLE IN THEIR SCHOOL
FINANCIAL EDUCATION	<a href="#">YOUNG ENTERPRISE &amp; YOUNG MONEY</a>	FREE	ONLINE TEACHER TRAINING COURSES FOR PRIMARY AND SECONDARY PHASES, HELP TO BUILD THE KNOWLEDGE AND CONFIDENCE TO DELIVER EFFECTIVE, RELEVANT AND AGE-APPROPRIATE FINANCIAL EDUCATION
GAMBLING	<a href="#">ENGLISH GAMBLING EDUCATION HUB</a>	FREE	PREVENTING GAMBLING HARMS IN 18-25 YEAR OLDS – NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET) AND EMPLOYED
LEADING PSHE	<a href="#">NATIONAL COLLEGE</a>	£300 + VAT	THIS RSHE/PSHE LEAD TRAINING COURSE PROVIDES THE KNOWLEDGE AND SKILLS NEEDED TO UNDERSTAND THE STATUTORY RSHE REQUIREMENTS, RECOMMENDED PSHE EXPECTATIONS AND DRIVE LOCAL ADAPTATION IN YOUR SCHOOL OR COLLEGE
MEDIA LITERACY	<a href="#">THE ECONOMIST EDUCATION FOUNDATION</a>	FREE	DESIGNED TO SUPPORT TEACHERS TO BRING DISCUSSIONS ABOUT THE NEWS INTO THEIR CLASSROOMS.

TOPIC	PROVIDER	COST	OVERVIEW
MENTAL HEALTH SIMILARITIES & DIFFERENCES	<a href="#">ANNA FREUD</a>	FREE	DESIGNED TO IMPROVE EDUCATION STAFF'S UNDERSTANDING OF THE IMPACT OF RACISM AND MENTAL HEALTH
RSE	<a href="#">BROOK LEARN</a>	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	<a href="#">NSPCC</a>	£9.50	ONLINE TRAINING TO SUPPORT SECONDARY SCHOOL TEACHERS AND LEADERS TO DELIVER INCLUSIVE SEX AND RELATIONSHIPS EDUCATION. INCLUDES ACCESS TO LESSON PLANS AND A DEDICATED SUPPORT HELPLINE.
RSE IN CATHOLIC SCHOOLS	<a href="#">CATHOLIC EDUCATION SERVICE (TEN TEN)</a>	FREE	ONLINE TRAINING TO SUPPORT CATHOLIC EDUCATION SETTINGS TO DELIVER RSHE IN A WAY THAT IS ALIGNED TO THEIR RELIGIOUS VALUES
SEXUALISED BEHAVIOUR	<a href="#">NSPCC</a>	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK
SEXUALISED HARASSMENT	<a href="#">UK FEMINISTA</a>	FREE	A 90 MINUTES COURSE THAT EQUIPS TEACHERS AND TRAINEE TEACHERS WITH THE KNOWLEDGE, TOOLS AND CONFIDENCE TO CHALLENGE SEXISM AND SEXUAL HARASSMENT IN THE CLASSROOM.

# PODCASTS

SUBSTANCES INC VAPING	<a href="#">TEACHERS TALK RADIO</a>	TOPICAL DISCUSSION ABOUT SOME OF THE CURRENT CHALLENGES FACING SCHOOLS AROUND DRUG TAKING AND VAPING. GUESTS INCLUDE JOHN REES.
MEDIA LITERACY	<a href="#">TEACHERS TALK RADIO</a>	FEATURING GUESTS FROM THE ECONOMIST EDUCATION FOUNDATION THIS SHOW TALKS ABOUT FAKE NEWS AND MEDIA LITERACY
COMMUNITIES	<a href="#">TEACHERS TALK RADIO</a>	DISCUSSES THE RECENT PROTESTS AND RIOTS THAT HAVE TAKEN PLACE ACROSS THE UK. WHAT SHOULD SCHOOLS DO? HOW SHOULD SCHOOLS REACT?
EFFECTIVE PSHE & SEND	<a href="#">TEACHERS TALK RADIO</a>	LOOKS AT THE PEDAGOGY OF INCLUSION, COMMON MISTAKES, CHALLENGES AND OPPORTUNITIES IN EVERY CLASSROOM AS WELL AS EXPLORING THE IMPORTANCE OF VARIOUS TRAINING ROUTES FOR TEACHERS TO ENHANCE THEIR KNOWLEDGE OF SEND.
MENTAL HEALTH	<a href="#">THE CHARLIE WALLER TRUST</a>	OPENS DIALOG ON MENTAL HEALTH AND THE HIGHS AND LOWS OF ADOLESCENTS. GINYA WILL BE JOINED BY FELLOW AMBASSADORS TO COVER A RANGE OF TOPICS CHOSEN FOR AND BY THE YOUTH AMBASSADORS WHILST POINTING YOU IN THE DIRECTION OF HELPFUL RESOURCES.
CONFLICT RESOLUTION	<a href="#">THE NATIONAL COLLEGE</a>	BRINGING EFFECTIVE, REASONABLE SOLUTIONS TO DISPUTES IS A DIFFICULT TALENT TO LEARN AND AN EVEN HARDER ONE TO MASTER. IT'S VITAL THAT PARENTS AND EDUCATORS KNOW HOW TO SUPPORT YOUNG PEOPLE IN DEVELOPING THIS CRITICAL SKILL. THIS WEEK'S PODCAST COVERS HOW BEST TO HELP CHILDREN MANAGE CONFLICTS!
GENDER	<a href="#">TOMORROW IS THE QUESTION</a>	WHAT'S ACTUALLY HAPPENING IN THE MANOSPHERE? HOW IS IT AFFECTING CHILDREN AND YOUNG PEOPLE? AND HOW MIGHT WE RESPOND? IN THIS EPISODE OF TOMORROW IS THE QUESTION, THE FULLY HUMAN PODCAST, JONO BAGGALEY CHATS TO PROFESSOR HARRIET OVER AND DR DAVID ZENDLE FROM THE UNIVERSITY OF YORK AND FULLY HUMAN'S OWN DR ELLY HANSON TO EXPLORE THEIR DEEP RESEARCH INTO THESE QUESTIONS.
GENDER	<a href="#">TOMORROW IS THE QUESTION</a>	COULD JAMES BOND BE A USEFUL SOURCE OF TEACHING ABOUT SEX, RELATIONSHIPS, GENDER NORMS AND MISOGYNY? IN THIS EPISODE OF TOMORROW IS THE QUESTION, JONO BAGGALEY CHATS TO DR IAN KINANE, EDITOR OF THE INTERNATIONAL JOURNAL OF JAMES BOND STUDIES, DR KATHY WESTON, FOUNDER OF TOOLED UP EDUCATION AND FULLY HUMAN'S DR ELLY HANSON TO EXPLORE BOND AS A PROBLEMATIC SYMBOL: A LOADED FIGURE OF SEX AND VIOLENCE AND POTENT STORE OF TEACHING MATERIAL FOR TEENAGERS.
GENDER	<a href="#">BBC</a>	ABOUT THE BOYS - HEAR FROM TEENAGE BOYS ACROSS THE UK ABOUT THEIR FEARS, WORRIES AND AMBITIONS
GENDER	<a href="#">THE CRIME ANALYST</a>	TWO EPISODES FEATURING ANDREW 'BERNIE' BERNARD WHO SHARES HOW HE USES THIS TO EDUCATE BOYS ABOUT COERCIVE CONTROL, MALE ENTITLEMENT, MISOGYNY AND SEXISM TO BREAK THE CYCLE. <a href="#">EPISODE TWO CAN BE FOUND HERE.</a>
DOMESTIC ABUSE	<a href="#">THE CRIME ANALYST</a>	TWO EPISODES FEATURING MICHAEL CONROY DISCUSSING WORKING WITH BOYS TO CHALLENGE SEXISM, RAPE, DOMESTIC ABUSE AND COERCIVE CONTROL, MISOGYNY AND PORN USE AND HIS WORK WITH DOMESTIC ABUSE PERPETRATORS. <a href="#">EPISODE TWO CAN BE FOUND HERE.</a>

DOMESTIC ABUSE	<a href="#">NSPCC</a>	FEATURES REPRESENTATIVES FROM CHILDLINE AND THE NSPCC HELPLINE DISCUSSING: WHAT CHILDREN ARE TELLING CHILDLINE ABOUT DOMESTIC ABUSE AND HOW THIS DIFFERS FROM WHAT ADULTS ARE TELLING THE HELPLINE; THE WAYS IN WHICH THE EFFECTS OF DOMESTIC ABUSE MAY PRESENT THROUGH A CHILD'S BEHAVIOUR; THE IMPORTANCE OF LISTENING TO THE VOICE OF THE CHILD; AND SAFEGUARDING ACTIONS FOR PROFESSIONALS WHO IDENTIFY DOMESTIC ABUSE.
SELF-HARM	<a href="#">THE ASSOCIATION FOR CHILD AND ADOLESCENT MENTAL HEALTH</a>	THE PODCAST DISCUSSES: THE PREVALENCE OF SELF-HARM AND RISK FACTORS; THE SUPPORT ACCESSED BY CHILDREN AND YOUNG PEOPLE WHO SELF-HARM; AND DIFFERENT DIGITAL INTERVENTIONS.
ONLINE SAFETY	<a href="#">THE NATIONAL COLLEGE</a>	MISINFORMATION, THE ABUSE OF AI, AND CONCERNING FINDINGS ABOUT ONE OF THE MOST POPULAR MESSAGING APPS ON THE MARKET. ALL THESE AND MORE ARE COVERED IN THE INAUGURAL EPISODE OF THE ONLINE SAFETY MONTHLY ROUNDUP, BRINGING YOU THE MOST PROMINENT NEWS FROM AUGUST 2024!
YOUTH VIOLENCE	<a href="#">THE BEN KINSELLA TRUST</a>	THE BEN KINSELLA TRUST HAS LAUNCHED A COMPELLING PODCAST SERIES TITLED "KNIFE CRIME: REAL STORIES, REAL PEOPLE", AIMED AT RAISING AWARENESS OF THE DEVASTATING IMPACT KNIFE CRIME HAS ON INDIVIDUALS, FAMILIES, AND COMMUNITIES.
EFFECTIVE PSHE	<a href="#">PSHE ASSOCIATION</a>	NICK CONSIDERS SOME WAYS OF DECONSTRUCTING A STORY, INCLUDING USING CASE STUDIES AND 'TIMELINE', IN ORDER TO HELP US USE IT TO EXPLORE ISSUES AND STRATEGIES IN PSHE.
EFFECTIVE RSE	<a href="#">NSPCC</a>	EXPLORES THE CHALLENGES TEACHERS CAN FACE WHEN TEACHING RSE. DISCUSSION POINTS INCLUDE: THE IMPORTANCE OF FOCUSING ON EQUALITY, DIVERSITY AND INCLUSION; THE IMPACT OF SOCIAL MEDIA ON THE WAY YOUNG PEOPLE LEARN ABOUT SEX AND RELATIONSHIPS; AND TAKING A WHOLE SCHOOL APPROACH TO DELIVERING RSE.
 DOMESTIC ABUSE	<a href="#">NSPCC</a>	IN THE EPISODE, EXPERTS FROM THE NSPCC HELPLINE AND CHILDLINE DISCUSS THE DIFFERENCES BETWEEN WHAT CHILDREN AND ADULTS TELL THE HELPLINES ABOUT THEIR EXPERIENCES, HOW DOMESTIC ABUSE MAY PRESENT ITSELF THROUGH A CHILD'S BEHAVIOUR AND THE IMPORTANCE OF LISTENING TO THE CHILD'S VOICE.
 EXPLOITATION	<a href="#">CHILDREN &amp; YOUNG PEOPLE'S CENTRE FOR JUSTICE</a>	FEATURES ACADEMICS FROM BLACK BOX RESEARCH & CONSULTANCY ADDRESSING AUDIENCE QUESTIONS AND EXPLORING THE COMPLEX REALITIES OF EXPLOITATION THAT CHILDREN AND YOUNG PEOPLE FACE.



IF YOU WANT TO SHARE A PODCAST, TRAINING OR DOCUMENTARY YOU'VE FOUND USEFUL FOR YOUR PRACTICE PLEASE [EMAIL NATALIE](#)

# DOCUMENTARIES

THIS LIST IS NOT ABOUT DOCUMENTARIES THAT ARE SUITABLE FOR YOUNG PEOPLE - YOUNG PEOPLE STATE THEY DON'T WANT VIDEOS ANY LONGER THAN 15 MINUTES IN THEIR SESSIONS BUT TO GIVE PROFESSIONALS GREATER KNOWLEDGE INTO VARIOUS PSHE TOPICS

BBC	29 MINUTES	<a href="#"><u>JORDAN NORTH THE TRUTH ABOUT VAPING</u></a>	JORDAN NORTH ASKS, SHOULD I QUIT VAPING? IS IT BAD FOR ME OR NOT? TO FIND OUT, HE UNCOVERS THE TRUTH ABOUT VAPING AND REALISES THERE'S A LOT HE DIDN'T KNOW
BBC	58 MINUTES	<a href="#"><u>MURDER GAMES: THE LIFE AND DEATH OF BRECK BEDNAR</u></a>	DOCUDRAMA TELLING THE TRUE STORY OF BRECK BEDNAR, A 14-YEAR-OLD SCHOOLBOY WHO WAS LURED TO HIS DEATH AFTER BEING GROOMED ONLINE BY LEWIS DAYNES WHILE GAMING.
BBC	30 MINUTES	<a href="#"><u>MY MURDER</u></a>	THE SHOCKING STORY OF GEMMA, A YOUNG WOMAN WITH A LEARNING DISABILITY WHO WAS ABANDONED BY THE SYSTEM AND BRUTALLY MURDERED BY PEOPLE SHE THOUGHT OF AS FRIENDS.
BBC	53 MINUTES	<a href="#"><u>ZARA MCDERMOTT - REVENGE PORN</u></a>	WHEN ZARA MCDERMOTT LEFT LOVE ISLAND IN 2018, SHE WAS TOLD THAT NAKED PHOTOS OF HER WERE CIRCULATING WORLDWIDE. NOW SHE'S LOOKING FOR ANSWERS.
BBC	58 MINUTES	<a href="#"><u>ZARA MCDERMOTT - UNCOVERING RAPE CULTURE</u></a>	ZARA MCDERMOTT UNCOVERS A 'RAPE CULTURE' RAGING IN BRITAIN'S SCHOOLS. SHE SPEAKS FOR THE FIRST TIME ABOUT HER OWN SEXUAL ASSAULT BY A SCHOOLBOY, AND ASKS WHAT NEEDS TO CHANGE.
BBC	58 MINUTES	<a href="#"><u>ZARA MCDERMOTT - DISORDERED EATING</u></a>	RECORD NUMBERS OF YOUNG PEOPLE ARE BEING TREATED FOR EATING DISORDERS. ZARA MCDERMOTT EXPLORES THE REASONS BEHIND THIS EXPLOSION AND ASKS IF SOCIAL MEDIA IS PART OF THE PROBLEM.
BBC	57 MINUTES	<a href="#"><u>JESY NELSON - ODD ONE OUT</u></a>	LITTLE MIX STAR JESY NELSON GOES ON A JOURNEY OF REHABILITATION AS SHE OPENS UP ABOUT ABUSE SHE HAS SUFFERED AT THE HANDS OF CYBERBULLIES AND ITS EFFECTS ON HER MENTAL HEALTH.
BBC	45 MINUTES	<a href="#"><u>MYLEENE: MISCARRIAGE AND ME</u></a>	BROADCASTER AND MUSICIAN MYLEENE KASS DISCUSSES THE TRAUMA OF HER MISCARRIAGES, WITH THE AIM OF BREAKING THE TABOO WHICH OFTEN SURROUNDS THIS TYPE OF PREGNANCY LOSS. MYLEENE OPENS UP TO HER HUSBAND FOR THE FIRST TIME AND MEETS WOMEN FROM ACROSS THE COUNTRY WHO SHARE THEIR EXPERIENCES OF BABY LOSS, INCLUDING CLOSE FRIENDS AND
BBC	180 MINUTES (3 X 60 MINS)	<a href="#"><u>THREE GIRLS</u></a>	THE TRUE STORY OF THE YOUNG VICTIMS IN THE 2012 GROOMING AND SEX TRAFFICKING CASE IN ROCHDALE.
BBC	59 MINUTES	<a href="#"><u>MATT WILLIS: FIGHTING ADDICTION</u></a>	THIS RAW DOCUMENTARY SEES BUSTED'S MATT WILLIS OPEN UP ABOUT HIS STRUGGLES WITH ADDICTION AND THE PRESSURE IT PUTS ON HIS FAMILY, AS WELL AS LOOKING INTO WHAT HELPS HIM AND OTHERS STAY CLEAN.
BBC	59 MINUTES	<a href="#"><u>THE REAL MO FARAH</u></a>	MO FARAH REVEALS THE TRUTH ABOUT HIS CHILDHOOD, THE JOURNEY HE MADE TO THE UK AS A YOUNG BOY, AND THE SUBSEQUENT YEARS THAT LED TO HIM WINNING TWO GOLD MEDALS AT THE 2012 OLYMPICS.

BBC	58 MINUTES	<u>ROMAN KEMP: OUR SILENT EMERGENCY</u>	ROMAN KEMP EXPLORES THE MENTAL HEALTH AND SUICIDE CRISIS AFFECTING YOUNG MEN. WHEN ROMAN LOST HIS BEST FRIEND, HE HAD NO IDEA HE WAS STRUGGLING. NOW, ROMAN IS SEARCHING FOR ANSWERS.
BBC	59 MINUTES	<u>LEIGH-ANNE: RACE, POP AND POWER</u>	LITTLE MIX'S LEIGH-ANNE PINNOCK EXPLORES RACISM ACROSS THE MUSIC INDUSTRY AND CONFRONTS HER OWN EXPERIENCES AS THE ONLY BLACK MEMBER OF THE BAND.
BBC	27 MINUTES	<u>HIDDEN GIRLS</u>	A LOOK AT THE HIDDEN WORLD OF GIRLS IN GANGS AND THE EXTENT TO WHICH TEENAGE GIRLS ARE BEING CRIMINALLY AND SEXUALLY EXPLOITED.
BBC	59 MINUTES	<u>DRIVEN: THE BILLY MONGER STORY</u>	FOLLOWING THE REMARKABLE STORY OF 18-YEAR-OLD BILLY MONGER AS HE ATTEMPTS TO BECOME THE FIRST EVER AMPUTEE TO RACE COMPETITIVELY IN A SINGLE-SEATER RACING CAR.
BBC	59 MINUTES	<u>IS THIS SEXUAL HARASSMENT</u>	SOCIAL EXPERIMENT HOSTED BY JOURNALIST AND PRESENTER BEN ZAND IN WHICH A GROUP OF PEOPLE COME TOGETHER TO TRY TO UNDERSTAND WHAT CONSTITUTES SEXUAL HARASSMENT.
BBC	59 MINUTES	<u>IS THIS COERCIVE CONTROL</u>	JOURNALIST AND PRESENTER ELLIE FLYNN BRINGS TOGETHER A GROUP OF 20 YOUNG PEOPLE AGED 18-25 FOR A SOCIAL EXPERIMENT, TO SEE IF THEY UNDERSTAND WHAT CONSTITUTES COERCIVE CONTROL.
BBC	59 MINUTES	<u>EMILY ATAK: ASKING FOR IT</u>	ACTRESS EMILY ATAK EXPLORES WHY SHE IS SEXUALLY HARASSED ONLINE ON A DAILY BASIS AND SEEKS TO UNDERSTAND WHY THE BLAME FOR UNWANTED SEXUAL ATTENTION IS SO OFTEN PUT ON THE VICTIM.
BBC	57 MINS	<u>ME, MY BROTHER AND OUR BALLS</u>	AN INTIMATE, PERSONAL AND HUMOUR-FILLED LOOK INTO THE INS AND OUTS OF MALE FERTILITY WITH LOVE ISLAND STAR CHRIS HUGHES AND HIS BROTHER BEN.
CHANNEL 4	47 MINUTES	<u>CONSENT</u>	OLD AND AUTHENTIC DRAMA SET AT AN ELITE SCHOOL WHERE THE LINES OF SEXUAL CONSENT ARE DANGEROUSLY BLURRED. WHEN A SERIOUS ACCUSATION IS MADE AGAINST 'ONE OF THEIR OWN', HOW WILL THE SCHOOL REACT?
CHANNEL 4	47 MINUTES	<u>UNDERCOVER: SEXUAL HARASSMENT - THE TRUTH</u>	ELLIE FLYNN GOES UNDERCOVER, EXPOSING THE HARSH REALITY OF SEXUAL HARASSMENT AGAINST WOMEN AND GIRLS IN BRITAIN TODAY, FROM 'DICK PICS' TO BEING FLASHED, GROPED, SPIKED AND RAPED
NETFLIX	1 HOUR 34 MINUTES	<u>THE SOCIAL DILEMMA</u>	THIS DOCUMENTARY-DRAMA HYBRID EXPLORES THE DANGEROUS HUMAN IMPACT OF SOCIAL NETWORKING, WITH TECH EXPERTS SOUNDING THE ALARM ON THEIR OWN CREATIONS.
BBC	3 X 29 MINUTES	<u>TEEN PREDATOR/ONLINE KILLER</u>	DOCUMENTARY THAT SHARES HOW A CATFISH KILLER WAS CAUGHT IN NORTHERN IRELAND

NEW

 BBC	60 MINUTES	<u><a href="#">IRRESISTIBLE: WHY WE CAN'T STOP EATING</a></u>	CHRIS VAN TULLEKEN (KEY NOTE SPEAKER AT THE PSHE ASSOCIATION CONFERENCE) SHARES A PERSONAL VIEW AT WHY ULTRA-PROCESSED FOODS ARE SO IRRESISTIBLE AND HOW THEY HAVE COME TO DOMINATE FOOD CULTURE
 BBC IPLAYER	59 MINUTES	<u><a href="#">ROSE AYLING-ELLIS: SIGNS FOR CHANGE</a></u>	EXPLORES WHETHER SOCIETY IS ADAPTING FAST ENOUGH TO ALLOW EQUALITY AMONGST THE DEAF AND HEARING WORLDS, ROSE CHALLENGES THE PERCEPTION OF DEAFNESS AS SOMETHING THAT NEEDS TO BE CURED, AND HIGHLIGHTS THE BEAUTY OF SIGN LANGUAGE AND THE DEAF EXPERIENCE.
 CHANNEL 4	10 MINUTES	<u><a href="#">DEEFAKE PORN</a></u>	IN AN EXCLUSIVE INVESTIGATION, CHANNEL 4 NEWS REVEALS MORE THAN 250 FAMOUS BRITONS HAVE BEEN TARGETED BY SEXUALLY EXPLICIT DEEFAKE IMAGES
 BBC	58 MINUTES	<u><a href="#">KILLED BY MY DEBT</a></u>	DOCUDRAMA ABOUT 19-YEAR-OLD JEROME ROGERS, WHO FOUND HIMSELF UNDER A CRUSHING DEBT AND WHO EVENTUALLY TOOK HIS OWN LIFE AS A CONSEQUENCE.
 BBC	75 MINUTES	<u><a href="#">MURDERED BY MY FATHER</a></u>	POWERFUL CONTEMPORARY DRAMA. A YOUNG WOMAN FALLS IN LOVE WITH THE WRONG MAN, WITH TRAGIC CONSEQUENCES FOR EVERYONE.
 BBC	59 MINUTES	<u><a href="#">MURDERED BY MY BOYFRIEND</a></u>	DRAMA TELLING THE TRUE STORY OF WHAT HAPPENS TO A TEENAGE GIRL WHEN SHE FALLS IN LOVE WITH THE WRONG MAN, A CHARMER WHO ENDS UP DOMINATING EVERY ASPECT OF THE YOUNG WOMAN'S LIFE.
 BBC	50 MINUTES	<u><a href="#">ABUSED BY MY GIRLFRIEND</a></u>	THE REMARKABLE STORY OF ALEX SKEEL, A 23-YEAR-OLD MAN FROM BEDFORD WHO SURVIVED AN ABUSIVE RELATIONSHIP WITH HIS GIRLFRIEND JORDAN WORTH.
 BBC	57 MINUTES	<u><a href="#">HUNTING THE CATFISH CRIME GANG</a></u>	HAVING POSTED HIS LIFE ON SOCIAL MEDIA, JAMES BLAKE FOUND THAT HIS IDENTITY WAS STOLEN AND USED IN SCAMS. IN A FIGHT TO GET HIS IDENTITY BACK, HE UNCOVERS A WORLD OF ORGANISED CRIME
 BBC	59 MINUTES	<u><a href="#">ALEX BROOKER: DISABILITY AND ME</a></u>	COMEDIAN AND TV PRESENTER ALEX BROOKER EXAMINES HIS DISABILITY TO ACKNOWLEDGE FOR THE FIRST TIME HOW MUCH IT IMPACTS ON WHO HE IS.
 ITV	120 MINUTES	<u><a href="#">A TIME TO DIE</a></u>	DOCUMENTARY EXPLORING THE HUMAN COST OF BRITAIN'S CURRENT LAW ON ASSISTED DYING. HEAR THE MOVING STORIES OF FIVE PEOPLE WHO ALL WANT THE RIGHT TO DIE WHEN THEY WISH.

## NEXT MONTH (JANUARY)...

### Resources & Materials for:

- 1-28 LGBT History
- 3-9 Children's Mental Health Week
- 6 Time to Talk Day
- 6 International Day of Zero Tolerance to FGM
- 9 World Toothache Day
- 11 Safer Internet Day
- 14-20 Kindness Week
- 15 International Childhood Cancer Day
- 24-2 (Mar) Eating Disorders Awareness Week

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

THANK YOU SO MUCH FOR THE HOSTING THE CONFERENCE LAST WEEK! IT WAS, EXTREMELY WELL PLANNED, AND INSIGHTFUL. BRILLIANT TO SHARE IDEAS AND BEST PRACTICE WITH OTHER PROFESSIONALS IN SIMILAR FIELDS. WAS LOVELY TO HEAR FROM THE YOUNG PEOPLE AND OFSTED, MYSELF, AND OTHER MEMBERS OF MY SCHOOL WALKED AWAY WITH LOTS OF INFORMATION AND RESOURCES. THANK YOU SO MUCH!

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

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



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

