

RSHE Newsletter

Issue 01: Academic Year 2024/25

Designed for members of the Warwickshire RSHE Network.
Created by [Connect for Health](#), commissioned by
Warwickshire County Council.

Autumn Term Network Meetings

All RSHE network meetings for the autumn term have now taken place, and it was wonderful to see both familiar and new faces. The meetings provided attendees with valuable information on how to use local data to tailor their PSHE curriculum to better meet students' needs. Many schools have already taken up the opportunity to consult with the RSHE lead and review their school's public health data, with feedback highlighting how invaluable this has been.

We had insightful discussions on engaging the community in RSHE policy consultations, and data was shared from Safeline on peer-on-peer abuse in Warwickshire. The sessions also offered lesson plan suggestions aimed at reducing and addressing peer-on-peer abuse through PSHE.

All resources and information from the meetings are now available for network members on the new RSHE section of our website.

Let's talk about...

- Autumn network meetings
- Dates for your diary
- New website
- National updates
- Policy review reminder
- Disconnect to reconnect
- Health literacy
- Honour based violence
- YP language corner
- Network support



Dates for your diary - Spring Term Network Meetings

Following consultation with attendees, we've decided to change the format of our meetings. From now on, all network meetings will be open to all members, allowing you to attend the session that is most convenient for you, regardless of your school's location.

Registration for these meetings can be found here...

[Register for your meeting here](#)

We are still seeking a school to host one of the meetings next term. If your school is able to assist, please contact Catherine at Catherine.winton@compass-uk.org.

Date	Time	Location	Meeting Focus	Curriculum Focus
Tuesday 14th January	2:00pm - 3:30pm	Ashlawn School, Rugby, CV22 5ET	Policy writing for the new guidance.	Addressing sexual harassment.
Wednesday 22nd January	3:30pm - 5:00pm	TBC		
Tuesday 28th January	3:30pm - 5:00pm	Wembrook Primary, Nuneaton, CV11 4LU	Assessment in RSHE.	Tackling online harm.
Wednesday 29th January	3:30pm - 5:00pm	Coten End Primary, Warwick, CV34 4NT	Adaptive teaching in PSHE.	
SEND Tuesday 11th February	3:30pm - 5:00pm	Woodlands School, Coleshill, B46 3JE		

New RSHE section on our website

As mentioned, the new RSHE Network section on our website is now live. All attendees should have received, or will receive their login details this week. We hope this one-stop platform for all resources and information will be invaluable to you. However, your feedback is crucial in helping us improve, so please don't hesitate to share your thoughts.



National Updates: DFE

Staying informed and up to date with the latest research and guidance is crucial for ensuring your subject knowledge remains relevant. This will not only strengthen your ability to lead meaningful discussions with school leaders and inspectors but also help you deliver high-quality RSHE education that truly meets the needs of your students.

The Department for Education has recently published two key reports that are highly relevant to RSHE: "Relationships, Sex and Health Education— Implementation of the 2020 Curriculum and Guidance in Schools" and "Teaching Relationships Education to Prevent Sexual Abuse." These reports provide valuable insights and practical suggestions for improving RSHE delivery and enhancing the support we offer to young people.

We strongly encourage you to take the time to read these reports, as they will be instrumental in helping you refine your approach and stay aligned with the latest expectations and best practices. Summaries and key findings are available on the RSHE Network website.



Department
for Education



Policy Review Reminder

As there has been no further movement with the draft guidance, it's essential to review your school's RSHE policy. Previously, the advice was to hold off on any updates, but we have now been informed that Policies should be reviewed using the 2020 guidance we recommend undertaking a full review.

This process must include consultation with parents and/or the wider community, as well as with staff and students. Ensuring all stakeholders are involved will create a well-rounded policy that reflects the needs and values of your school community.

Additionally, updates to Keeping Children Safe in Education 2024 have implications for PSHE, and should be considered. Including new sensitive topics like sextortion, which should be carefully considered in your curriculum and therefore reflected in the policy,

As always, you can book a bespoke consultation with the RSHE lead—this service is completely free to all Warwickshire schools. An exemplar policy is also available on the RSHE Network website to assist you in your review.

Introducing: The Disconnect to Reconnect Campaign

We are excited to share Device Wise's latest initiative: the Disconnect to Reconnect campaign. This campaign encourages young people and families to take regular breaks from screens and digital devices, fostering stronger real-life connections and improving overall well-being. The goal is to raise awareness of the impact excessive screen time can have on mental health and relationships, and to inspire more meaningful offline interactions.

The campaign has already seen great success in Leeds, with positive feedback from schools, parents, and young people. Led by Doctor Charlotte Armitage, a clinical psychologist specialising in digital health, the initiative has sparked important conversations about creating healthier digital habits.

As the RSHE lead, I fully support this campaign and believe it aligns with our focus on supporting young people's well-being. To learn more about the campaign and how you can get involved, visit [more information here](#)

Health Literacy

Health literacy is an essential life skill that empowers young people to make informed decisions about their physical, mental, and emotional well-being. By teaching health literacy, we equip students with the knowledge and skills to understand and manage their health, navigate healthcare systems, and critically evaluate the vast amount of health information they encounter—especially in today's digital age.

Health literacy goes beyond understanding basic health facts; it fosters the ability to assess risks, seek support when needed, and take proactive steps in maintaining a healthy lifestyle. As issues like mental health, nutrition, and online safety become increasingly relevant, it is crucial that young people develop the confidence to engage with these topics and have the correct language and understanding to do this.

The school nursing team at Connect For Health are keen to support schools to deliver these lessons and if this is something you would like in your school please contact Alison Ruffley at Connect for Health.

Honour Based Violence: Support from Karma Nirvana

At a National PSHE Leads meeting, we were privileged to be introduced to the work of Karma Nirvana. I know that many teachers find teaching Honour based violence and FGM challenging to resource and deliver and I am keen to book them to speak at a future Network meeting.

They are a leading UK charity dedicated to supporting victims of honour-based abuse and forced marriage. They provide critical resources, training, and support to help schools identify and address these sensitive issues, ensuring that students at risk receive the protection and guidance they need.

We are looking to book them to attend one of the networks but encourage you to access their website when planning lessons on this topic. [You can access their website here](#)



Young People's Language Corner

In response to popular demand from our members, we are excited to introduce a new regular feature: Young People's Language Corner.

This section will help professionals stay informed about the evolving language and terminology used by young people today. It's crucial to understand the words, phrases, and slang commonly used by students, as this can enhance communication and ensure professionals are alert to any potential safeguarding concerns that may arise from the language young people use.

Each edition will feature key terms and explanations, helping you stay mindful of language that may not always be familiar but is important in young people's everyday lives. This resource will support you in staying aware of emerging trends and issues affecting young people.



Term	Definition
Blue balls	A term referring to discomfort from sexual arousal without ejaculation. Sometimes used to pressure someone into sex.
Bop	A derogatory term for someone with multiple sexual partners (similar to "slut").
Cancelled	Losing social status or public favour, often online (e.g. Harvey Weinstein, R Kelly).
Cuck	Short for "cuckold," referring to a man perceived as weak or dominated, often by a female partner.
Chad	A term for an overly masculine, often arrogant male.
DL (Down Low)	Refers to a closeted gay man who may secretly engage in homosexual activity while in a heterosexual relationship.
Don't be a pussy	A derogatory phrase suggesting cowardice, reinforcing stereotypes of women being weak.
DSL	Colloquial term referring to "dick sucking lips," usually asked over text.
Edging	The act of stopping sexual activity before climax.

Support from our network

As always, please remember that we are here to support you in all aspects of your work. Whether it's navigating the complexities of language, implementing new policies, or addressing sensitive topics, our aim is to provide you with the resources and guidance you need.

If you have any questions or require further assistance, don't hesitate to reach out. Together, we can create a safe and informed environment for the young people in our care.

What we offer...



Professional Collaboration

Collaboration with other professionals, sharing knowledge, experience and advice.



Sharing of Resources

You will have access to a bank of free resources to help support your delivery of sensitive topics.



Training and Events

Take advantage of the training and events that we facilitate to help develop your roles.



Consultation Bespoke for you

Bespoke consultation for your school including, supporting parental engagement, curriculum review, policy review, department review - OFSTED ready, and staff training.



Key Takeaways:

- Reminder to review your school's RSHE policy.
- Register for your RSHE network meeting next term.
- Two key reports from the Department of Education.
- Look out for your login details for the new RSHE section of our website.



Remember...

For Warwickshire schools, all of this is completely free!

Register for Our Next Meeting!

Sign up and attend our next RSHE Network meeting and access more vital information and support for your role.

[Click here to sign up](#)





Useful Contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Sexual Health & Relationships

Brook

Your free and confidential sexual health and wellbeing experts. Advice for education, safeguarding, training and resources.

The Sexual Health Hub

Free, confidential services for all ages, online and in person across Coventry and Warwickshire.

RSHE Lead: Catherine Winton



07790 545750



catherine.winton@compass-uk.org

Visit our RSHE Network webpage to explore the latest resources and support.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org

Visit our website: www.compass-uk.org/services/c4h