

## PSHE Leads' Bulletin

Hello Everyone,

I hope you are enjoying the half term break and Spring weather. The lighter mornings and evenings certainly have a positive impact on our wellbeing.

Many of you may have already visited the Knife Angel at the Cathedral. The amazing sculpture generates discussions on all levels for our schools, colleges, and wider community. The [closing vigil](#) is on Sunday 26<sup>th</sup> at 5.30pm and all are welcome.

This bulletin shares links to various free resources including several on internet safety, and further useful content such as how to [become an Asthma Friendly School/College](#). Please also remember that GHLL provides FREE expert training from Mental Health First Aid England. Book to attend half day lite or 2-day Youth sessions [here](#).

As always, GHLL's lead teachers are available to help you with any aspect of the PSHE curriculum, or Healthy Schools and Colleges - [Click here to contact us](#).

Best wishes Fiona and the GHLL team.

### Mock Court Trials for Primary Schools

Magistrates in the Community (MIC) have started this year's Mock Trials for primary schools. The focus is 'Possession of a Bladed Article' in a public place, which is an increasing matter of concern as the age of engagement with knife crime is decreasing. All schools are invited to discuss the courts, types of crimes which the magistrates deal with, and their sentencing power.

Arrange Mock Trials for your pupils by contacting Susan Bruckel: [suebruckel@hotmail.co.uk](mailto:suebruckel@hotmail.co.uk)

[Find out about the Mock Trials here](#)



### Defibrillator Deliveries to State-funded Schools

20,000 defibrillators will be delivered to over 18,000 state-funded schools in England by the end of this academic year. The Education Hub has announced that first devices were issued on 20<sup>th</sup> January 2023.

[Read the full blog post here](#)

[See how schools can buy, install, and maintain automated external defibrillators](#)



### Congratulations: GHLL Awards and Accreditations

Congratulations to the schools below for honourably achieving GHLL awards. A special mention goes to Mental Health Champions St John's CofE Academy in Coleford, for evidencing incredible work which demonstrates the 'Whole School Approach'.



#### Mental Health Champions Award

St John's CofE Academy



#### Healthy Schools Reaccreditations

Belmont School

Charlton Kings Infant School

Dunalley Primary School

Eastington Primary School

Ellwood Primary School

Elmbridge Primary School

Gloucester Road Primary School

Grange Primary School

Leighterton Primary School

Primrose Hill Church of England Primary Academy

St Mary's Catholic Primary School

The Catholic School of St Gregory the Great

Tredworth Infant School

Twynning School

Winchcombe Abbey CofE Primary School

Woodmancote School

Sharpness Primary School



[Find out more about GHLL Awards here](#)

### Did Your Setting Acknowledge Children's Mental Health Week?

Place2Be's theme for this year's Children's Mental Health Week was Let's Connect. The aim was to encourage people to connect with others in healthy, rewarding, and meaningful ways.

Place2Be provide a range of free Let's Connect lesson plans, activities, and assembly resources. Utilise them beyond Children's Mental Health week to continue the conversation on how to nurture positive mental health!

[Resources for primary schools](#)

[Resources for secondary schools](#)

[Social media resources to promote the week](#)



# National Youth Anti-Violence Tour



## Knife Angel: The thought-provoking monument which aims to inspire social change is at Gloucester Cathedral in February 2023 as part of the UK National Youth Anti-Violence Tour & Programme

The National Monument for Serious Violence and Aggression, the Knife Angel, is being supported by county wide organisations that have come together through the Stronger, Safer Gloucester community safety partnership to bring the striking symbol of peace to the city. The eight key partners include Gloucester Cathedral, Gloucester City Council, Gloucestershire County Council, the Office of the Police and Crime Commissioner, Gloucestershire Constabulary, Gloucester BID, Gloucester City Safe and NHS Gloucestershire Integrated Care Board. The project sees them all working together to host the Angel, which aims to raise awareness of all aspects of violence, including knife crime.

The Knife Angel has been on display in Cathedral Green throughout February. The public will be able to view the 27ft sculpture until the End of the month.

[A dedicated website](#) provides key information about the Knife Angel, scheduled events, exhibitions, and training opportunities to support the aim of education and awareness.

For any enquiries or follow up information, please email:

[nicola.nolan@gloucestershire.police.uk](mailto:nicola.nolan@gloucestershire.police.uk)

Further information about the monument and the tour is available on the official [British Ironworks website](#).

[Download the Knife Angel promotional poster here](#)



## Competition – Design a Superhero

The Stronger Safer Gloucester Partnership would like to collect artwork from children across Gloucestershire for display in March 2023 onwards. Children and young people are invited to take inspiration from the purpose of the Knife Angel to design a Superhero or Superheroine in an art form of their choice, for the High Sheriff's art competition. The competition is supported by our Police and Crime Commissioner, Chris Nelson and Mayor of Gloucester, Cllr Howard Hyman who will select entries to win prizes.

[View the full competition details](#)

[Download a competition entry form here](#)





# GHLL Awards Spotlight



This new page of the bulletin has been introduced to showcase examples of the brilliant work conducted throughout our schools and colleges. To feature in the 'Spotlight', please contact your [GHLL Lead Teacher](#)

## In the Spotlight: Gloucestershire Hospital Education Service



*I have been working with GHES for a year now and was totally blown away with the support that this service gives to our children and young people. Being a teacher myself, I always wondered what happened to our children when they became very ill and how the GHES team would support them. The team welcomed me in, and I had the privilege to attend both sites for Primary and Secondary pupils. Wellbeing Friday sessions happen at both sites and in a short time I saw a wealth of outside agencies that assisted a variety of children; the service has an outstanding list of organisations that offer support.*

*GHES has a completely bespoke curriculum that staff spoke about highly and commented on how they tweak and add different topics due to pupils' interests and what's current in the world. Some sessions take place online if they can't happen face-to-face. Mental health and Wellbeing are at the highest priority for GHES, the children's medical needs come first then mental health. Once the child or young person is ready comes a very bespoke educational curriculum offer. All this is being delivered around busy doctors, nurses, and bleeping machines.*

*Both sites had school rooms which the children and young people could attend, and the environments were creatively used and full of warmth, curiosity and were very welcoming, as were the teachers. I observed the school rooms on both sites for their wellbeing session and Friday club. The Friday club gave the students a chance to meet with like-minded pupils and have face-to-face interaction with staff also. This space was also created to help support the young people to gain the strength and support to think about a life beyond GHES. The opportunities for students to develop responsibility, build confidence and self-esteem are phenomenal (Hayley Hancock, GHLL Lead Teacher).*

When speaking to the GHES team, they said: **We are the (Mental Health) Champions!** GHES are extremely proud to announce that we have successfully achieved Mental Health Champion status from Gloucestershire Healthy Living and Learning (GHLL). This award recognises the excellent provision we have in place to support the mental health and wellbeing of our students and colleagues within GHES. It also acknowledges the commitment and hard work of all staff in achieving our vision that children can thrive despite their health conditions.

*Promoting and supporting the mental health and wellbeing of our whole school community is paramount. It is bedrock of all that we do. GHES students, all of whom have either mental or physical health conditions preventing them from attending school, are particularly vulnerable to poor mental health resulting from their illness but also its wider impact, which can result in isolation from peers and in students no longer being able to participate in activities they once enjoyed. We also understand that emotional wellbeing is central to every child and adult's development and goes hand in hand with performance.*

*The GHLL assessors, who spent a morning talking to students, staff, and parents, were incredibly impressed by the quality of provision across our service. Recent initiatives include the introduction of Mind of My Own (MOMO), an App that allows our young people to communicate, as often as they like, how they are feeling and what support they want. This ensures that the voice of every child is heard, and they are involved in all decisions made about them. Our use of mentoring services has transformed outcomes for some of our most unwell students, by developing a trusting relationship; helping the young person venture out into the community; building resilience; increasing their feelings of self-worth; and practising coping strategies.*

*We are especially grateful for the overwhelmingly positive feedback from the GHLL lead teachers, who wholeheartedly praised the effectiveness of our service in prioritising and improving the wellbeing of our students and staff. And we are enormously proud of each and every one of our students who work so hard, every day, to overcome their own personal mental health challenges.*

# Learning and Teaching

## Guidance & Resources

### HPV: Educate Before You Vaccinate!

The PSHE Association have awarded their prestigious quality assurance mark to a lesson on the human papillomavirus virus and vaccine. The 'EDUCATE' resource was co-produced by young people and researchers from the University of Bristol and London School of Hygiene and Tropical Medicine. It is most useful to Y8 pupils before they receive the HPV vaccine but may also benefit other young people.

EDUCATE resources include teacher guidance, a lesson plan, student worksheets and resources, a Parent/Carer letter template, and Frequently Asked Questions for teachers.

[Download it here](#)



### Unhealthy Relationships Guidance for FE

Mentally Healthy Schools have launched guidance for staff in FE settings to help them educate and support students around the topic of unhealthy relationships.

The resource includes information on:

- risk factors for unhealthy relationships
- coercive control
- signs to spot in students
- how to talk to a student if you're concerned
- who else to involve

[View the guidance here](#)



### Mental Health and Wellbeing Spring Term Calendar

Anna Freud National Centre for Children and Families have created a calendar of curriculum themes and occasions linked to mental health for the 2023 spring term, with activity ideas and suggestions for each theme.

[Download it here](#)



### Safer Internet Resources

Resources and articles to use in your setting following Safer Internet Day.

#### UK Safer Internet Resources



UK Safer Internet Centre has produced new free resources, lessons, and videos for Safer Internet Day.

[View the teaching resources here](#)

[Find out more about Safer Internet Day here](#)



*Children as young as nine exposed to pornography*

[Read the post here](#)

### Live Lessons, Resources, Films and Teacher Guidance



[Explore the resources here](#)

### GOV.UK How We Promote and Teach Online Safety

A blog post on The Education Hub which reveals how schools are being supported to help children use the internet safely.

[Read the blog post here](#)

Explore more for [primary](#) and [secondary](#) schools!

### Post-Traumatic Stress Disorder Animations

Could you confidently spot the signs of PTSD? These new animations have been designed to help young people and the adults around them recognise the signs of post-traumatic stress disorder and seek support:

[Absolutely Not: And other thoughts you might have about mental health support](#)

[Coping with scary and distressing memories](#)

[What is trauma-focused CBT?](#)

[What is PTSD?](#)





# Wellbeing Ideas



## InTER-ACT:

### A new programme for 9 to 25-Year-Olds

InTER-ACT is provided by tic+ and consists of three, hour-long workshops delivered live-online. Based on the principles of Acceptance and Commitment Therapy (ACT) the programme is designed to help young people learn new ways of managing difficult thoughts and feelings so that they can do more of what matters to them. The sessions will be delivered on Tuesday evenings. There are two different time options; the Early Bird at 6pm and the Late Owl at 7.30pm. There will never be more than a two week wait to start the programme (apart from some holiday periods).

The programme sessions are as follows:

**Session one** – ‘Thoughts Are Just Thoughts’

**Session two** – ‘Connecting to the Moment’

**Session three** – ‘Taking Steps Towards What Matters’

Having attended the InTER-ACT sessions tic+ anticipate some young people will need no further support. For those that do, the program will prepare and equip them with helpful information and strategies so they can then go on to make the most of their individual sessions.

The programme is being evaluated by researchers from Cardiff University. Learning from the study will be used to further develop the programme, and to pave the way for a variety of possible future workshops.

[Find out more about the programme here](#)

[Download the two-page promotional flyer](#)



## Positive News and Self-Help Magazine

Do you have super-helper syndrome?  
Need tips to unlock your potential?

This issue of Happiful magazine covers a wide range of topics from wellbeing in the workplace, therapy solutions, and advice for tackling unhelpful behaviours.

[Read online for free here](#)



## Wellbeing Ideas, Resources and Tips



### Resources

Calling all parents, teachers, employers, and young people! The Charlie Waller Trust provides resources to help you look after your mental health and support others. Topics include: supporting a child with anxiety, helping teenagers through exams, asking for help (for young people and adults), wellbeing ideas for university, and much more!

[Explore the resource library](#)

## Drug of Art Competition for Under 25



Encourage 4-25-year-olds to be creative, through art workshops, masterclasses, and a podcast to support their mental health. The competition theme is “How do I feel?” which covers two categories:

- My Happy Place
- My Reality

Five prizes are available and winning submissions will be exhibited alongside three international artists!

[Find out more here](#)

## ‘Mindful March’ Calendar (Action for Happiness) - [Download it here](#)



# Support & Services

## Support for School Gardening Clubs

The Gloucestershire Federation of Gardening Societies (GFGS) is a county federation affiliated to the Royal Horticultural Society.

In recent years they have supported numerous school gardening clubs with small grants to develop an aspect of their activity or to help them establish a club. Schools can make an application to the federation for support and provide details of their setting's specific needs.

The GFGS website also offers resources, and information on gardening clubs, shows, and events.

[Download sowing, planting and harvesting advice for schools.](#)

[Visit the GFGS website](#)

[Access further information and guidance on making an application](#)



## Healthy Lifestyles Service Survey

Gloucestershire Healthy Lifestyles Service (HLS) supports people to give up smoking, achieve a healthier weight, develop healthier drinking habits (alcohol), become more physically active or take other steps to improve their overall health and wellbeing. The current contract for HLS expires on 31st March 2024.

A survey has been created to understand stakeholder views around the proposed new service. The outcome of the survey will inform the recommendations taken to the council's cabinet, who will consider the proposal to commission the new healthy lifestyles service for adults in Gloucestershire.

The consultation, which takes around 15 minutes to complete, is split into separate surveys for the General Public, Voluntary, Community and Social Enterprise Organisations, and Public Sector Organisations. Responses can be submitted until 16<sup>th</sup> of April 2023.

[Read more and complete the survey here](#)



### Mental Health Services for Children and Young People in Gloucestershire

Universal services		Targeted services
These services are all free, confidential and do not require a referral/appointment.		
<b>On Your Mind GLOS</b> For under 25s. Find the help that's right for you. Use our anonymous mental health support finder to find advice & support in Gloucestershire. Visit <a href="http://glos.ourmindglos.nhs.uk">glos.ourmindglos.nhs.uk</a> or text 07984 404388.	<b>Shout</b> For all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Visit <a href="http://www.shoutout.org">www.shoutout.org</a> or text <b>SHOUT 85258</b> to text a trained Crisis volunteer.	<b>Bereavement</b> For all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling. Visit <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a> or Freephone: 08088 020 021 (Mon-Fri 9am - 5pm)
<b>Teens in Crisis (TIC+)</b> For 9 - 21 years living in Gloucestershire. Free, confidential counselling by phone, online text chat or video chat. Visit <a href="http://www.ticplus.org.uk">www.ticplus.org.uk</a> or Call 01594 372777 or Text 07520 634063 <b>TIC+ Chat</b> - anonymous one to one support via calling 0300 333 9360 or online live chat. (Available Sun - Thurs 5pm - 9pm)	<b>ChildLine</b> for under 19 years. Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone. Visit <a href="http://www.childline.org.uk">www.childline.org.uk</a> or Speak to a counsellor online via a one to one chat (9am to 12am) or Freephone 0800 1111 or Download the ChildLine App	<b>WINSTON'S WISH</b> For all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling. Visit <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a> or Freephone: 08088 020 021 (Mon-Fri 9am - 5pm)
<b>Chat Health</b> for 11 to 19 year olds. A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team. Visit <a href="http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/">http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/</a> or Text 07607 333351 (available Monday to Friday from 9am-4.30pm)	<b>The Mix</b> for under 25 years olds. Support with mental health, money, homelessness, finding a job, relationships and drugs. Visit <a href="http://www.themix.org.uk">www.themix.org.uk</a> or Online support chats available Sunday to Thursday 8pm-9.30pm or Call 0808 808 4994, available every day from 4pm-11pm	<b>Samaritans</b> for all ages. If you need someone to talk to, we listen. We won't judge or tell you what to do. Visit <a href="http://www.samaritans.org">www.samaritans.org</a> or Call 116 123 (Available 24/7) or Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> or Download the Samaritans Self - Help app
<b>YoungMinds</b> for all ages. Provides confidential advice to help with children and young people's mental health. Visit <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	<b>Gloucestershire Self-Harm Helpline</b> for all ages. Provides confidential safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers. Support available between 5pm - 10pm either by: online chat at <a href="http://www.gloucestershireselfharm.org">www.gloucestershireselfharm.org</a> or Freephone 0808 801 0606 or Text 07537 410 022	<b>Eating Disorders</b> Eating Disorders Service for all ages. Supporting people with an eating disorder. Offering CBT, drug and group therapy as part of community care and day treatment. Young people can be referred or can refer themselves online. Visit <a href="https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/">https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/</a> or Call 01242 634242

[Click here to see more](#)

## Parent Relationship Matter Programme for Professionals

Practitioners who work with families are now able to access a programme which can help them to support adults experiencing inter-parental conflict, to minimise consequential negative and long-lasting implications on children and young people in the family. The programme covers:

- Defining parental relationships
- The impact of delayed conflict resolution
- Distinguishing between conflict and domestic abuse
- Why or when to get involved with other people's relationships
- How to talk to parents about their relationships

[Find out more, book training, and download promotional posters for your workplace](#)

**Find the help that's right for you**

Anonymous mental health support finder for young people in Gloucestershire

Visit [glos.ourmindglos.nhs.uk](http://glos.ourmindglos.nhs.uk) or text 07984 404388

**tic+**

Counselling, Support and Care for Young People and Families

CALL: 01594 372777 TEXT: 07520 634063

## New Young Adult Mental Health Service

Young Gloucestershire are excited to be working in partnership with the Gloucestershire Health and Care NHS Foundation Trust to offer a new service for young people aged 16-25 who are struggling with their mental health.

The service offers flexible one-to-one support which has been designed by young people, for young people. Individuals can self-refer to the service and do not need a mental health diagnosis to receive support.

YG can meet young people wherever they feel most comfortable and will help them to identify the most appropriate services for their needs.

[Find out more](#)



## E-LEARNING

[Complete the course here](#)

### CYP Mental Health e-Learning for Professionals

This short course by Gloucestershire NHS Foundation Trust will provide you with information and guidance to help support the young people you work alongside. The course will introduce you to some common mental health and emotional wellbeing difficulties and provide you with practical examples that you can use to help you to recognise and respond to children's emotional health and wellbeing.



## PROGRAMME OF LEARNING

Mon 27<sup>th</sup> February  
– Fri 3<sup>rd</sup> March  
[Book here](#)

### Recognising and Tackling Exploitation and Abuse

The Children's Society have launched the latest #LookCloser week of action. #LookCloser is a partnership campaign between The Children's Society, the National County Lines Co-ordination Centre and the British Transport Police aiming to raise awareness of child exploitation and abuse and to encourage the public and businesses to better identify and report concerns. The campaign also seeks to challenge assumptions and victim stereotypes, highlighting that child exploitation can happen anywhere, and any young person can be a victim.

As part of #LookCloser, a free Programme of Learning for professionals is available which includes sessions on disruption and transitional safeguarding, alongside a range of other topics.

**The Children's Society**









Mon 27 Feb	Tues 28 Feb	Weds 1 Mar	Thurs 2 Mar	Fri 3 Mar
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
	<b>10:00-11:30</b> <a href="#">Disrupting exploitation</a>	<b>10:00-11:30</b> <a href="#">Making the most of the National Referral Mechanism</a>	<b>10:00-11:30</b> <a href="#">Protecting all young people: why equity and inclusion are essential in our fight against child exploitation and abuse</a>	<b>10:00-11:30</b> <a href="#">Effective engagement with young people</a>
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>
<b>14:00-15:30</b> <a href="#">Exploring the digital lives of young people</a>	<b>14:00-15:30</b> <a href="#">The financial exploitation of children and young people</a>		<b>14:00-15:30</b> <a href="#">Transitions to adulthood: preventing the exploitation of older children and young adults</a>	

[View the full Programme of Learning here.](#)



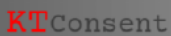


Further materials and information is available at the bottom of the page on the [#Look Closer website](#).



## MARCH 2023

<p>Thurs 2<sup>nd</sup> March 1PM – 3.30PM <a href="#">Book here</a></p>	<p><b>GHLL Awards Workshop</b></p> <p>An introduction to GHLL's accreditation process for the Healthy Schools award and Mental Health Champions award. This session is relevant to all Key Stages and settings.</p> <p>Are you working towards, or planning to work towards the GHLL Healthy Schools or Mental Health Champions award? This workshop is designed to give you information and support to help you complete your GHLL Review or plan/report on your interventions. The first part of the afternoon will be an overview of the award process followed by an opportunity for delegates to work on their submissions with support from two GHLL Lead Teachers.</p> <p>Delegates will require their GHLL Review Tool login, and use of their own laptop during the session.</p>	 <p>Gloucestershire Healthy Living and Learning</p>
<p>Fri 10<sup>th</sup> March 9.30AM – 12.30PM <a href="#">Book here</a></p>	<p><b>‘Getting Court’ – Teacher Session</b></p> <p>The Crown Court programme 'Getting Court' is sponsored by the High Sheriff. This session is open to all education staff and provides the opportunity to sit in the well of the Crown Court and observe a wide variety of cases during their sentencing day.</p> <p>Delegates will also be invited to ask Judge Lawrie questions around various court procedures, and the school's court sessions that run once per month on Fridays throughout the year (sentencing day).</p> <p>At the end of the morning session an ex-offender will share his story, giving an insight from an ex-prisoner's perspective.</p> <p><a href="#">Read the table of contents from the lesson pack here</a></p>	  <p>Gloucestershire Healthy Living and Learning</p>
<p>Fri 17<sup>th</sup> March 9AM – 12.30PM <a href="#">Book here</a></p>	<p><b>Mental Health Youth First Aid Lite</b></p> <p>A three-hour course which will enable participants to gain a wider understanding, for themselves and others, of some issues surrounding mental health and how they might support the young people they work with. This is a rare opportunity for colleagues working with young people to improve their knowledge, understanding and skills at identifying and supporting young people with mental health problems.</p>	 <p>Gloucestershire Healthy Living and Learning</p>
<p>Fri 24<sup>th</sup> March 9.30AM – 2.30PM <a href="#">Book here before 10<sup>th</sup> March</a></p>	<p><b>Delivering Inclusive PE to SEND Pupils in Mainstream Secondary Schools</b></p> <p><b>Two delegates</b> from each school are welcome to attend this free workshop at Oxstalls Sports Park which will explore inclusive and engaging practice for students with SEND, within PE and school sport at mainstream settings.</p> <p>The workshop will cover:</p> <ul style="list-style-type: none"> <li>• Theoretical approaches for the delivery of inclusive PE</li> <li>• Practical delivery</li> <li>• Application in your school - addressing positive and negative experiences and discover effective approaches for moving forward</li> </ul>	<p>Active Gloucestershire </p> 



<p>Thurs 30<sup>th</sup> March 3.30PM – 4.30PM <a href="#">Book here</a></p>	<p><b>Alcohol Education Trust: Young People's Choices Around Cannabis</b></p> <p>This online training is provided by the Alcohol Education Trust. The session is designed for anyone who supports a young person or a young adult in a professional capacity. It explores 16 to 24 year-olds choices around cannabis, myth-busting, the types of cannabis available, how cannabis can affect a young person, and the law.</p>	 
<p><b>APRIL 2023</b></p>		
<p>Thurs 20<sup>th</sup> April 9.30AM – 12.30PM <a href="#">Book here</a></p>	<p><b>GHLL Consent and Healthy Relationships - Secondary, FE and APS</b></p> <p>This training covers how the Keep Breathing resource package links with the Department for Education's statutory RSHE curriculum requirements and will allow delegates to explore and participate in activities from the resources.</p> <p>Content will also cover how to deliver the topic of consent and intimate relationships in a safe learning environment, and how to address the nuances around sexual consent. Find out more about Keep Breathing resources <a href="#">here</a>.</p>	 
<p>Wed 26<sup>th</sup> April 9:30AM – 4PM <a href="#">Book here</a></p>	<p><b>Self-Harm Awareness Training</b></p> <p>This course is open to all professionals who work with secondary age young people in Gloucestershire, including teachers, senior leaders, pastoral managers, tutors, learning support workers and parent support advisors.</p> <p>These courses are facilitated by Satveer Nijjar BSc (Hons) Psychology, a motivated and inspirational speaker.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> <li>• Defining self-harm</li> <li>• Statistics on self-harm</li> <li>• What leads to self-harm in young people</li> <li>• What the functions of self-harm are for the young person</li> <li>• Myths and language use in relation to self-harm</li> <li>• Risk in relation to self-harm</li> <li>• Supporting someone who self-harms, including practical strategies.</li> </ul>	
<p>Wed 26<sup>th</sup> and Thurs 27<sup>th</sup> April 9AM – 5PM <a href="#">Book here</a></p>	<p><b>Mental Health First Aid Youth 2-Day Course</b></p> <p>This MHFA course will teach you how to:</p> <ul style="list-style-type: none"> <li>• Spot the early signs of a mental health problem in young people</li> <li>• Feel confident helping a young person experiencing a problem</li> <li>• Provide help on a first aid basis</li> <li>• Help protect a young person who may be at risk of harm</li> <li>• Help prevent a mental health illness from getting worse</li> <li>• Help a young person recover faster</li> <li>• Guide a young person towards the right support</li> <li>• Reduce the stigma of mental health problems</li> </ul>	