



COVERED IN THIS MONTH'S NEWSLETTER:

Meeting Recordings

Dates for your diary

Supporting Parents and Carers

What's out there: Social Media, TV & News

Update from National Partners:

- Transition Resources
- Research Opportunities
- NSPCC Update
- Children's Commissioner Update
- Young Carers
- Online Safety
- Prevent Duty
- Sexualised Behaviours
- Youth Violence
- Mental Health
- Nitrous Oxide
- Vaccinations

Update from Local Partners:

- Vaping
- Careers Hub
- Ditch the Blade
- Newsletters from Partners
- MPFT Co-production Opportunity
- Staffordshire Co-production Promise
- Staffordshire Police's PSHE Offer

Resources to support key dates/themes:

- World Mental Health Day
- Bonfire Night
- UK Parliament Week
- Anti-bullying Week
- Road Safety Week
- International Men's Day
- International Day for Elimination of VAWG

...& PSHE Series - New packs launched

- Bullying
- Pressure

Best Practice Guidance - New pack launched

- Creating a Safe Learning Environment

Training Opportunities

MEETING RECORDINGS:

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

PSHE Leads Meetings

Bitesize Practice Development Webinars

Here are the links to the latest recordings:

Vaping - from September 2023

UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 17th October 2023 4-5pm - Signposting and Safeguarding
- 30th November 2023 4-5pm - Using non-specialists to deliver PSHE
- 1st February 2024 4-5pm - CPD in PSHE
- 12th March 2024 4-5pm - Ensuring PSHE is inclusive
- 15th May 2024 4-5pm TBC
- 11th July 2024 4-5pm - Planning a PSHE Curriculum

Bitesize Practice Development Sessions:

- 18th October 2023 4-5pm - FGM Awareness
- 9th November 2023 4-5pm Improving Health Literacy
- 5th December 2023 4-5pm - Modern Slavery

SUPPORTING PARENTS AND CARERS



The DfE statutory guidance highlights that parents and carers are the first teachers of their children and they have significant influence in enabling their children to grow and mature and to form healthy relationships.

The best PSHE education is a partnership between parents/carers and education settings. The Pan-Staffordshire PSHE Education Service recognises the importance of parents and carers accessing information that is consistent and is from a trusted source. For them to know what is included within the curriculum to be able to extend the consistent messaging at home and give children and young people the opportunity to talk openly.

The conversations will help children and young people to:

- Have the confidence to speak up if something is worrying them
- Identify healthy relationships
- Make safer, healthier choices
- Resist pressure
- Be more confident

To support parents and carers across Staffordshire and Stoke-on-Trent we have developed a specific area of our website with links to trusted sources of information about a range of topics links to PSHE and training opportunities to help develop their own knowledge.

| The links below provide information to help build confidence in parents and carers to have discussions on these topics with their children and young people. | | |
|--|--|----------------------|
| General Advice | The NSPCC has collated a guide to help parents and carers start the conversations about "difficult" subjects that you need to have if you want to keep your child safe. | Link |
| Being Healthy | The University of Bath has produced a guide for parents and carers of children aged 4-11 years to help them talk about weight in a positive way. | Link |
| Being Healthy | Tips and resources for families to be healthy including recipes, activity ideas and food swap suggestions. | Link |
| Bullying | Advice for parents and carers from the NSPCC to help keep children safe from bullying, wherever it happens. | Link |
| Bullying | From the Anti-Bullying Alliance and Kidscape this tool is designed for parents and carers to give them information about bullying, tips on what to do if worried about bullying and the tools to help conversations with children and young people around the topic. | Link |
| Consent | Use Pantosaurus to talk PANTS and keep children safe from sexual | Link |

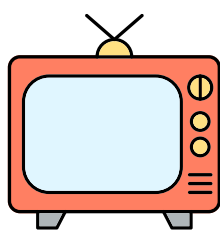
We are encouraging education settings to signpost parents and carers to the website to help them link to what is being taught within the curriculum.

Using distancing techniques creates a safe learning environment which keeps everyone in the classroom safe, regardless of beliefs or experience. Parents and Carers have an opportunity to talk about familial beliefs and values which together create the best PSHE education experience for children and young people.

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.



Netflix's *Top Boy* return for a fifth series (third on Netflix). The programme explores crime, violence, gangs, substances and county lines.

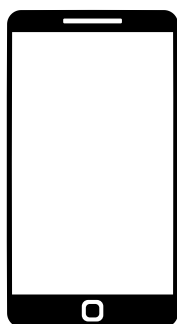
Sex Education also returns to Netflix for its final series. This season explores identity, relationships, friendships, VAWG, sending nudes, gender and sexuality.

The Guardian reports that more than 1 million children in UK sleep on the floor or share a bed with a sibling because families cannot afford to replace a bed.



Gillian Keegan MP announced a ban on mobile phones in schools
Prime Minister Rishi Sunak pledged to raise the smoking age by one year every year so that a 14 years old today will never be able to legally buy cigarettes.

The BBC reports a British Soldier took her own life after sexual harassment from her boss.



The hashtags #applecidergummies and #applecidervinegargummies have a total of 81.3 million uses on TikTok, with many users touting various 'health' benefits, including weight loss. Not only do health hacks and weight loss solutions promote misleading and potentially dangerous information, but they can also encourage disordered eating patterns for children and young people.



UPDATE FROM NATIONAL PARTNERS

TRANSITION RESOURCES

Anna Freud have released a new animation and accompanying toolkit to support young people who have recently started Year 7, or will be preparing to transition to secondary school later in the year. They have been developed in collaboration with young people, teachers and mental health experts.

RESEARCH OPPORTUNITIES

UCL are running a new study about young people's emotions and are looking for **secondary schools** to get involved. Participating schools will be compensated with items of their choice including tablets and other equipment, as well as talks from researchers at UCL about mental health or careers. Students will also be compensated for their time.

The Pears Family School are looking for **primary and secondary school** staff to pilot a new training on working with parents. Register your interest for a chance to take part.

CEOP are looking to fill their last few places for **schools with Year 8 and Year 9** students to be involved in a randomised control trial to evaluate the effectiveness of Send me a pic? As a thank you each school will receive, £500, CPD from CEOP worth up to the value of £600. Schools must express their interest by 13th October 2023.

NSPCC

The NSPCC has launched Building Connections, a new online service developed to help young people tackle loneliness. Young people, aged up to 19 years, work through the online Building Connections programme over 11 weeks, with the support of a trained befriender. Details on how Professionals can refer to the service can be found here.

The NSPCC has expanded their PANTS resources available to pre-school and primary schools settings. There are now:

- Activity suggestions for pre-schools and nurseries that provide opportunities to introduce to PANTS rules.
- Lesson plans as part of a spiral curriculum for 5-7 years and 7-9 years and 9-11 years
- Specific lesson for SEND (specifically moderate learning difficulties, additional needs and/or autism and can be further adapted for children with severe learning needs
- Comprehensive, Guidance Resource exploring how to use the resources when teaching children about PANTS. This includes information about safeguarding, creating a safe learning environment, curriculum links, further support, and a template letter to parents and carers.
- A school display pack and poster

These resources have received the quality mark from the PSHE Association.

CHILDREN'S COMMISSIONER UPDATE



The Children's Commissioner for England has launched The Big Ambition, a campaign to gather thoughts and ideas from children, young people and families across England on improving child welfare. The campaign aims to hear children and young people's opinions on what needs to be done to make their and their peers' lives better in England and encourage policymakers to think about children's needs.

The survey is for children and young people aged 6-18 and parents of children and young people aged 0-18 to capture the voices of all children in England and is open until Friday 15th December.

Two Lesson plans have been developed for Primary and Secondary Schools, that could be adapted for youth organisations. A 40 minute long format lesson and a shorter 20 minute lesson plan to help children and young people understand how they can have their voices heard and participate in The Big Ambition survey,

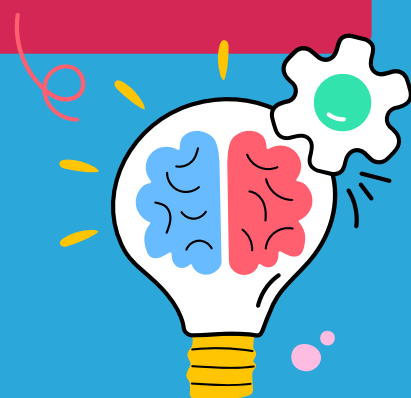
YOUNG CARERS



Carers Trust, The Children's Society and members of the Young Carers Alliance are marking the start of a new academic year by encouraging schools to take on a challenge that will improve the education and life chances of hundreds of thousands of young people across the UK.

The Young Carers Challenge was launched in September for schools to commit to better support young carers through schools.

Locally, the Staffordshire Together for Carers Service provides a bespoke schools programme to help schools to identify young carers and provide interventions, delivers training to staff to raise aware about young carers and assemblies for children and young people to enable them to better describe the challenges faced by young carers and the impact of being a young carer. The service can be contacted via email at enquiries@staffordshiretogetherforcarers.org.uk



ONLINE SAFETY

The Online Safety Bill passed its final stages in the House of Lords on the 19th September 2023. This paves the way for the Bill to receive Royal Assent once the Commons have been notified (after the conference recess). This new piece of law will radically change the landscape for children online.

Once it is law, online and social media companies will be expected to remove any illegal or harmful content quickly or stop it from being uploaded in the first place. This includes posts promoting abuse, eating disorders or bullying.

Companies will also need to enforce age limits and put age-checking measures in place. This means apps like TikTok will enforce their 13+, so children under this age will not be able to have an account.

If companies do not do this OFCOM - the media regulator - will be able to issue fines of up to £18million or, in some instances company bosses could face prison sentences.

Snapchat has announced significant enhancements to its platform aimed at ensuring the safety of its teenage user base. The parent company, Snap, is rolling out a suite of new features and policies geared toward better safeguarding 13- to 17-year-old users.

The Professionals Online Safety Helpline (POSH) has published new guidance to help educators and professionals working with young people.

The guidance aims to answer frequently asked queries on topics including reporting content of concern on social media, impersonation on social media platforms, and responding to incidents of young people sharing nude images online.

Amaze.org have produced a short video for young people around Sextortion: Online Coercion and Blackmail.

PREVENT DUTY

In September the Home Office updated the Prevent Duty Guidance for England and Wales. The guidance to support education settings has also been updated.

The Extremism & PSHE pack helps professionals working with children and young people to confidently facilitate PSHE sessions and the Resource Library contains packages from DfE and London Grid for Learning, Educate Against Hate, and the Quality and Human Rights Commission amongst others to help education settings utilise their PSHE education sessions to build children and young people's resilience to extremist ideology.

SEXUALISED BEHAVIOURS

It was great to meet so many readers of the PSHE Digest at the Staffordshire Education Safeguarding Event last Friday at the County Showground. I had the privilege of presenting alongside Liz Fuller, Deputy Principle Social Worker for Staffordshire County Council on our local Harmful Sexualised Behaviours Strategy and discuss how PSHE education can help tackle these types of behaviours.

As a reminder we launched our Sexualised Behaviours & PSHE pack last year, which includes the Staffordshire process on what to do following identification of a sexualised behaviour.

The Lucy Faithful have launched Shore - a safe space for teenagers worried about sexualised behaviour. The aim of this website is to prevent harmful sexual behaviours among young people and is for anyone who has questions about healthy sexual relationships,, wants to change their own behaviour and/or is looking for reliable information to help them respond to someone else's behaviour. Please add this website to your list of signposting organisations for any PSHE sessions relating to this topic.



YOUTH VIOLENCE

The guidance around Joint targeted area inspections (JTAI) of the multi-agency response to youth violence was published at the end of September. Education Settings need to demonstrate their contribution to a well-coordinated multi-agency response and evidence how they work with other to ensure preventative work is taking place. Showing how you utilise the PSHE Digest and & PSHE packs can help towards this.

For education settings, JTAs are carried out by inspectors from OFSTED, other sectors are inspected by their regulatory body the CQC, His Majesty's Inspectorate of Constabulary and Fire & Rescue Services and His Majesty's Inspectorate of Probation.

The Serious Violence Duty highlights that partnership work and good engagement and involved with communities are essential. The Stoke-on-Trent and Staffordshire Violence Reduction Alliance is the local multi-agency partnership that aims to work together to strengthen the visibility, early identification and partnership response to prevent violence and its associated harms.

To receive news about the work the Alliance is undertaking please email: ssvra@staffordshire-pfcc.gov.uk or visit the website.

MENTAL HEALTH

The Charlie Waller Trust has worked with the University of Oxford, young people, researchers and clinicians to produce education packs that contain a series of lessons for KS3 (11-14 years old) and KS4 (14-16 years old). For each topic there are two lesson plans, two sets of PowerPoint slides and accompanying worksheets and videos.

There are also resources that have been designed to support young people aged 11-16 who may have additional learning needs.

You need to sign up to be able to access the resources. You can sign up here.

There is also a guide to help parents and carers to have conversations at home there is also a practical guide for them.

The recent Girl guiding report found that: 9 out of 10 7- to 21-year-olds were worried or anxious; 17% reported feeling very happy compared with 40% in 2009; the sharpest drop in happiness was reported in 7- to 10-year-olds, with 28% responding that they were happy compared with over 50% in 2009; and sources of concern reported by participants included online abuse and sexual harassment. The Children's Society annual Good Childhood report also found that 10% of children aged 10-17 years who completed the survey in May and June 2023 had low wellbeing.

NITROUS OXIDE

The BBC has reported that the government plan to re-classify Nitrous Oxide (laughing gas) as a class C drug, and make it illegal by the end of the year. Re-classification will make possession a criminal offence and incur a prison sentence of up to two years.

It is important to work with staff and young people to make them aware of these changes.

This video by Re-Solv, based in Stafford, shares information about Nitrous Oxide.

VACCINATIONS

NHS England is urging parents and carers to check that their children are up to date with their MMR (Measles, Mumps and Rubella) vaccinations in the wake of measles cases rising across the country. Childhood vaccination rates have fallen over the past ten years and statistics show that over 102,000 children aged four and five years old starting in reception are not protected against catching measles, mumps, and rubella.

The Oak National Academy has resources for Key Stage 3 (11-14 years) to help young people to understand vaccinations.

UPDATE FROM LOCAL PARTNERS

VAPING

Staffordshire County Council's Trading Standards officers, supported by Staffordshire Police and Newcastle Borough Council licensing team, seized 1,397 illegal single use nicotine inhaling vapes worth £18,161 at four premises in Newcastle and Uttoxeter.

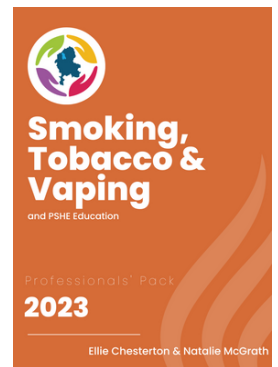
Officers seized some oversized products offering up to 14ml capacity, with an estimated 9,000 puffs - this is seven times the legal limit.

If professionals are concerned about the sales of illegal products they can contact a confidential helpline on 01785 330 356.

Everyone's Health, who delivered our Bitesize Practice Development webinar last month, have created useful vaping guides for:

- Parents and Carers
- Under 11 years old
- 12-17 years old
- Teachers (secondary school)
- Youth Groups

You will also find resources on the website to support your PSHE delivery on this topic alongside our Smoking, Vaping, Tobacco & PSHE pack for professionals..



CAREERS HUB

The PSHE Education Service and Stoke-on-Trent and Staffordshire Careers Hub have begun to work closer together to support secondary education settings with their careers education, where it relates to PSHE education.

A report by the Princes Trust and LADBible report shows that Gen Z feel they cannot aim for their dream job due to lack of opportunity. Other factors holding young people back are money (35%), lack of self-confidence (32%), lack of experience (33%) and the increased cost of living (30%).

The Future Skills Questionnaire should be carried out with pupils on an annual basis starting from Year 7. This provides the opportunity for young people to reflect on their career-related knowledge and skills and for schools to think about how best to help them achieve these aspirations and the relevant skills for that career.

Make sure you are benchmarking the careers activity for your school or college against the eight benchmarks of best practice - known as the Gatsby Benchmarks. This can be done in as little as 30 minutes by using the Compass Benchmark Tool you can then identify strengths and areas for improvement which recommended resources to help you achieve each benchmark.

STAFFORDSHIRE POLICE – DITCH THE BLADE

Colleagues at Staffordshire Police have asked us to remind you of the upcoming Ditch the Blade week of action - November 13-19th. During this campaign week, Staffordshire Police and partners will carry out awareness raising activities, to highlight the dangers and consequences of knife crime, so you may see increased coverage on the topic during this time.

Staffordshire Police have shared a [letter for parents and carers](#) and asked that this be shared no later than **27th October 2023**.

A reminder of the [Staffordshire Police education offer](#) which includes a Knife Crime session for KS3 - Year 9. This is a year-round, class-sized offer to fit in with your curriculum and is delivered by local PCSOs. For more information or to be linked in with your local PCSO, please email pshe.education@staffordshire.police.uk



The [Knife Crime & PSHE](#) guidance provides key information including local processes, signposting and links to the curriculum. This can be found in the resource library along with other materials to support you in covering this topic.

NEWSLETTERS FROM PARTNERS

The 19th Issue of [Kind Minds](#) was published in September with information about the Mental Health Leads Network Meetings and accessing grants for Senior Mental Health Leads Training.



MPFT CO-PRODUCTION OPPORTUNITY

Midlands Partnership Foundation Trust (MPFT) is the provider of specialist CAMHS in South Staffordshire, along with a wide range of Children's community services. One of their key strategic priorities is improving how they involve children and young people in shaping their services.

To help achieve this MPFT are working in partnership with Gill Phillips, owner, and founder of 'Whose Shoes' which is a board game that can be used as a tool for co-production.

The game is already established and popular in maternity services and MPFT are working with Gill to expand the range of scenarios so 'Whose Shoes' can be used in other contexts. As with many board games the game involves rolling a dice, moving a shoe and landing on a colour, with each colour representing a different perspective:

- Professional;
- Parent;
- Young Person
- Someone with power.

The player then turns over a card and reads a perspective. To do this MPFT are crowd-sourcing material for the cards and are seeking involvement from anyone who has a perspective to share. This could include professionals or young people.

To get involved you are invited to dive into the Padlet and make a contribution, or perhaps challenge the young people you work with to write short poems for the 'poets' corner', linking it to the PSHE or literacy curricular. Perhaps they'd like to contribute artwork or a cartoon instead?

Equally MPFT would love to hear from professionals sharing their perspective by adding a comment or draft scenario or sharing something more creative with on the board.

Finally, if you'd like to learn more about this project, or get involved in hosting or participating in a workshop to actually play the game once it's developed please contact Lyse Edwards.

STAFFORDSHIRE CO-PRODUCTION PROMISE

In 2022 Staffordshire Council of Voluntary Youth Services (SCVYS) was asked to support the creation of a Staffordshire Co-production Promise for the Children and Families system, as well as creating a toolkit to support those people responsible for providing services to enable them to do co-production well.

This promise was formally launched at the Staffordshire County Showground on Tuesday 3rd October 2023.

The Promise needed to include a local definition of co-production and some shared commitments to improve the experience of support as well as the outcomes from that support for families.

The content of this Promise has been co-produced by local children, young people, parents, carers, adults and professionals from across the support system over the last 18 months.

STAFFORDSHIRE POLICE

EARLY INTERVENTION AND PREVENTION IN SCHOOLS



EMAIL US TO BOOK OR FOR MORE INFO



PSHE.EDUCATION@STAFFORDSHIRE.POLICE.UK

OUR OFFER

WHO WE ARE?

We train and support a group of PCSOs, who work in the local community to deliver our education sessions and programmes across Staffordshire and Stoke on Trent. We believe that education is an important element of early intervention as getting it right helps children and young people to stay safe, recognise the consequences of their decisions and seek help when necessary. It also supports positive interactions between children and young people and the police. This ultimately prevents them becoming involved in the criminal justice system.

WHAT WE DO?

We recognise that police contribute to education work best when integrated into planned lessons, and Personal, Social, Health and Economic (PSHE) education is the ideal curriculum for this work.

We have created a programme designed for Primary and Secondary, delivered to class-sized groups, that can add value to education settings and increase children and young people's knowledge about the law and the consequences of breaking the law; allowing them gain a greater understanding about how to keep themselves safe and of the role of the Police in communities. We are committed to the PSHE Education Charter for Staffordshire and Stoke-on-Trent that ensures consistent and quality delivery.

PRIMARY

People who keep me safe - KS1 (5-6 years old)

This session introduces children to the police, they learn about the different roles of the police, the equipment the police have and get to look inside a police vehicle.

Keeping Safe - KS2 (9-10 years old)

This session explores different risks (both online and offline) and enables the creation of strategies on how children can stay safe.

SECONDARY

Healthy Relationships- KS3 (11-12 years old)

This workshop supports young people to identify what makes a healthy relationship, explores strategies to respond to pressure and challenges some perceived social 'norms'

Exploitation- KS3 (12-13 years old)

This workshop enables young people to recognise exploitation, to name the different types of exploitation, to recognise how the police respond to exploitation and to list who to talk to if they have any concerns.

Knife Crime- KS3 (13-14 years old)

Exploring why young people may choose to carry a bladed weapon, and the role and responsibilities of the police this session enables participants to recognise the potential consequences of carrying weapons for both victims and offenders and list who can provide support.

RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. You can view the full year calendar [here](#).

WORLD MENTAL HEALTH DAY - 10 OCT

In addition to resources shared last month for this date, ITV have launched a new initiative at the end of September under the UK's most recognised mental health campaign "Britain Get Talking". The broadcaster is encouraging every school in the country to set a different kind of homework ahead of World Mental Health Day on 10th October. Designed in collaboration with a psychologist and the teaching community, the task encourages young people to have a proper chat with an adult they trust about the hardest subject on their minds.

Ant and Dec continue to front ITV's Britain Get Talking campaign, following on from the initial launch in 2019. The iconic duo feature in a fun and interactive [assembly film](#) (a BSL version is available) which teachers are able to use to help explain the homework to their pupils and parents or carers. To access the homework task click [here](#).

BONFIRE NIGHT - 5 NOV

[Safe+Sound weekly online programme](#) will have both Bonfire and Halloween safety advice and information for Key Stage 2 children on the 25th October at 10am. This programme will then also be available to watch on demand from Friday 27th October. Content is provided by; Staffordshire Fire & Rescue Service, British Firework Association and Staffordshire Safer Roads Partnership.

For PSHE Association members, there is a [Firework safety lesson pack](#) to support KS2 and KS3 pupils to engage in safe celebrations during events such as Bonfire Night, Lunar New Year, Diwali and New Year's Eve. The KS2 lesson focuses on assessing and managing risks around fireworks, bonfires and sparklers. The KS3 lesson explores personal safety, managing risk around fireworks and bonfires, and the law regarding the use of fireworks. Both lessons also support pupils to identify and manage peer influence.

Fire Safety

and PSHE Education

Professionals' Pack
2022

Ellie Chesterton & Natalie McGrath

The Fire Safety & PSHE guidance pack is available in the resource library on the [website](#) and contains key information which supports education providers to develop subject knowledge around the wider topic of Fire Safety.

UK PARLIAMENT WEEK- 6-12 NOV

UK Parliament Week (UKPW) is an annual event, spreading the word about what Parliament is, what it does and how you can get involved. Schools and Youth Organisations can access a free resource kit including a Big Ben ballot box, a competitive 'The Ayes Have It' board game, an activity booklet and more! There are also online activities that can be found here for primary and secondary age ranges.

Hope for the Future is a UK-based charity which works to equip communities, groups and individuals across the country to communicate with politicians with a particular focus on the urgency of the climate and nature crises. They provide some template letters for writing to your MP which could be used with children and young people.

SCVYS, the organisation responsible for organising and supporting the UK Youth Parliament in Staffordshire are offering drop-in sessions for young people aged 11-18 years to come and find out more information about the local opportunities to get involved in politics. These will be booked on a first-come-first-served basis, to book your session please email Charlie.

Additionally, you can register your school/provider to receive free resources to support your students to take part as a candidate, and to support giving your whole student body the opportunity to vote for who represents them in the UK Youth Parliament by completing this short form.

Applicants interested in joining the Staffordshire Youth Union and can then have the opportunity to be nominated and elected into the UK Youth Parliament need to:

1. Apply by 22nd October 2023 using the form at Staffordshire Youth Union - SCVYS Staffordshire Council of Voluntary Youth Services (staffscvys.org.uk).
2. SCVYS will request a photo, a short 'about me' statement, and short responses to a few questions to help voters get to know you better.
3. Promote yourself and gather support for a better chance at being elected. SCVYS will share candidate profiles with designated voting centres, open to all 11-18 year olds in Staffordshire.
4. Voting takes place over a two-week period, starting Monday 6th November (the beginning of UK Parliament Week).

In late November, once all votes are counted, we'll announce the results and welcome our newest cohort of the Staffordshire Youth Union. In February 2024, SYU members will vote amongst themselves for who will represent Staffordshire in the UK Youth Parliament.

Previous Staffordshire Youth Union members have gone on to become Councillors, speak at international conferences, and develop/deliver international initiatives. Previous activities have focused on topics such as knife crime, Autism awareness, and developing a youth-led wellbeing course alongside CAMHS and SCVYS, known as the WHAM Plan.

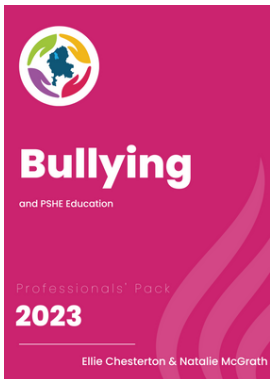
To support education settings to promote this local opportunity to be involved with the Youth Union to their young people we created an assembly pack.

ANTI-BULLYING WEEK - 13-17 NOVEMBER

This year's theme is Make a Noise about Bullying. The Anti-Bullying Alliance has created resources to support education settings to make a noise about bullying.

Young people recently stated that they believe bullying is the number one cause of violence in Staffordshire and Stoke-on-Trent.

Bullying was also in the top 3 of schools' safeguarding concerns in a recent report by the NGA.



This month, we're pleased to launch a new edition which is part of our ...& PSHE series. The Bullying & PSHE professional's guidance shows the links between Bullying and the curriculum and develops subject knowledge around bullying to enable professionals to deliver sessions confidently and competently.

This pack, and others are available in the resource library on the website.

In the resource library on the website, you will find a page for Bullying. This page contains resource which have been sourced and quality assured linked to the topic including; Educate and Celebrate/Educate Against Hate, Childsnet, Changing Faces, BBC Teach and NSPCC.

ROAD SAFETY WEEK 19-25 NOVEMBER

Brake's theme this year is Let's talk about SPEED - The aim of the resources that have been created by Brake to support this week are to help children learn more about why we need to take care on our roads and raise awareness with parents, carers and the local community of the importance of safe speeds around your school, nursery or youth group and in local neighbourhoods.

The Staffordshire Safer Road's Partnership (which also covers Stoke-on-Trent) support school's PSHE curriculum. Please find their latest catalogues for 23-24 academic year - EYFS - KS2 & for priority schools KS3+

To support staff to be confident about delivering sessions on Road Safety we created, in conjunction with Staffordshire Safer Roads Partnership our Road Safety & PSHE pack you'll also find resources to support your Road Safety sessions in our Central Resource Library. Remember you'll need to be signed up and logged in to access these resources.

INTERNATIONAL MEN'S DAY 19 NOVEMBER

International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities.
The theme for 2023 is "Zero Male Suicide".

Statistically, men are over three times more likely to die by suicide in England than women.

Papyrus have a wealth of information on their website including a parents guide "Supporting your child: Self-harm and Suicide".

PSHE can support boys and young men in being critical thinkers, empathetic, authentic and safe – for themselves and their male peers and for women and girls as well as safely navigate a life of challenges, relationships, risks and opportunities in ways that are fulfilling, healthy, meaningful and rewarding.

Internet Matters have released a new report focusing on research into misogyny and image abuse. New research shows 20% of 9-11-year-old boys and 11% of girls who have heard of Andrew Tate have a positive view of him.
The report acknowledges that proactive conversations about harmful content must be held before children risk encountering it online.

The Digital Matters sessions for 9-11 years old Research Rescue, Sharing Gone Wrong, and The Secret Identity of HarleeGamez helps teach children critical thinking skills.

INTERNATIONAL DAY FOR ELIMINATION OF VAWG 25 NOVEMBER

We have worked with the Staffordshire Violence Reduction Alliance (VRA) and NSPCC Together for Childhood Stoke to produce education resources to help tackle Violence Against Women and Girls (VAWG). These are four comic books targeted at primary school students to help raise awareness and influence the way they would respond to negative behaviours.

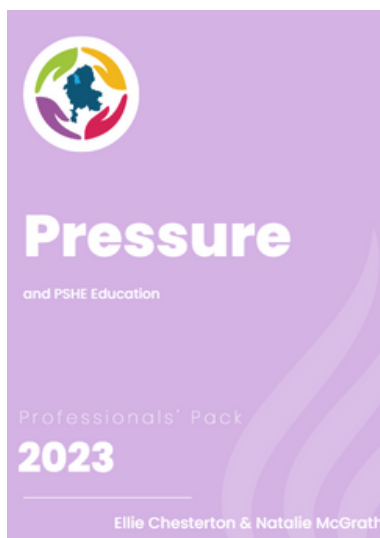
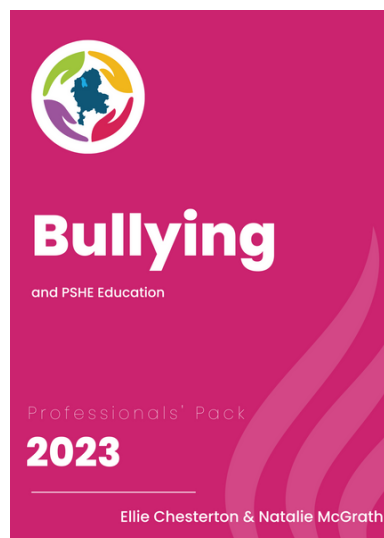
The comic books follow students of Oatcake Primary School and their experiences of bullying, personal space awareness, harassment and photo sharing where the main character is female.



Digital copies of the comics, support animations and lesson plans are available in the resource library on the website. Additionally, there are a limited number of printed comic books which you can request, for free, by emailing: ssvra@staffordshire-pfcc.gov.uk.

The ... & PSHE series is a localised series of professional guides to support linking the topic to curriculum and statutory guidance and also information to upskill staff delivering PSHE with information about signposting & statistics. Each month, we will share any newly created packs in the newsletter. All editions that have been previously shared are housed in the [Resource Library](#) on the website. Topics are prioritised by monitoring requests for support, information and intelligence from working with partners and needs in the local context.

This month, the following packs have been launched and uploaded to the website:

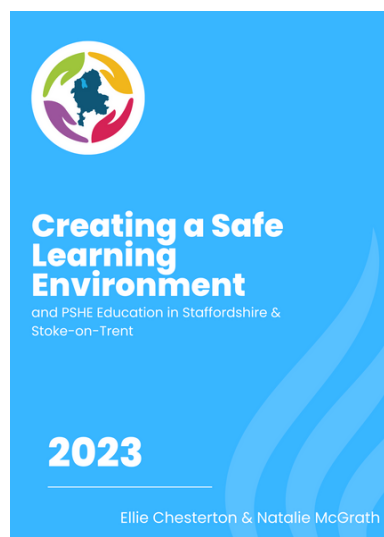


Click on the pack picture to access.

Where able, we utilise subject matter experts to support with content, local relevance, signposting and support.

Our Best Practice Guides are also available on the [website](#).

These documents contain information to help advise and guide education providers in implementing best practice principles of PSHE education development and delivery in their own settings.



This month we have added guidance around Creating a Safe Learning Environment.



PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE

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 |
|--------------------|--------------------------------|--|------|--|
| DIET & NUTRITION | 10TH OCTOBER 9.30AM-12.30PM | FOOD A FACT FOR LIFE | FREE | DESIGNED TO DEVELOP “BACK TO BASICS” FOOD SKILLS TO HELP PROFESSIONALS BECOME MORE CONFIDENT IN BASIC FOOD SKILLS |
| ONLINE SAFETY | 11TH OCTOBER 9.30-11.30AM | UK SAFER INTERNET CENTRE | FREE | OPEN TO ALL PROFESSIONALS WHO WORK WITH CHILDREN AND YOUNG PEOPLE, THIS EVENT WILL PROVIDE INFORMATION ON THE LATEST IN ONLINE SAFETY RESEARCH, LEGISLATION, TECHNOLOGY, TOOLS AND RESOURCES ALONG WITH EXCLUSIVE ACCESS TO THE PRESENTATION AND RESOURCE MATERIALS. |
| EMOTIONAL COACHING | 17TH OCTOBER 9.30AM-3.30PM | STAFFORDSHIRE VIRTUAL SCHOOL | FREE | THE TRAINING FOCUSSES ON INTRODUCING AND DEVELOPING PRACTITIONERS’ AWARENESS AND UNDERSTANDING OF EMOTIONS, BEHAVIOURS AND THE ROLE OF RELATIONSHIPS. DAY TRAINING SESSION FOLLOWED BY A 2 HOUR WORKSHOP SESSION (14TH NOVEMBER 1.30-3.30PM) |
| FGM | 18TH OCTOBER 4-5PM | PSHE EDUCATION SERVICE | FREE | RAISE EDUCATION PRESENTS THIS WEBINAR ON FGM TO INCREASE THE CONFIDENCE OF THOSE DELIVERING PSHE SESSIONS ON THIS TOPIC |
| EXPLOITATION | 19TH OCTOBER | THE CHILDREN’S SOCIETY | FREE | EXPLORE WHAT IT MEANS TO TAKE A PROACTIVE ‘ANTI-RACIST’ APPROACH TO TACKLING CHILD EXPLOITATION AND WHY THIS IS ESSENTIAL TO ENSURING WE CAN SUPPORT AND SAFEGUARD EVERY YOUNG VICTIM. |
| MENTAL HEALTH | 19TH OCTOBER 12.45-2.15PM | THE CHARLIE WALLER TRUST | FREE | THIS SESSION IS TO EXPLORE THE POTENTIAL BARRIERS YOUNG PEOPLE MAY FACE WHEN IT COMES TO SEEKING HELP FOR THEIR MENTAL HEALTH |

| TOPIC | DATE/TIME | ORGANISATION | COST | OVERVIEW |
|--|-----------------------------|--|------|--|
| FOETAL ALCOHOL SYNDROME DISORDER AWARENESS | 3RD NOVEMBER 3-5PM | STAFFORDSHIRE VIRTUAL SCHOOL | FREE | A 2 HOUR VIRTUAL AWARENESS SESSION |
| SUICIDE AWARENESS & PREVENTION COURSE | 8TH NOVEMBER | STAFFORDSHIRE COUNTY COUNCIL | FREE | FREE SUICIDE PREVENTION TRAINING TO RECOGNISE THE SIGNS THAT SOMEONE MAY BE AT RISK, LISTEN AND OFFER SUPPORT, HELP PEOPLE GET THE SPECIALIST SUPPORT THEY NEED. |
| HEALTH LITERACY | 9TH NOVEMBER 4-5PM | PSHE EDUCATION SERVICE | FREE | STAFFORDSHIRE LIBRARIES AND NHS KNOWLEDGE HUB HEALTHY LITERACY AMBASSADOR PRESENTS THIS WEBINAR ON IMPROVING HEALTH LITERACY TO INCREASE THE CONFIDENCE OF THOSE DELIVERING PSHE SESSIONS ON THIS TOPIC |
| DOMESTIC ABUSE | 10TH NOVEMBER 9.30AM-1PM | NEW ERA | FREE | TO HELP PARTICIPANTS DESCRIBE THE IMPACT OF DOMESTIC ABUSE ON CHILDREN AND YOUNG PEOPLE |
| INTRODUCTION TO THE RELATIONAL SCHOOLS OFFER | 14TH NOVEMBER 3.30-5PM | STAFFORDSHIRE VIRTUAL SCHOOL | FREE | THIS SESSION WILL FOCUS ON THE 4 STRANDS OF WORK CURRENTLY ON OFFER FOR ALL SCHOOLS, WITH A CHANCE TO DEVELOP AND SHAPE THIS FOR THE FUTURE. INTRODUCTION TO THE TEAM, THEIR DUTIES AND WHICH CHILDREN THEY CAN WORK WITH. |
| ATTACHMENT AND TRAUMA - LEVEL ONE | 15TH NOVEMBER | STAFFORDSHIRE VIRTUAL SCHOOL | FREE | FOR ALL PRIMARY AND SECONDARY SCHOOL STAFF. THE SESSION WILL SUPPORT ATTENDEES TO UNDERSTAND CHILDREN AND YOUNG PEOPLE'S BEHAVIOURS THROUGH THE APPLICATION OF AN ATTACHMENT AND TRAUMA LENS. |
| ATTACHMENT AND TRAUMA - LEVEL TWO | 6TH DECEMBER | STAFFORDSHIRE VIRTUAL SCHOOL | FREE | FOR ALL PRIMARY AND SECONDARY SCHOOL STAFF. THE SESSION WILL PROVIDE AN OVERVIEW OF APPROACHES TO SUPPORT APPLICATION OF POSITIVE ATTACHMENT AND TRAUMA APPROACHES IN SCHOOLS. YOU MUST HAVE COMPLETED THE LEVEL 1 SESSION BEFORE ATTENDING THIS COURSE. |

NEXT MONTH...

Resources & Materials for:

- World AIDs Day
- Human Rights Day

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

PSHE LEADS DETAILS

We recognise there may have been changes to the PSHE Lead's details for this academic year so would appreciate it if you could let us know so we can update our records.

We now have the details for PSHE Leads details for 63% of Primary, 86% of Secondary and 67% of Independent Settings on file.

This enables us to send the PSHE Digest directly to the most appropriate person and also to get in contact regarding funded PSHE opportunities in the local district/borough.

“We love the PSHE Digest and spend half a day going through it, it is so worth our time. Thank you for creating this for us”

DSL, Secondary School, Lichfield

We love hearing how the PSHE Education Service is supporting you, your setting and the children and young people you work with.

Please let us know if you have used any of our resources, information in the digest in your own practice so we can share with others.

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

natalie@staffscvys.org.uk

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