

Relationships, Sex and Health Education



More FREE webinars - see inside for details

Welcome to our newsletter.

We now have over 300 schools in our training programme and everyone is progressing well through the materials and resources. We still have some space on the additional FREE training programmes that you can access through Alliance for Learning, so book your place now.

The DfE have released more of the guidance to go with the 13 topics and these should be referred to alongside the training presentations.

If you are not yet on our FREE training programme for secondary schools then contact us, we still have places available. If you are on the training programme, we hope that you are finding it useful and welcome you to get in touch if you need any additional support.

Lisa Fathers, Director of Teaching School and Partnerships



In Conversation with Lisa Fathers, by @TeacherToolkit

In this conversation, we reflect on teacher workload, wellbeing and mental health, the pressures of homeschooling during COVID, as well as Lisa's own personal experiences of lockdown.

[Click here to watch](#)

FREE Resource Pack with our next webinar

Talk about Alcohol - FREE Webinar

18 Nov

See our SLE in RSHE Schools Week article

Still time to sign up for the RSHE Training Programme

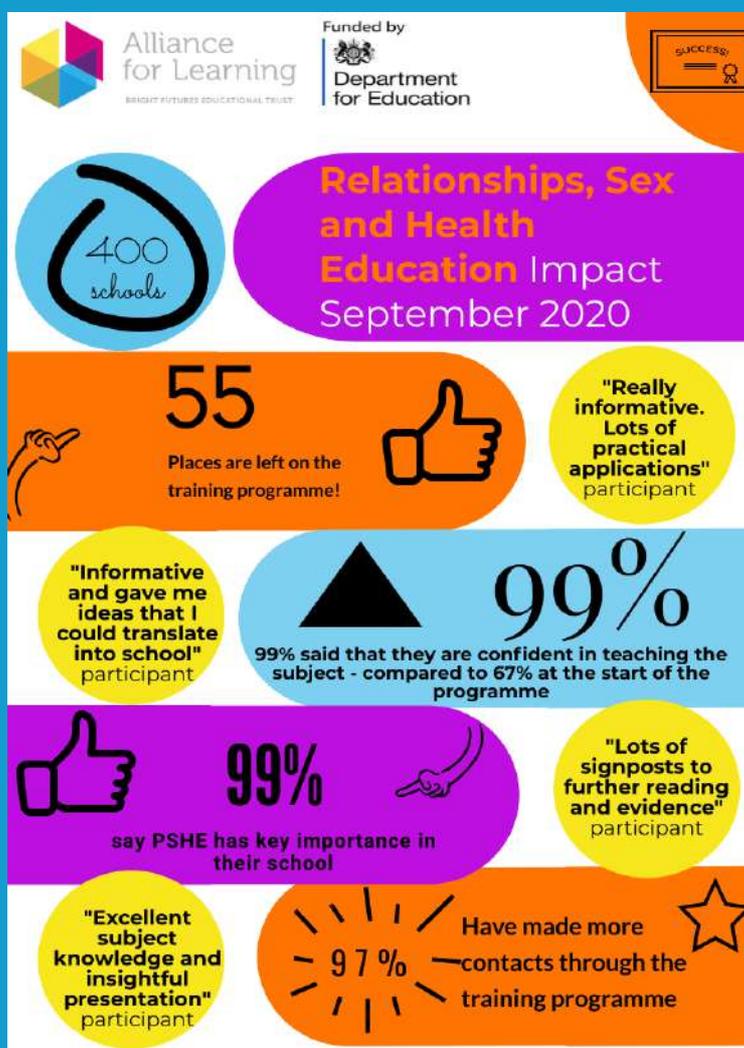
The RSHE Training and its Impact so far

Our training programme started in June 2020 with 200 schools and the DfE extended our reach along the way. We now have the funding and capacity to deliver the training programme to 400 secondary schools. The 13 topics plus an introductory topic are all completed but we regularly update resources. We have held a series of webinars and have more planned for November 2020 and February 2021.

As well as the training materials that are in the Google Classroom, participants can seek additional support from us in areas that they need more help with. If you are on the training programme and need any additional support, please let us know.

We have been supported by a number of external agencies and charities and hope that this programme will enable you to expand your current network.

We have around 50 places left and are keen that schools sign up by the end of November to ensure that they got as much as they can out of the programme that concludes at the end of March 2021. To book your place click [here](#).





This project aims is to recruit more educators to become cancer champions and to look at ways we can raise awareness with families and local communities.

www.cancerchampionsgm.org.uk/become-a-cancer-champion/

When answering this question please say: Tough Cookies - If you are registering through an Answer Cancer funded

Sign up

Answer Cancer Champions are a growing movement of people across Greater Manchester united by their shared commitment to fighting cancer. They are part of the Answer Cancer project, an NHS funded partnership of charities and social enterprises working together to raise awareness of cancer screening and the importance of early detection.

Answer Cancer also works with organisations. If you're part of a community organisation which you'd like to be involved, please take a look at [our organisations sign up page](#) for more information.

Developing School Mental Health



This Masterclass will enable the mental health lead or SLT member to design and run a mental health briefing or short training session for their staff. Delegates will leave with clear development aims they want for their staff and a plan as well as sample resources that they can draw on to run meet these aims. As all schools are at different starting points, delegates will design a workshop relevant to their school.

Date: Wednesday 24 November

Time: 2-4pm

Venue: Online

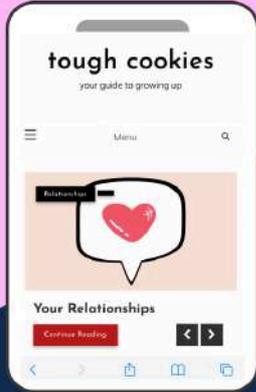
Cost: £55pp

To Book: [Click here](#)



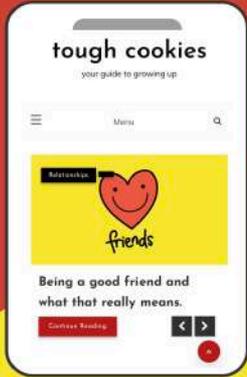
Great Resources from Tough Cookies

Interviews, Posters, Quizzes,
Relationships, Periods &
Health... We Have It Covered.



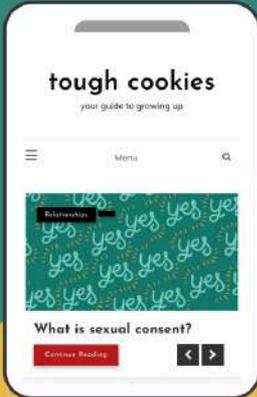
toughcookies.info open, honest, body and health information for teens.
www.toughcookies.info

Interviews, Posters, Quizzes,
Advice On Friendship, Body &
Health... We Have It Covered.



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Young People Need Direct Access to Digital, Body and Health Information.

Toughcookies.info provides young people with access to open and honest, age-appropriate body and health education.

Our new magazine style website aims to reach teens with accurate information covering healthy relationships, puberty, periods and sexual health topics.

Anything a young person would be embarrassed or ashamed to ask their parents or peers about, they're likely to ask the Internet. Reports exploring 'How Teens Use Media' found social networks are a regular source of information and advice, and with less face to face youth and health work happening, a digital response is a must!

Toughcookies.info is a health website where young people can access information, positive stories and signposting. Find out more about Tough Cookies Education [here](#).

www.toughcookies.info

This educational website for teenagers aged 11 to 16 provides an up to date and relevant platform where young people can safely explore the answers to their questions about growing up.

Without such resources, teens will turn to their friends, the media and other areas of the internet to seek answers, which can sometimes result in misinformation and unhealthy or risky consequences.

Get your posters and other resources here. Cookies Have It Covered.

SCHOOLS WEEK

Our Specialist Leader of Education, Ian Nicholson was visited by Schools Week to talk about RSHE at Stretford Grammar. Read the whole article [here](#).



'It's about explaining, this is the law'

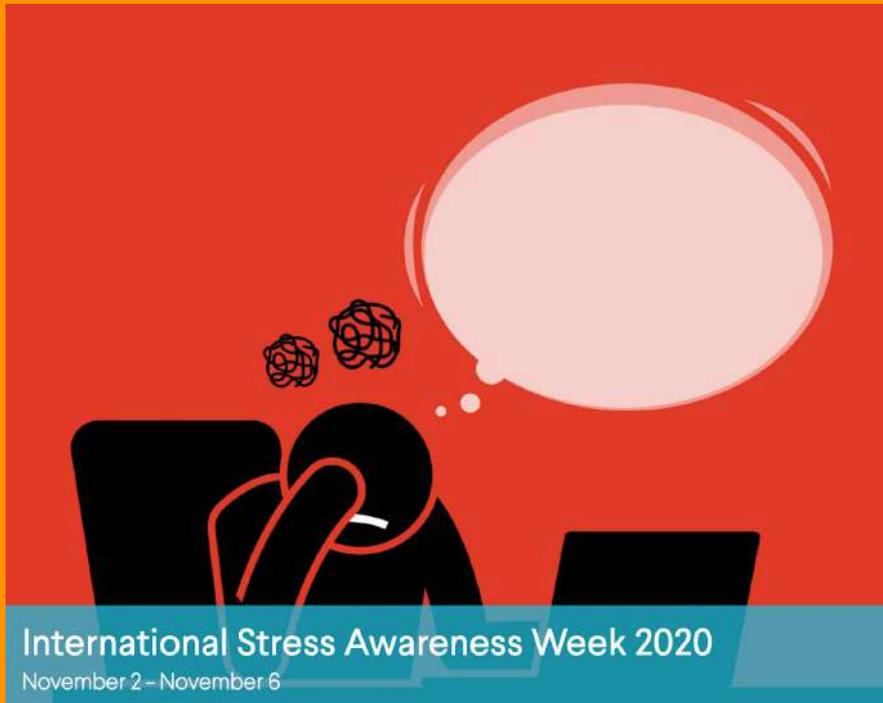
The schools training the north-west on the new RSE curriculum

"As a PSHE lead, you get bombarded with emails"

Schools in the biggest training hub in the north-west for the new relationships and sex education curriculum speak to Jess Staufenberg about getting it right – and avoiding bad speakers

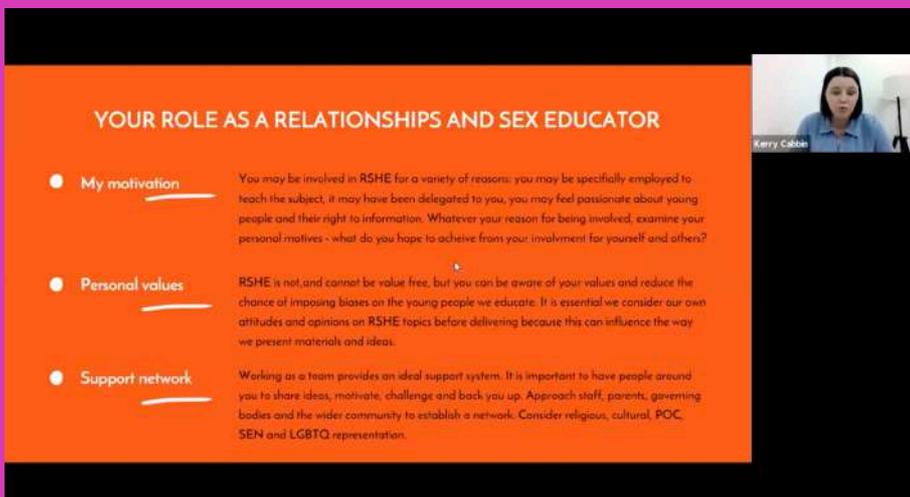
So what's a positive relationship?" Several hands shoot up from the sea of year 7s during their Friday afternoon PSHE lesson. "One that's give and take," says one with confidence. "You're kind to each other," explains another. Ian Nicholson, assistant head and relationships and sex education (RSE) lead at Stretford Grammar School in Manchester, towers above them with a big benevolent beard. "And why are positive relationships important?" he presses. More hands shoot up. At the front of the class is a slideshow emblazoned with Public Health England branding and a label saying PSHE Association Quality Assured Resource.

What are you doing for International Stress Awareness Week 2020?



Stress and mental health problems have never been more important than now, and the challenges they present never more acute than in the wake of the Covid-19 pandemic. You can get involved and download lots of resources [here](#).

Sex Educator - Latest Webinar Recording



This webinar received great feedback. If you are in the RSHE Google Classroom you can view this [here](#).

If you are not in the training, just let us know and we shall send it to you another way.

“Excellent webinar which was really informative with lots of ideas that I could implement in my school/PSHE lessons”. Participant



Alliance for Learning

PSHE Hub

**Alcohol
Education Trust**
Keeping young people
safe around alcohol

**Talk about Alcohol
FREE Webinar with FREE Resource Pack for RSHE
Training Participants**

**Wednesday 18 November 2020
3.30pm - 5.00pm**

The Alcohol Education Trust (AET) is delivering a 1.5 hour 'Talk About Alcohol' (TAA) webinar to schools on the RSHE training programme about Alcohol. The teacher training session, uses PSHE approved resources for use in Secondary Schools.

The course aims to improve confidence in delivering Alcohol Education within Schools.

Course Overview

The vision of the AET is for young people to enter adulthood with a balanced understanding of alcohol by equipping them with the knowledge and skills to make responsible and informed choices.

The AET's PSHE Association approved TAA programme is shown to effectively raise the age of onset for youth drinking (currently age 14). Early regular use is associated with lower academic attainment and other risk taking. Through the programme we work to raise the age of onset for youth drinking, to reduce binge drinking and drunkenness and its associated harms and hence, to reduce the amount of alcohol related illnesses and harm in adulthood. The AET is offering a CPD training session around its TAA resource, which will cover alcohol and its effects, both social and physical, alcohol and the law, units and guidelines and staying safe. There is a strong emphasis on games, activities and social norms, teaching positive approaches and resilience that engage young people around alcohol and the issues they face as they get older.

Learning Outcomes

- a detailed overview of the TAA resources focussing on the evaluated lessons
- a full FREE resource pack (sent out prior to the training)
- the knowledge of a social norms teaching approach
- an awareness of how parents influence young peoples behaviour around alcohol

Book your place Now!

- Places are limited due to the FREE resource pack that is posted out prior to the webinar as this pack will be used in the webinar session
- To book go to <https://form.jotform.com/202992891008360>
- The booking system will close at 12 noon on Wednesday 12 November 2020

Supporting Alcohol Awareness Week - 16-22 November 2020

**Alcohol
Awareness
Week**