

Relationship, Sex and Health Education (RSHE) Support for Schools and Colleges 2023 - 24

It is a statutory requirement for schools in England to teach Relationships/ Relationships and Sex Education and Health Education (RSHE).

It is important that schools ensure their staff are equipped with the necessary skills and resources to deliver this element of the curriculum effectively.

This guide provides details about the extensive RSHE support package Dudley Council along with other local and national organisations are offering education settings in Dudley.

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For further information contact Dudley Public Health's Children and Young Peoples Team cypteam@dudley.gov.uk

Upcoming Training Courses

Training	Date & Times	Delivery method	Aimed at	Funded by	Training provider	How to book
Engaging Positively with Parents/Carers on RSHE – top tips and advice! (Primary & Secondary phase)	Thursday 11 th April 24, 1 pm – 3.15 pm	Online	Primary & Secondary Phase Staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite <i>Please note this session was due to take place on 25th January but due to poor uptake has been rearranged for 11th April.</i>
Course outcomes: <ul style="list-style-type: none"> Review the statutory requirements for Relationships, Sex & Health Education (RSHE) and the need to consult with parents/carers Explore opportunities and best practice in engaging with parents/carers around RSHE provision Consider how to manage discussions with parents/carers around PSHE and RSHE curriculum topics 						
Training	Date & Times	Delivery method	Aimed at	Funded by	Training provider	How to book
How to Deliver Relationship & Sex Education (RSE) (Secondary phase)	Thursday 2 nd May 24, 1 pm – 3.15 pm	Online	Secondary Phase Staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite
Course outcomes: <ul style="list-style-type: none"> Explore elements of best practice in delivering high-quality Relationships & Sex Education (RSE), and understand the importance of effective RSE How to create a safe learning environment for students and staff and deliver an inclusive curriculum Increased awareness of local and national support services for children and young people Understanding of strategies to support safe and effective RSE practice, including techniques to manage questions and discussion Increased confidence in delivering RSE-based learning 						

Training	Date & Times	Delivery method	Aimed at	Funded by	Training provider	How to book
How to Deliver Relationship & Sex Education (RSE) (Primary phase)	Friday 3rd May 24, 1 pm – 3.15 pm	Online	Primary Phase Staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite

Course outcomes:

- Understand elements of best practice in delivering high-quality RSE, and the importance of effective RSE
- Understanding of strategies to support safe and effective RSE practice, including techniques to manage questions
- Increased awareness of local and national support services for children & young people
- Increased confidence in delivering RSE-based learning

Past training courses:

Training	Date & Times	Delivery method	Aimed at	Funded by	Training provider	How to book
How to Teach about the Protected Characteristics (Primary & Secondary phase)	Friday 15th March 24, 1 pm – 3.15 pm	Online	Primary & Secondary Phase Staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite

Course outcomes:

- Learn about the current legislation and guidance around equality and protected characteristics
- Explore resources for teaching about equality and protected characteristics
- Consider Ofsted requirements around equality and protected characteristics
- Explore the importance of a whole school approach to work around equality and inclusion

How to Deliver Teaching on STI's & Contraception (Secondary phase/Colleges)	Thursday 29th February 24, 1 pm – 3.15 pm	Online	Secondary Phase & College staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite
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Course outcomes:

- Explore elements of best practice in delivering high-quality Relationships & Sex Education (RSE), with a focus on Contraception and STI's
- How to create a safe learning environment for pupils and staff and deliver an inclusive curriculum in relation to sexual health with techniques to manage questions
- Introduction to contraception methods and how to deliver an effective condom demonstration
- Increased knowledge and strategies to teach the topic of STI's
- Increased awareness of local and national support services for children and young people

Training	Date & Times	Delivery method	Aimed at	Funded by	Training provider	How to book
Planning an Effective PSHE (RSHE) Curriculum and Assessing Impact (Primary & Secondary phase)	Wednesday 25 th October 23, 1 pm – 3.15 pm	Online	Primary & Secondary Phase Staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite

Course outcomes:

- Increased awareness of statutory RHE requirements at primary phase and RSHE at secondary phase
- Understand elements of best practice with regards to planning and assessment within PSHE/RSHE
- Learn a range of practical assessment strategies to include within teaching and learning activities
- Understanding of strategies to support safe and effective practice, including discussing sensitive issues and managing questions

Ofsted & PSHE: Making the Links (Primary & Secondary phase)	Tuesday 21 st November 23, 1 pm – 3.15 pm	Online	Primary & Secondary Phase Staff, School Nurses	Dudley Council	Health & Wellbeing in Schools	Eventbrite
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Course outcomes:

- Explore how and why PSHE is so important to both schools and pupils
- Assist colleagues in making meaningful links between PSHE and the current Ofsted Education Inspection Framework (EIF)
- Demonstrate how PSHE provides valuable evidence for the Personal Development judgement
- Explore how PSHE provision can enhance and provide valuable opportunities to discharge duties, such as SMSC development and teaching around safeguarding
- Help schools to ensure that their PSHE provision is 'ready for inspection' by stakeholders

A Governors Introduction to Relationships & Sex Education (RSE)	Wednesday 29 th November 23, 6 pm – 7.45 pm	Online	School governors	Dudley Council	Health & Wellbeing in Schools	To book your place visit the Governor Hub or email GovTraining.CS@dudley.gov.uk
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Course outcomes:

- To provide governors with up to date knowledge of the statutory requirements around RSE and the responsibility this places upon them
- To enable governors to understand the importance of effective RSE and how they can support schools to promote best-practise
- To ensure that governors can effectively engage in the development of RSE policy and practice with their schools
- To provide opportunities for informal discussion and advice around RSE-based teaching

Training	Date & Times	Delivery method	Aimed at	Funded by	Training provider	How to book
PSHE Network & Support Meeting for Dudley Schools	Thursday 22 February 2024 1.30pm – 3.30pm (registration from 1.15pm)	In person meeting at David Lloyd Dudley, DY5 3YP	PSHE and RSHE subject leads	Dudley Council	Health & Wellbeing in Schools	Email cypteam@dudley.gov.uk to confirm your attendance before <u>Friday 9th February 2024</u>

Course overview:

This informal meeting offers PSHE (incl. RSHE) subject leaders the opportunity to: find out about the latest developments in the field of PSHE education share and learn from good practice network with other staff from schools across Dudley find out what support is available to you and your school ask questions and explore answers with a PSHE subject specialist.

The PSHE Network & Support Meeting is FREE and is open to all colleagues from primary, secondary and special schools in Dudley.

PSHE Network & Support Meeting for Dudley Schools

Hosted by Health & Wellbeing in Schools and the Children and Young People's Public Health Team, DMBC



Health & Wellbeing
in Schools
PSHE Education Consultancy



This informal meeting offers PSHE (incl. RSHE) subject leaders the opportunity to:

- find out about the latest developments in the field of PSHE education
- share and learn from good practice
- network with other staff from schools across Dudley
- find out what support is available to you and your school
- ask questions and explore answers with a PSHE subject specialist



Audience: PSHE and RSHE subject leads



Venue:
David Lloyd Dudley
Pensnett Road
Brockmoor
Brierley Hill
DY5 3YP



Date & Time:
Thursday 22 February 2024
1.30pm - 3.30pm
(registration from 1.15pm)

The PSHE Network & Support Meeting is FREE and is open to all colleagues from primary, secondary and special schools in Dudley.

To find out more about the meeting and to confirm your attendance please email: cypteam@dudley.gov.uk

RSHE Resources

RSHE Topic	Provider/Link	Overview of Resources
RSHE curriculum	Better Health every mind matters (PHE)	<p>These resources are flexible and ready to use and have been co-created with teachers and young people to help schools teach PSHE, RHE and RSHE to upper KS2, KS3 and KS4 students</p> <p>Browse by topic:</p> <ul style="list-style-type: none"> • Vaping • One-to-one relationships • Positive friendships • Bullying and cyberbullying • Self-care • Physical and mental wellbeing • Unhelpful thoughts • Building connections • Worry • Social media • Sleep • Dealing with change • Transition to secondary school • Puberty • Online stress and FOMO • Alcohol • Exam stress • Body image in a digital world

RSHE Topic	Provider/Link	Overview of Resources
RSHE curriculum	PSHE Association	<p>Dudley Public Health have changed the way they subsidise schools' membership to the PSHE Association.</p> <p>Dudley schools will no longer have their membership automatically renewed and paid for by Dudley Public Health. Instead, schools will be required to purchase their annual membership themselves. Schools can then claim back £50 funding towards their membership from Dudley Public Health. To claim this funding schools just need to submit an invoice for £50 and proof of purchase to cypsteam@dudley.gov.uk This offer will be available until July 2024. Sign up via https://pshe-association.org.uk/</p> <p>The annual cost of membership per school is currently £135 and this provides access for all staff. Members of the PSHE Association have full access to a library of quality downloadable resources that will help them develop and improve their practice, with specific content that relates to teaching children with SEND. These comprehensive resources include an explanation of how to develop a curriculum framework for PSHE which is bespoke and personalised to each setting, in line with best practice. Additionally, the resources include guidance on creating lesson plans and assessing student progress.</p> <p>Please note, if your school chooses not to renew their membership there is still a lot of valuable content and resources on the PSHE Association website that is accessible for non-members.</p>
RSHE curriculum	Dog, Duck and Cat	<p>Dudley Council have funded all local primary schools to have free access to The Dog, Duck & Cat Trust resources. The resources aim to help children to learn about staying safe, in a way that is fun and age appropriate, in their day to day lives, at school and in their local community. They will help teachers educate on subjects that affect a child's physical health and emotional wellbeing in an engaging and structured way, helping schools to deliver effective RSHE. Log in details can be requested by emailing DDC Trust at info@dogduckandcat.co.uk</p>
RSHE curriculum	Loudmouth Theatre in Education	<p>Dudley Council subsidise an extensive programme of Theatre in Education available to schools and colleges in Dudley. See Page 15 for full details of offer.</p>

RSHE Topic	Provider/Link	Overview of Resources
Relationship and Sex Education	NSPCC School Resources	The NSPCC have put together a list of teaching resources to help education settings plan health, relationships and sex education that protects young people and promotes health and wellbeing.
Relationship and Sex Education	Better Health every mind matters (PHE)	Better Health every mind matters provides flexible, ready to use content created with teachers and young people, including resources on 'One to one relationships' and 'Positive friendships'
Relationship and Sex Education	The PSHE Association	The PSHE Association provides access to an extensive range of RSE resources and teacher guidance, including an RSE Lesson Pack for KS3 & 4
Relationship and Sex Education	Brook	Brook provides access to a range of free resources and guidance to support RSE teaching and learning. This set of slides provides details about Brook's Sexual Health offer for young people living in Dudley and should be used in all relevant RSE lessons to raise awareness of the free service. If you would like the slides in PPT form, please contact cypteam@dudley.gov.uk
Relationship and Sex Education	The Faculty of Sexual & Reproductive Healthcare (FSRH)	The FSRH have developed an abortion care fact- sheet , which is a free resource for secondary schools and colleges to use in relationships and sex education lessons. It aims to ensure that professionals involved in educating young people have a factually accurate, unbiased and evidence-based source of information about abortion in the UK.
Relationship and Sex Education	E-bug	E-bug provides lesson plans and guidance on how to teach about Sexually Transmitted Infections. KS3 resources KS4 resources
Relationship and Sex Education	Department for Education	DfE have developed guides for parents of primary and secondary age pupils that schools can use to communicate with them about teaching relationships and health education. These are available in a range of languages.

RSHE Topic	Provider/Link	Overview of Resources
Internet safety and harms	The School Zone (PHE)	The Better Health every mind matters provides flexible, ready to use content created with teachers and young people, including resources to support with Bullying and cyberbullying , Social media , Online stress and FOMO , Body image in a digital world
Internet safety and harms	Child Exploitation and Online Protection (CEOP) Command	The CEOP have developed a range of age- appropriate (including Primary, Secondary and College Phase) resources and guidance on online child abuse and exploitation available for professionals, parents and young people to access.
Internet safety and harms	The South West Grid for Learning (SWGfL) Online Safety Education Resources	The SWGfL have developed a large catalogue of useful resources and advice for education settings, including policy templates, digital wellbeing and information for parents.
Internet safety and harms	Project-EVOLVE Digital Literacy Toolkit	<p>Project EVOLVE is a free digital literacy toolkit that supports online development in children and young people. It assists professionals in educating, guiding and supporting them through their use of technology in their online life.</p> <p>The toolkit covers over 600 separate resources that covers from very young children, right up to 18 and a range of topics including Online relationships, Online Bullying and Managing Information Online.</p>
Internet safety and harms	Childnet: Thrive Online	<p>Thrive Online is an online safety education programme for secondary-aged young people with SEND. The Thrive Online adaptable resources cover topics such as healthy relationships, digital wellbeing and online pornography for young people aged 11 and over.</p> <p>Each topic contains three lesson plans and films for educators and those working with young people to initiate discussion and help young people navigate online spaces.</p>

RSHE Topic	Provider/Link	Overview of Resources
Physical health and fitness	The School Zone (PHE)	Shake Up your primary school with Disney, Pixar and Marvel inspired resources for teachers, leaders and other school staff – designed to promote physical activity for students throughout the school day and help engage parents beyond the gates.
Physical health and fitness	The PSHE Association	<p>The PSHE Association has developed engaging lessons that cover all aspects of physical activity and healthy food choices within the RSHE curriculum.</p> <p>KS1 – KS2 guidance and resources</p> <p>KS2 – KS3 guidance and resources</p>
Healthy eating	The PSHE Association	<p>The PSHE Association has developed engaging lessons that cover all aspects of healthy food choices and physical activity within the RSHE curriculum.</p> <p>KS1 – KS2 guidance and resources</p> <p>KS2 – KS3 guidance and resources</p>
Healthy eating	The School Zone (PHE)	The School Zone provides a range of flexible nutrition resources across different subject areas – designed for use throughout the school year to encourage pupils to build healthier habits for life.
Healthy eating	British Nutrition Foundation: Food a Fact of Life Programme	<p>Food for Life is a comprehensive, progressive education programme for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating.</p> <p>Pupils with additional needs.</p> <p>There are a range of resources available to support the teaching and learning about food and nutrition with children and young people with additional needs.</p>

RSHE Topic	Provider/Link	Overview of Resources
Drugs, alcohol and tobacco / vaping	The PSHE Association	<p>The PSHE Association provides access to teacher guidance, lesson plans and classroom-ready PowerPoint presentations for KS1 – KS4 to support schools with delivery of this subject area. Additional guidance and resources are also available to support teaching students with SEND.</p> <p>The PSHE Association has developed a Year 9 lesson exploring the consequences of vaping and challenging the influences that might encourage young people to vape. This resource is also available to non-members.</p>
Drugs, alcohol and tobacco	The Alcohol Education Trust	The Alcohol Education Trust provides a range of educational materials and lesson plans listed by subject to make lesson planning simple, located in the Teacher/educator Area . There are different levels of resources for different age groups and abilities, together with short film clips and hand out sheets. The resources can be searched by either age groups or topics, see the Resources by Year Group sub-menu under the Teacher/Educator Tab.
Drugs, alcohol and tobacco / alcohol	The School Zone (PHE)	The School Zone provides flexible, ready to use content created with teachers and young people, including resources to support with Alcohol .
Drugs, alcohol and tobacco/ vaping	Life-Stuff.org	Life-stuff.org have produced a new section on their 16-25 year old advice hub around the topic of Vaping (life-stuff.org) . This page covers a range of information including how vaping differs from smoking, CBD and cannabis vapes, what is in vape liquid, how to spot a legal vape and there is also a quiz to try too.
Drugs, alcohol and tobacco/ smoking & vaping	Action on Smoking and Health (ASH)	ASH provide a range of resources that contain information and statistics on smoking/vaping-related topics and supporting evidence for tobacco control measures, including resources for local authorities, schools and parents on youth vaping.
Drugs, alcohol and tobacco/ smoking & vaping	INTENT Smoking Prevention Programme	The INTENT: Smoking Prevention Programme works by targeting young people who have never smoked. INTENT reduces smoking initiation by first getting adolescents to engage with anti-smoking messages and then creating Personal Plans (or "Implementation Intentions") about how to refuse an offer of cigarettes. The principles of this approach can also be applied to vaping.
Drugs, alcohol and tobacco/ smoking & vaping	The Office for Health Improvement and Disparities (OHID)	The Office for Health Improvement and Disparities (OHID) has developed a range of teaching resources and lesson plans on vaping for year 7 and 8 students. These can be found on the Campaign Resource Centre , which is the digital platform for government health improvement campaigns and resources.

RSHE Topic	Provider/Link	Overview of Resources
Drugs, alcohol and tobacco/ smoking & vaping	Smoke Free Sheffield	<p>Smoke Free Sheffield has produced a range of free resources to support schools teach students about the facts of vaping. Links below:</p> <p>Vaping: The Facts. Poster 1</p> <p>Vaping: The Facts Poster 2</p> <p>Vaping The Facts: Teachers Toolkit</p> <p>Vaping: The Facts. Animation Video</p> <p>Vaping: The Facts: Classroom Presentation</p> <p>Vaping: The Facts: Classroom Presentation Notes Page</p>
Drugs, alcohol and tobacco/ smoking & vaping	Dudley Council, Public Health	Advice and Guidance for Schools on Youth Vaping: This guidance has been written by Dudley Council's Public Health Team with support from partners, to help schools respond to growing concerns about the number of young people vaping. Download the guidance here .
Mental wellbeing	The School Zone (PHE)	Helping schools teach mental health and wellbeing to upper KS2, KS3 and KS4 students, with flexible, ready to use content created with teachers and young people.
Mental wellbeing	Young Minds	Young Minds provide a range of tools and resources for teachers, pupils and parents to support the mental health agenda in education settings.
Mental wellbeing	The PSHE Association	<p>The PSHE Association provides a range of quality assured teacher guidance, lesson plans and resources on teaching about mental health including,</p> <p>Mental Health and Wellbeing Pack for KS1 & 2</p> <p>Mental Health and Wellbeing Pack for KS3 & 4</p>
Mental wellbeing	Mentally Healthy Schools (Anna Freud National Centre for Children & Families)	Access a range of teaching resources available for schools and colleges via the Mentally Healthy Schools resource library

Mental wellbeing	Dudley Council	<u>Happier Minds</u> : A mental wellbeing website providing links to information and support designed especially for young people, parents/carers and school based staff in Dudley.

RSHE Topic	Provider/Link	Overview of Resources
Health and prevention Personal Hygiene, Microbes, Vaccinations	<u>E-bug</u> , developed by the UK Health Security Agency	E-bug is a health education programme that aims to promote behaviour change among children and young people to support infection prevention and control. E-bug provides resources for educators, community leaders, parents and caregivers to educate children and young people, covering topics such as microbes, personal hygiene, vaccinations and sexually transmitted infections.
Health and prevention Sun safety	<u>The PSHE Association</u>	The PSHE Association has developed lessons plans that explore safe and unsafe exposure to the sun and the associated benefits and risks. The lesson plans and classroom-ready PowerPoints come with supporting materials and teacher guidance.
Health and prevention/ Dental Health	<u>The School Zone (PHE)</u>	The School Zone has developed lesson plans and a comic style story to teach KS1 and KS2 pupils about dental health.
Health and prevention Dental Health	<u>The PSHE Association</u>	<p>The PSHE Association has developed lessons plans to teach pupils healthy hygiene routines and understand what daily habits help or harm dental health. The lesson plans and classroom-ready PowerPoints come with supporting materials and teacher guidance.</p> <p><u>Dental Health Education for KS 1 & 2</u></p> <p><u>Dental Health Education for KS 3</u></p>

Health and prevention Sleep	The PSHE Association	The PSHE Association has developed lessons plans to teach pupils about the importance of sleep. Sleep Education KS 1 & 2 Sleep Education KS 3 & 4
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RSHE Topic	Provider/Link	Overview of Resources
Basic First Aid	St Johns Ambulance	St John's Ambulance have developed Key Stage lesson plans and teaching resources to support teaching first aid as part of health education. They have been designed to meet the new requirements for each Key Stage. All the resources are organised in teaching pathways for Key Stage 2, Key Stage 3, and Key Stage 4.
Basic First Aid	The Red Cross: First Aid Champions	First Aid Champions is an online teaching platform for learners ages 5–18. It's packed full of age-differentiated practical activities, videos, quizzes and guidance to support teachers to deliver first aid education. The programme covers the RSE and Health curriculum requirements for teaching first aid in primary and secondary schools in England.
Changing adolescent body	Better Health every mind matters (PHE)	This puberty resource provides lessons and teacher guidance to support students to learn about the physical and emotional aspects of puberty.
Changing adolescent body	PSHE Association	The PSHE Association provides access to relevant lesson plans and teacher guidance to support the topic 'Growing and changing'
Changing adolescent body	Dudley School Nursing Service	The Dudley School Nursing Service can deliver 'Growing Up - Puberty Lessons' to years 4, 5 and 6. For more information visit the Lets Get workforce area and enter the password Dudley1

Dudley Schools & Colleges RSHE Theatre in Education Tour

Dudley Council commission [Loudmouth Education and Training Company](#) to provide a subsidised RSHE tour to Dudley schools and colleges. See below for details of each performance available.

Theatre in Education Offer for Dudley Primary Schools 2023/24

Performance	Available subsidy	Provider	How to book
Bully 4 U	40% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
Helping children to spot and prevent bullying and explore strategies to protect their mental wellbeing. This lively drama and discussion workshop helps children to identify a range of bullying types e.g. cyberbullying, understand the impact it can have, the importance of mental wellbeing and how/where to get help.			
Helping Hands	75% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
The programme uses age-appropriate drama and discussion workshops to support children in learning about safe contact with others. Using the NSPCC's PANTS rule as the central theme the Safe Team teaches the children about safe and unsafe secrets and body contact as well as recognising the feelings that may occur when you feel unsafe. The programme explores difficult topics such as domestic abuse and child sexual abuse and exploitation in a safe and gentle way.			
My Mate Fancies You	10% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
The programme uses a fun and informative drama plus discussion workshop to help children and young people to understand transitions and puberty (including the menstrual cycle), reassure them that it is normal/not something to worry about and advise them where to go for support.			

Theatre in Education Offer for Dudley Secondary Schools and Colleges 2023/24

Performance	Available subsidy	Provider	For further information and bookings
Bully 4 U	40% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
Drama and discussion workshop session that covers many forms of bullying including cyber, sexist/sexual, homophobic bullying and bullying linked to sexting. Includes work on respect in relationships and male victims of teenage relationship abuse.			
Trust Me	65% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
This lively drama and discussion workshop helps young people understand how to make safe and healthy choices in their sexual relationships. The programme follows a young couple navigating their new relationship – will they know how to communicate well with each other, do they understand consent, what do they know about contraception and STIs and the importance of testing and accessing sexual health services?			
Safe and Sound	65% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
This sensitive programme uses a drama and discussion workshop that follows a young couple as their relationship develops. Looking in on their relationship the pupils are shown the characteristics of both a healthy and unhealthy relationship exploring the concepts of respect, privacy and consent including learning about sexting and abusive and coercive behaviours within relationships.			

Theatre in Education Offer for Dudley Secondary Schools and Colleges 2023/24

Working for Marcus	65% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
The programme uses well researched drama plus discussion workshop to help young people spot the signs of grooming, raise empathy for victims and see the impact of child exploitation. It highlights how perpetrators target young people's vulnerabilities, how victims and perpetrators can be anyone e.g. gender, ethnicity, age and the laws around coercive and controlling behaviour.			
Calling it Out	75% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
The Calling It Out programme supports the ongoing work in schools and colleges to create a culture where sexual harassment and sexual abuse are not tolerated.			
Talking Heads (KS3)	65% subsidised, funded by Dudley Council NB: Limited availability	Loudmouth	info@loudmouth.co.uk or 0121 446 4880 www.loudmouth.co.uk
This programme debunks the myths around mental health, giving young people the space to learn how to talk about mental wellbeing and emotions sensitively. The programme uses drama plus a discussion workshop to show young people the common types of mental ill health and their possible causes e.g. social media, as well as giving simple, proven strategies to support positive mental wellbeing e.g. physical exercise.			

Healthy Dudley Website Professionals Area

The Healthy Dudley website has a Workforce/Professionals Area where schools and other organisations can access information about services, referrals, training, guidance and resources to support the health and wellbeing of the children and young people they work with.

Visit the [Healthy Dudley Professionals Area](#) and log in using the password: **Dudley1**

Please contact cypteam@dudley.gov.uk if you have any feedback or suggestions for content you would like to see added.

Dudley Young Health Champions Programme

The Dudley Young Health Champions Programme (DYHC) programme is a borough wide initiative that is committed to creating a network of Young People who are empowered to have their voices heard and to champion the voices of their peers.

The role of a Dudley Young Health Champion (DYHC) is to raise awareness amongst their peers about health-related topics such as mental health, emotional wellbeing and the importance of living a healthy lifestyle through the effective use of signposting and health campaigns. By raising awareness about the importance of health, engaging with their peers and gaining valuable insights from them, Dudley's DYHCs will be able to help shape future health services and support within the borough.

All DYHCs will complete a four-week training programme and will be given the tools to carry out this role within their education setting, while linking into a larger network of other Young Health Champions. There will also be a future opportunity to achieve a GCSE equivalent accredited qualification as their role progresses.

Schools and colleges participating in the programme will be supported by our DYHC Coordinator and will have access to a range of resources available to support Young People in this role.

The programme is open to young people aged 11-25. For more information on how your setting can get involved, please email Ben Arrowsmith ben@dudleycvs.org.uk

Dudley Health Related Behaviour Questionnaire (HRBQ)

The HRBQ is a nationally regarded and widely used survey Dudley Council commission the Schools Health Education Unit (SHEU) to undertake. The survey offers educational settings and partners an opportunity to gain a deeper understanding about the health and wellbeing needs of Dudley's children and young people.

The survey is for Primary & Secondary Schools and Colleges. Years 5, 6, 8, 10, 12 & 13 are invited to take part in the survey.

The outcome is a set of borough wide baseline data at key points in children's and young people's development relating to the following areas:

Personal background	Physical activity
Risk taking (drugs, alcohol and tobacco)	Relationships and sexual health (as age appropriate)
Emotional health and wellbeing	Safety
Healthy eating	School and career
Leisure and money	

The questionnaire results are processed by the SHEU, and each setting participating in the survey receive the following:

- Instant results if surveys are completed on-line
- Full results in tabular form
- A report containing a summary of key aspects of the data as well as full analysis of data compared to the wider Dudley picture
- Guidance on how to use the data
- Data to support 'Voice of the Child' specific to your setting

The next survey will be in this academic year 2023/24. Schools and colleges will receive an invite to take part in the survey in December 2023, with a briefing session online early in January 2024 and an online results session in June 2024

If you would like more information about the survey visit the [Let's Get Workforce Area](#) and log in with password **Dudley1**, or if you have any questions please contact Dudley Public Health's Children and Young People's Team: cypteam@dudley.gov.uk

Healthy Schools Awards

- **[National Schools Healthy Rating Scheme](#)**

The healthy schools rating scheme is a voluntary scheme for schools, developed by the DfE that recognises schools' contributions to supporting pupils' health and wellbeing. It celebrates the positive actions that schools are taking in terms of healthy eating and physical activity and aims to help schools identify useful next steps in their provision. This voluntary scheme is available for both primary and secondary schools. Schools complete a self-assessment via the Active Lives Children's Survey and then receive a rating based on their responses around:

1. Food education
2. Compliance with the school food standards
3. Time spent on physical education
4. Promotion of active travel

To support schools through this process Active Black Country and Public Health teams from across the Black Country have designed a toolkit to support schools in improving their healthy schools rating. The resource contains key guidance and national and local resources to support schools through the process.

For further information on the Healthy Schools Rating Scheme visit [Active Black Country](#) or contact Leah Goode, Healthy Schools Coordinator leah.goode@activeblackcountry.co.uk

- **Black Country Healthy Schools Platinum Award**

The Black Country Healthy Schools Platinum award has been developed to recognise those schools that are demonstrating excellent practice in embedding a whole school approach to their Physical Activity and Healthy Eating provision. To be eligible for this award, schools must first achieve the national Healthy Schools Rating Scheme

The award offers an opportunity for schools to work through a framework to outline their intent, implementation and impact across 9 whole school criteria areas acting as a whole school health improvement tool.

For further information on the Black Country Healthy Schools Platinum Award visit [Active Black Country](#) or contact Leah Goode, Healthy Schools Coordinator leah.goode@activeblackcountry.co.uk