

PSHE leads' bulletin

Issue 13: September 2021

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Message from GHLL

Welcome back to our first Bulletin of the new term.

We hope you had a relaxing summer and are settling in to the new term in your school or college.

Although it is always exciting to start the new term, it can also be the most exhausting, especially as you are settling in new pupils and students and making sure they are feeling happy and secure in their new class or school. Therefore it is even more important to make sure that you are looking after your own emotional health and wellbeing.

The [Five Ways to Wellbeing](#) helps to boost our mental health not just for your children and young people but for staff too! By implementing these five simple things in our daily lives we can improve our mental and physical wellbeing.

[Top tips for a healthy mind and body](#)

GHLL have got [new training courses](#) scheduled for you to attend on a variety of topics – some still being done virtually but others are scheduled to be face-to-face which we are looking forward to. If you have not signed up for the [GHLL Alerts](#) please do so as this will ensure you hear about upcoming training.

Remember the GHLL team are here to support you so please do not hesitate to get in touch

Thanks Fiona and the team
ghll@gloucestershire.gov.uk

Understanding Fetal Alcohol Spectrum Disorder (FASD)



NHS Ayrshire and Arran have produced an excellent guide for teachers and those working with young people affected by Alcohol Fetal Spectrum Disorder. You can access the full guide via [fasd_whateducatorsneedtoknow.pdf](#) (alcoholeducationtrust.org)



e-Bug teaching resource



e-Bug is operated by Public Health England (PHE) as a free educational resource for teaching young people aged 4-18 about the spread, prevention, and treatment of infections and antibiotic use.

This course was developed by PHE and the British Society for Antimicrobial Chemotherapy (BSAC) for teachers/educators, and others who work with children or young people. Use this course to learn more about important health topics and increase your knowledge, skills and confidence in using e-Bug resources, which tie into efforts to reduce the spread of infections and antibiotic resistance in the UK.

Week 1: Introduction to microbes, hand hygiene, and respiratory hygiene

Week 2: Food hygiene and oral hygiene

Week 3: Antimicrobial resistance

Register for free [here](#)

Watch this space for exciting new training

Adverse childhood experiences: What we know, what we don't know, and what should happen next



This major [report](#) surveys the evidence relating to the prevalence, impact and treatment of ACEs, the extent to which ACEs should provide the basis for frontline practice and service design, and the known level of effectiveness and value of ACE-related approaches, such as routine enquiry and trauma-informed care

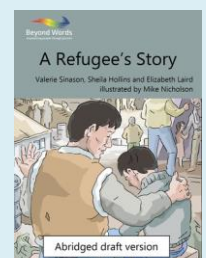
A refugee's story



Wordless stories can be helpful in refugee communities because they are not language-dependant. Many refugees will have no words to describe the trauma they have been through in their own language; let alone in the language of whichever new country they find themselves in.

This wordless story will help people to tell their own story or understand the stories of the refugees they meet.

Click the image to access the story.



Introduction to Safeguarding

This entry-level course will suit anyone looking for a comprehensive foundation in safeguarding children or adults. No previous experience is necessary. We have drawn on our work in clinical settings and our expertise from working with schools and directly with young people.



Consent

Teaching young people about consent equips them to have more safe, ethical and enjoyable sexual experiences. Our course now has an additional fifth module on help and support, and updated modules on the law, myth-busting and communication with new videos to use in teaching.



Puberty

We have partnered with Lil-Lets to bring you this course, with animations, videos and quizzes to test your knowledge. Accompanying this is a selection of tried-and-tested, high quality activities for you to download and use with young people, each exploring various aspects of puberty.



Key Stage 3 PSHE resource

bbfc View what's right for you



Aimed at Key Stage 3 learners this resource is designed to equip students with the skills needed to make considered and informed choices about the content they watch.

Working closely with the PSHE Association to create a resource that includes three lesson plans, a comprehensive teaching guide and extension activities allowing pupils to explore areas such as:

- Representations of sex and relationships in films on and offline
- Decision making and peer influence
- How and why age ratings are given to films and other content.
- How the BBFC reflect public and teenager views when making those decisions

<https://www.bbfc.co.uk/education/key-stage-3-pshe-resource>

Safer choices – film and poster competition winners

Alcohol Education Trust
Keeping young people safe around alcohol

We would really like to thank the young people, schools and organisations that sent in such wonderful entries to our competition asking 15-19 year olds to produce a poster or film on alcohol awareness topics and how to stay safe around alcohol. Choosing the overall winners and runners-up was very difficult.

View the two winning films:

Remember <https://youtu.be/hc4qP4dG420>

Prince's Trust <https://youtu.be/JO2QtFETN6U>

Winning posters:



Talk about alcohol Teacher workbook and lesson plans

Alcohol Education Trust
Keeping young people safe around alcohol



<https://alcoholeducationtrust.org/teacher-area/overview-core-resources/>

Knowledge is power with the perimenopause

happiful

Dr Louise Newson is on a mission to help every woman live well during and after the perimenopause. On *Happiful's* podcast she shares the impact the perimenopause can have and how to work positively with your healthcare practitioner.

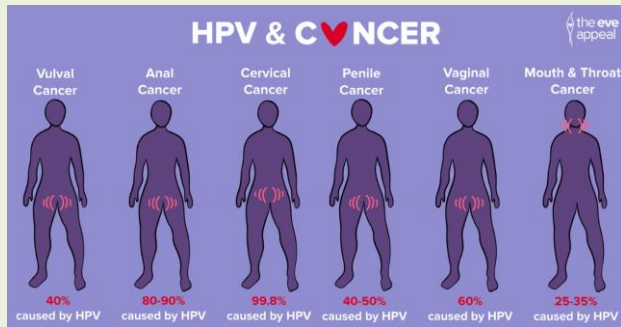


<https://happiful.com/dr-louise-newson-knowledge-is-power/>

10 key messages about HPV



With the help of Dr Naomi Sutton and Karen Hobbs at The Eve Appeal, we've put together 110 key messages to support you in teaching about HPV within RSHE in our [new blog](#), alongside some practical tips for teaching about STIs.



30% of people have never heard of HPV and 40% have a poor understanding of it, according to a YouGov poll. Yet Human Papilloma Virus (HPV) is incredibly common – 80% of people will get it at some point.

When teaching about STIs it is useful for pupils to understand the range and diversity of STIs (e.g. viruses, bacteria, parasites), and that HPV stands out because it is transmitted by genital skin to skin contact. It is also useful to learn that no sexual activity is risk free – but some activities have a higher risk than others

[Read blog](#)

Student's' Mental Health



In partnership with the University of Edinburgh, Charlie Waller have created a series of animations to help academics support students' mental health.

The four short videos – each under a minute long – offer practical pointers on how personal tutors and other academics can make a positive difference to students' mental wellbeing.

They feature tips on keeping calm when talking to a student who is struggling, being prepared with simple and useful responses, and taking care of your own wellbeing whilst supporting students.

They can be used either by individual members of staff, or as part of a training session.

[Watch the videos](#)

Addressing Childhood Adversity and Trauma



Adverse childhood experiences (ACEs) are highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence.

It can be a single event, or prolonged threats to, and breaches of, a young person's safety, security, trust or bodily integrity. These experiences directly affect the young person and their environment, and require significant social, emotional, neurobiological, psychological or behavioural adaptations.

This [PowerPoint](#) can help teachers and school staff to address Childhood Adversity and Trauma.

Little Troopers Charity - Secondary School Resources for Service Children

The military children's charity, Little Troopers has new free resources launching this term as part of their Little Troopers at School programme. The resources are specifically for secondary schools to help support children age 11-18 with a parent service in the British Armed Forces.

New resources:

- A new eight-episode podcast for military teens, called SQUAD
- [A free military child wellbeing course template, now available on USB](#)

The following free resources are also still available to access:

- [Forces Life Club Pack](#)
- [Secondary School Resource Downloads](#)

SQUAD: a new teen podcast

Presented by TV and radio broadcaster, Katie Thistleton and Leicester Tigers rugby star, Thom Smith - who also grew up as a service child – the podcast is the first of its kind to give a platform to military teens to share their views on Armed Forces life including deployment and separation, schooling, moving home, having a serving parent and forming friendships.

Secondary Military Wellbeing Course

Interactive resource to use with service children to encourage discussion around military life challenges and empower them with the tools and knowledge they need to navigate change.

[Little Troopers website](#)
info@littletroopers.net



Optimistic October 2021

MONDAY



TUESDAY

WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you
4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better
7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust
10 Take time to reflect on what you have accomplished this week	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today
13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted
16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the week ahead
19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time
28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future
31 Set a goal that brings a sense of purpose for the coming month		



ACTION FOR HAPPINESS

Happier · Kinder · Together



[Action for Happiness – October 2021 calendar](#)

Harassment and Abuse in Schools **PSHE** Association

In keeping with the recent focus on harassment and abuse in schools the PSHE Association is promoting some excellent, free to all, [abuse disclosure learning resources](#) for KS3-5. These resources are produced by the Home Office and build on their 2020 '[Something's Not Right](#)' campaign.

The lessons focus on;

- helping young people to recognise abuse
- providing information on where to go for help;
- and, overcoming barriers to reporting abuse.

For those working with KS4/5 students, the Association has also published some excellent materials on [pregnancy and fertility choices](#).

The pack comprising three lesson plans, accompanying resources, guidance and a knowledge organiser ensures students receive factually accurate, impartial information – incl. facts and myths around abortion.

Resources from NHS Blood and Transplant

New, free resources from NHS Blood and Transplant



The Statutory requirements for RSHE include educating students about 'the science relating to blood, organ and stem cell donation'. NHS Blood and Transplant (NHSBT) believe that the more people who know the facts about donation and can make informed decisions, the more lives they could potentially help save and improve.

NHSBT, in collaboration with Anthony Nolan, have developed [free teaching resources](#) to support schools to meet the statutory Health requirement to teach students about donation. Their resources consist of two PSHE Quality Assured lessons, a Science lesson and an assembly presentation and are designed to enable KS3 and 4 students to understand the importance of blood, organ and stem cell donation for individuals and society.

They also have a [separate webpage](#) set up to showcase their charity partner resources, covering KS1-5.