

Hello everyone, and welcome back to the new term. Summer seems a long way away and Autumn is definitely here! I would also like to welcome our newest school in the county Sladewood Academy in Stroud. The GHLL team look forward to working with you and your staff.

This issue of the PSHE bulletin focuses on the 'hot topic' of the R(S)HE agenda. Take some time to check out the links and the guidance from the Sex Ed forum particularly the ['Myth Busters' resource](#) article. GHLL regularly run training sessions for all Key stages for staff to attend (see the Training Calendar at the end of the Bulletin.)

With seasons changing and temperatures falling our children and young people as well as our staff often find that it effects their mental health and wellbeing. The Five Ways to Wellbeing ([endorsed by the NHS](#)) is a great reminder of how we can help ourselves including the [brilliant song composed by the Music Works](#). Don't forget [On Your Mind Gloucestershire](#) – a free and anonymous support finder which can be used by young people as well as professionals to seek out appropriate help. Tic+ has also started their [InTER-ACT sessions](#) – Three, weekly, live-online sessions helping young people to learn new ways of managing difficult thoughts and feelings and how to do more of what matters to them. This is for individuals aged 9-25 across Gloucestershire.

On a different subject Plastic Free Schools have launched their fourth [Pupil Power Assembly](#). The Assembly is designed to provide pupils with the tools to ensure their voices are heard at the highest levels and to inspire and remind them why it is so important to protect our oceans. You can join them on November 24th from 9am until 12pm where they will broadcast live to schools across the UK.

Finally, a reminder that you will be receiving information about the 2024 Pupil Wellbeing Survey from Public Health and the provider RM Insights and how to sign up. For any enquiries contact Alberta Kattah - Alberta.Kattah@gloucestershire.gov.uk

As always do get in touch if we can be of assistance.
Thanks Fiona and the GHLL team 😊

GHLL signs the pledge to stand up for high-quality RSE that empowers children and young people to thrive

The need for inclusive, high-quality RSHE has not gone away. Many of the problems it addresses have become more acute including safeguarding children online and off; young people's poor mental and sexual health; exposure to extreme pornography; misogyny, sexual bullying and harassment; and increasing threats to LGBT+ people.

Children and young people are growing up in an increasingly complex world. The evidence is clear that good RSHE is vital to keep them safe, healthy, and thriving.

Pledge your support [here](#).



NEW RESOURCE - Trusted Emotionally Available Adult

Gloucestershire County Council and the Integrated Care Board are delighted to provide schools with this Trusted Emotionally Available Adult (TEAA) resource, along with the accompanying training, written by Gloucestershire Healthy Living and Learning (GHLL) lead teachers and pastoral staff at Elmbridge Primary School. This bank of resources is designed to be used by TEAAs in Gloucestershire's schools and colleges. GHLL hopes that it will support schools in their work to safeguard and nurture children and young people, enabling them to learn, achieve and flourish.

[Click here](#) to download the digital version.

If you require a log in, please email GHLL.

To book TEAA training [click here](#) or email ghll@gloucestershire.gov.uk



Digital Therapy for Anxiety: Lumi Nova – Tales of Courage

[Lumi Nova](#): Tales of Courage is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets. It facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation to empower 7-12 year olds with mild to moderate needs to learn to self-manage fears, worries and anxiety. It is practical, age appropriate, non-stigmatising, encourages self-management and provides user progress and health outcomes data in real time to authorised professionals.

[Here](#) you'll find a variety of resources including short video links, posters, flyers and more that you can use to raise awareness about Lumi Nova internally or externally. If you need something that isn't listed here, then please email: support@bfb-labs.com

[Lumi Nova Parent/Guardian Video](#)



Learning and Teaching

Guidance & Resources

Defibrillators: All state schools now have lifesaving equipment

Having access to defibrillators in schools drastically increases the chance of pupils, teachers and visitors surviving a cardiac arrest.

Teachers and pupils across the country can be reassured they will have access to this life saving equipment, as all state schools now have a defibrillator on school grounds.

[Read more](#) about what you need to know on this crucial roll out.



The third annual ICON week (25 to 29 September 2023) is here to raise awareness of infant crying and how to cope to support parents/carers and prevent serious injury, illness and even death of young babies as a result of Abusive Head Trauma that happens when someone shakes a baby.

ICON is a programme adopted by health and social care organisations in the UK to provide information about infant crying, including how to cope, support parents/carers, and reduce stress.

This year's ICON Week is once again focussing on sharing ideas and best practices. Many webinars are taking place throughout the week and are open to everyone. For more information and joining instructions, please view the programme by following this link [ICON Week 2023 - ICON Cope](#)

All Gloucestershire educational and health care settings can access some fantastic ICON e-learning for free. This is a short course (around 45 minutes) and will help you to gain a better understanding of the ICON programme and why it is so important. You can access the e-learning via this link <https://elearning.iconcope.org> using the following credentials:

Username: ICON

Password: ICONPORTAL20



Key Wellbeing, PSHE & Cultural Dates Calendar 2023/24

This [PDF document](#) from [youHQ](#) includes;

- An overview of the Academic Year
- A list of important dates
- A detailed planner with pages
- Free monthly resources



Testicular Health

Why should we teach school children about testicular health?

From the age of 10, the chances of a child suffering testicular torsion increases hugely. In order for the testicle to be saved, medical staff need to act quickly. Therefore, it is vital the young people (and adults) know the signs of testicular torsion.

Testicular cancer represents only 1% of all cancers in men overall. However, it is the most common cancer to occur in males aged between 15 and middle age, so it is important for all boys to learn how to check the health of their testicles.

Unfortunately, many boys and men don't always report their health concerns regarding their testicles due to embarrassment. Medical research indicates that prompt action in the event of potential torsion symptoms would save almost every testis from torsion damage, thus protecting the future fertility of hundreds of men. Therefore, if we can educate our children in schools on what signs to look out for and how to take care of their testicular health, we can help them to know when to seek medical help.

The website [Testicular Health](#) has a range of helpful information and videos for schools, pupils and families. You can also find links to educational resources such as lesson plans, videos and PowerPoints which can help you to teach this topic - [Educational Resources \(testicularhealth.info\)](#)

These lessons combine teaching on torsion with learning about testicular health more generally, including testicular cancer and the importance of regular self-checking for lumps. They also help to meet statutory DfE guidance on RSHE regarding teaching about "the benefits of regular self-examination and screening" and "key facts about puberty, the changing adolescent body and menstrual wellbeing".

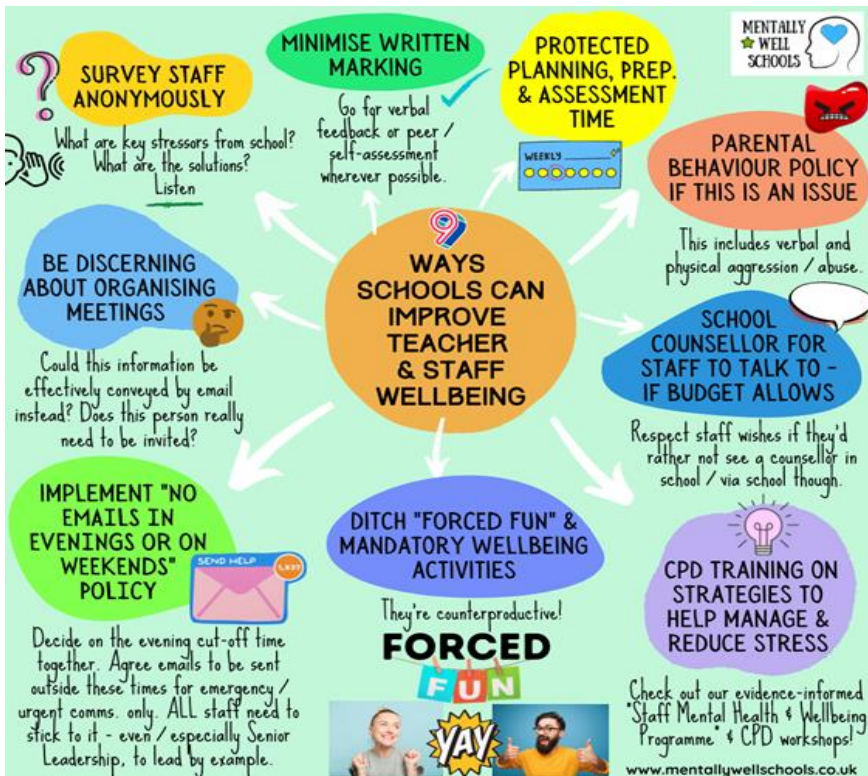
Vaping

There are lots of useful resources, videos and advice/support on the GHLL website that you can access for free [here](#).

GHLL are offering fully funded vaping training. Please visit [here](#) if you would like to book a space on our next online training session (26th October 3:30 – 17:00) or contact ghll@gloucestershire.gov.uk.



Wellbeing



'Self-Care September' Calendar – Action for Happiness

[Download it here](#)



#HelloYellow – World Mental Health Day

We can all struggle with how we're feeling, but sometimes things get tough, and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

By wearing yellow this World Mental Health Day on 10 October, and donating what you can, you can show young people that you're with them. Show them that they matter and deserve the support they need, when they need it, no matter what.

Join thousands across the country to stand out and show up for young people's mental health this #HelloYellow. Are you in?

[Sign up to #HelloYellow 2023](#)



On Your Mind Glos

On Your Mind Glos (OYMG) is a Gloucestershire mental health support finder for young people up to the age of 25. It can be accessed via the [website](#) or by texting [07984 404388](tel:07984404388).

Try the [anonymous online support finder](#) or scan the QR code and get a recommendation for the help that's right for you.



Positive News and Self-Help Magazine

[Read online for free here](#)



It's time to put your wellbeing first. This month, includes a range of fascinating features including:

- Could scheduling 'worry time' be the key to taking back control?
- The unique ways libraries are stepping up for our wellbeing
- Tips for managing your finances when you have ADHD
- How to escape the perfectionist trap
- 5 myths about long-term relationships
- What can the Finns teach us about happiness?

Relationships, Sex & Health Education

By the end of [September 2023](#), the government should have reviewed its guidance on Relationships, Sex and Health Education (RSHE), three years on from the start of mandatory lessons in schools across England. However, research published by the Sex Education Forum has found worrying gaps in RSHE, with many young people yet to receive the high-quality curriculum they were promised and a disconnect between pledged investment and the support teachers are receiving on the ground - view the myths and misinformation about RSE [here](#).

The dangers our young people face today are unprecedented, and the imperative to safeguard our children both on and offline is just as strong. The [GHLL team](#) can support schools and colleges with resources such as Puberty brochures as well as signposting to free resources and support through organisations such as [SEAL](#), [NSPCC](#), [Sex Education Forum](#), [PSHE Association](#) and [Brook](#).

Recent research from the Children's Commissioner found 27% of 11-year-olds had seen pornography, and 79% encountered violent pornography before the age of 18. Higher frequency of pornography use is tied to a higher likelihood of engaging in sexual violence, and unfettered access to explicit and aggressive sexual material online is distorting our teenagers' expectations. Worse, it's implicated in lasting emotional and physical trauma to countless children and young people.

High quality RSHE should therefore be:

Protective – it safeguards children in today's digital era. It helps them to understand healthy relationships and consent, recognise abuse and ask for help; and reduces gender-based violence.

Developmentally appropriate and responsive – sequenced to prepare children and young people as they move through puberty, adolescence and into adulthood. It is responsive to the questions children ask, and to current and emerging issues.

Inclusive – it celebrates diversity and is relevant to all students, including those who are disabled and neurodivergent, LGBT+, and from a range of cultural and faith backgrounds.

Evidence-based – informed by research and by children and young people's experiences and delivers scientifically accurate information from reliable sources.

Empowering – celebrating healthy relationships, not just addressing risk and harm. It engages with boys and young men and helps young people to aspire to relationships that are supportive, caring, and pleasurable.

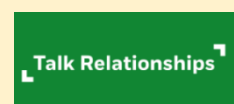
Effective - alongside developing essential knowledge, it facilitates open discussion and plays a vital role in helping children develop crucial life skills.

Professional - taught by trained, well supported teachers and specialists.

Engaged with parents and carers who are informed about the development of the curriculum, and consulted to ensure RSE meets the needs of families.

If you have not already seen the [Three steps to RSHE](#) success – we highly recommend it to plan your relationships, sex and health education. Don't forget GHLL can be contacted at ghll@gloucestershire.gov.uk for free training and support.

[Talk Relationships](#) – elearning courses, lesson plans and a dedicated helpline




GHLL Training



Please see a list below of GHLL fully funded training courses that we are offering. If you would like to book a space, click on the link, or email your name and what course you would like to attend to ghll@gloucestershire.gov.uk

Date, time & venue	Course	Book
26 th & 27 th September 2023 9:00 – 17:00 Wheatpieces Parish Council & Community Centre	Mental Health First Aid Youth 2-Day Course	Book now 
5 th October 2023 9:30 – 12:30 The Pavilion	Primary Relationships (Sex) and Health Education - Curriculum Training	Book now
5 th October 2023 13:15 – 15:15 The Pavilion	Primary Resources Overview	Book now
10 th & 11 th October 2023 9:00 – 17:00 Stonehouse Community Centre	Mental Health First Aid Youth 2-Day Course	Book now 
12 th October 2023 15:30 – 17:00 Online	New to PSHE (Secondary) & Short Overview of GHLL Awards	Book now
16 th October 2023 9:30 – 16:00 Colwell Arts Centre	Self – Harm Awareness	Book now
25 th October 2023 9:30 – 12:30 Highnam Community Centre	Mental Health Youth First Aid Lite –	Book now 
26 th October 2023 13:30 – 15:30 Highnam Community Centre	GHLL Awards Process	Book now
26 th October 2023 15:30 – 17:00 Online	Whole School Approach to Reducing Vaping	Book now
10 th November 2023 9:30 – 11:30 Skillzone Community Rooms	Beyond Fed Up – Suicide Prevention	Book now
16 th November 2023 9:30 – 12:30 Skillzone Community Rooms	New to PSHE (Primary) & Short Overview of GHLL Awards	Book now
17 th November 2023 9:30 -12:00 Online	RSE Secondary Training	Book now

23 rd November 2023 9:00 – 15:30 The Pavilion	Trusted Emotionally Available Adult (TEAA) Universal Training	Book now
30 th November & 1 st December 2023 9:00 – 17:00 Venue to be confirmed	Mental Health First Aid Youth 2-Day Course	Book now 
4 th December 2023 15:30 – 17:00 Online	Alcohol Education Trust: Talk About Alcohol (Secondary)	Book now
5 th December 2023 9:30 – 16:00 Skillzone Community Rooms	Self Harm Awareness	Book now
7 th December 2023 9:00 – 15:30 Dowty Sports & Social	Trusted Emotionally Available Adult (TEAA) Universal Training	Book now

FREE Full Days Training on Domestic Abuse: Awareness and Assessing Risk!

GDASS will be supporting Green Square Accord in offering multiple free, full-day training across Gloucestershire over the course of the next year. The training runs from 10am – 4pm and will cover all information about recognising and responding to Domestic Abuse including DASH risk assessments.

Please use [this link](#) below to sign up to the following upcoming dates.



AET resources available free of charge now!

A reminder about the range of evidence-based resources available now to download or as hard copies free of charge. To order your resources, please email kate@alcoholeducationtrust.org

Resources available:

- **Talk About Alcohol Teacher Workbook** Talk About Alcohol is based around 6 key lessons to be delivered in Years 8 and 9 by topic. It can be downloaded via [Download Teacher Workbook - Alcohol Education Trust](#)
- **'Alcohol and You' guide** for young people including top tips and advice on staying safe around alcohol.
- **'Talking to Kids' parent guide** including helpful advice and information on topic including units, guidelines, the effects of alcohol and the law.
- **SEN Activity Box** including laminated activity cards and the BAFTA-winning 'Just a Few Drinks' films. This is particularly suitable for those working with pupils SEN or more vulnerable young people.



The Alcohol Education Trust (AET) now have a choice of three posters which you can personalise with your school/college contacts for your setting free of charge. Email your local information and logo to lucy@alcoholeducationtrust.org and Lucy will pop in your info and send you back a print ready file. These are available now! You can learn more via www.checkyourdrink.co.uk

