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## The New Statutory Guidance for PSHE Getting ready for 2020 - key changes and delivery implications for staff

### Course Aim

With PSHE receiving a national shake-up, all schools are required to deliver a new comprehensive programme from Sept 2020. This interactive workshop is suitable for both small and large groups of staff. The course provides both specialist and non-specialist staff with a fascinating, fast-paced overview and update on the critical issues affecting young people today, plus discussion on every staff member's role in helping students navigate them. It can be delivered as a whole staff INSET or as training purely for pastoral/PSHE staff.

Key Learning objectives include:

- Understanding the new statutory guidance - implications for you and your students
- How to deliver effective PSHE – practical strategies, lesson ideas/tips & advice
- Essential updates - key issues unpacked, including up-to-date information on:
  - Adolescent mental health,
  - Managing the social media minefield,
  - Drugs and alcohol,
  - LGBTQ, Sex and the media,
  - Healthy and unhealthy relationships

### Course Presenter

#### Peter Radford

Peter is an experienced public speaker, teacher, trainer and coach with a wealth of experience of leadership, management, personal development and education. He now works with businesses, organisations & schools to help develop the strategies and momentum to meet the challenge of change and achieve their goals.

Peter has worked in education for over 20 years and as a school leader has particular experience in effecting change at a whole school level through addressing systems and mindsets that stifle progress. Peter has overseen Ethos & Aspiration in two large secondary schools and led both to achieve the Unicef Rights Respecting School Award. He now speaks to students and staff around the country inspiring change.

*The training takes place in a welcoming and supportive environment. Colleagues will be able to participate and ask questions.*

**Full Day Programme (this can be condensed for shorter sessions)**

9.30 – 10.00	<b>Welcome and refreshments</b>
10.00 – 10.45	<b>Session 1: The new statutory guidance for PSHE</b> <ul style="list-style-type: none"> <li>• What's changed &amp; what's new</li> <li>• Implications for your policies &amp; provision</li> <li>• Why and how this affects all staff</li> </ul>
10.45 – 11.35	<b>Session 2: The big issues part 1 – Mental Health &amp; Social Media</b> <ul style="list-style-type: none"> <li>• Adolescent mental health – what's happening?</li> <li>• Understanding the self harm epidemic</li> <li>• How to reinforce positive coping strategies</li> <li>• Social Media update: what your students are doing online</li> <li>• The effects and consequences for students and families</li> <li>• How to help students (and parents) regulate their screen use</li> </ul>
11.35 – 11.55	<b>Refreshment break</b>
11.55 – 12.45	<b>Session 3: The big issues part 2 – Drugs &amp; Alcohol &amp; LGBTQIA</b> <ul style="list-style-type: none"> <li>• Drugs &amp; Alcohol update – what are your students up to?</li> <li>• The truth about addiction</li> <li>• How to help students regulate their substance use</li> <li>• LGBTQIA – why so many letters and why now?</li> <li>• Understanding gender identity and working through how to respond</li> <li>• Implications for how we teach about difference</li> </ul>
12.45 – 1.45	<b>Lunch</b>
1.45 – 2.50	<b>Session 4: The big issues part 3 – Sex &amp; Relationships</b> <ul style="list-style-type: none"> <li>• Sex, pornography and media influence</li> <li>• Body image, identity and male/female stereotypes</li> <li>• How to help students make positive choices</li> <li>• Domestic Abuse – what to look out for and how to educate</li> <li>• Sexual Harassment and how to address it</li> <li>• Promoting the ingredients of healthy relationships</li> </ul>
2.50 – 3.00	<b>Comfort break</b> (grab a tea/coffee, take back in session)
3.00 – 3.30	<b>Session 5: How to deliver effective PSHE</b> <ul style="list-style-type: none"> <li>• Tips and strategies for specialists and non-specialists</li> <li>• Safeguarding concerns: how to respond on difficult issues</li> <li>• Big Dos and Don'ts</li> <li>• Key messages: how to reinforce key messages across the curriculum</li> </ul>

