

RSHE Newsletter

Issue 02: Academic Year 2024/25

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

Introduction

As we approach the end of the autumn term, we recognise just how much has been accomplished during this busy time of year. After successfully running our RSHE network meetings, we proudly launched our new website—your go-to hub for resources and guidance. Looking ahead to the new year, we will be expanding our lesson offerings for both KS2 and KS4, covering important topics like body image, bullying, and the growing concerns around the overuse of skincare products.

In addition to these developments, we've been delivering tailored health promotion lessons and assemblies informed by each school's Health Needs Assessment, ensuring that the support we provide is truly fit for purpose. We've also been busy visiting numerous secondary schools to deliver assemblies on sextortion, with feedback from staff, pupils, and parents confirming the positive impact of these sessions. And be sure not to miss our Healthy Relationships and Sexual Health roadshows, highlighted further in this newsletter.

The collective effort, dedication, and adaptability shown by everyone—school staff, professionals, and the entire network—have made a real difference. Thank you for all your hard work, and here's to building on these successes in the new year.



Girl Guides Attitude Survey 2024

The 2024 Girls' Attitudes Survey by Girlguiding reveals that a **significant majority of girls and young women in the UK encounter sexism**, with 74% of those aged 11–16 and 95% of those aged 17–21 reporting such experiences. This pervasive sexism has led to nearly half (47%) of girls aged 11–21 feeling **less safe**, a substantial **increase from 17% a decade ago**. Additionally, 60% of girls aged 11–16 have received **negative comments about their appearance**, contributing to one-third of girls and young women lacking confidence in how they look. Alarming, 77% of girls aged 7–21 have faced **online harm** in the past year, with over 20% of 7–10-year-olds encountering **inappropriate images online**, a figure that has doubled since 2021.

The survey also highlights mental health concerns, with 80% of girls aged 11–21 knowing peers who suffer from anxiety, and 59% of girls aged 7–21 reporting feelings of loneliness. The cost-of-living crisis has adversely affected the mental health of one-third of girls aged 11–21, rising to nearly half among 17–21-year-olds.

Environmental issues are also a significant concern, with 51% of 7–10-year-olds worried about the loss of nature and animal habitats, and 64% of girls aged 11–21 believing the government holds primary responsibility for addressing these issues.

Despite these challenges, 44% of girls remain hopeful about the future, and 82% of 11–21-year-olds advocate for increased opportunities for intergenerational support. These findings underscore the multifaceted pressures affecting girls and young women today, impacting their confidence, safety, and overall wellbeing.

[Access the full report here](#)

Let's talk about...

- Girl Guides Attitude Survey 2024
- Essential Training on Testicular Health
- Local Warwickshire Data: A Call To Action
- Spotlight: Bonnie Blue's Growing Influence on Young People
- Health Relationships and Sexual Health Roadshows: A Huge Success
- Successful Launch of the RSHE Website Hub
- Young Person Language Corner
- RSHE Network Meetings: Spring Term 2024





Don't Miss Out: Essential Training on Testicular Health

We are pleased to host Dr. Vicky Stubbs for an unmissable online session on testicular health for educators and professionals across Warwickshire.

Date: Monday, 27th January 2025

Time: 3:30pm

Online via Teams

Dr. Stubbs, a renowned educator and RSE expert, will provide vital insights into:

- Recognising testicular torsion and testicular cancer for timely intervention.
- What's appropriate to teach boys in KS2 and KS3+.
- NHS-approved, PSHE Association quality-marked free resources for your classroom.

This is a key opportunity to build your confidence in delivering testicular health education, ensuring your pupils are informed and empowered. Public health nurses, pastoral leads, and DSLs are also welcome.

Spaces are filling up quickly! Click the button below to register via our online form.

[Register for your training here](#)

Let's equip ourselves with the tools to support young people's health effectively.



Local Warwickshire Data, that we can change: A Call to Action

Recent data from the Centre of Expertise on Child Sexual Abuse indicates that **rates of child sexual abuse and image-based offences are not only above the national average here in Warwickshire but are also on the rise.** These findings underscore the urgent need to prioritise Relationships, Sex, and Health Education across every educational sector and setting.

By addressing these issues proactively—through age-appropriate lessons, staff training, and community engagement—we can help safeguard young people, empower them to recognise and resist harmful behaviours, and ultimately contribute to breaking the cycle of abuse. This serves as a vital reminder that, as educators and professionals, our collective responsibility is to keep children's safety and wellbeing at the forefront of our work.

If your school would like further support, we encourage you to explore tailored interventions, such as assemblies, targeted lessons, parent information evenings, or additional staff training. To arrange these sessions, please use our [enquiry form](#) to get in touch with the RSHE lead. We're here to help ensure you have the resources you need to create the safest possible environment for your students.

Local crime data

Select a police force area
Warwickshire

Select the indicator
 All child sexual abuse and image offences
 Child sexual abuse image offences
 Child sexual abuse offences

This page uses official data from the [Home Office](#).

The top chart shows the number of offences recorded by your selected police force **per 1,000 children** living in the area, compared with demographically similar police force areas ('most similar forces'). The number indicates the level of identification or recording of child sexual abuse offences, not the scale of that abuse.

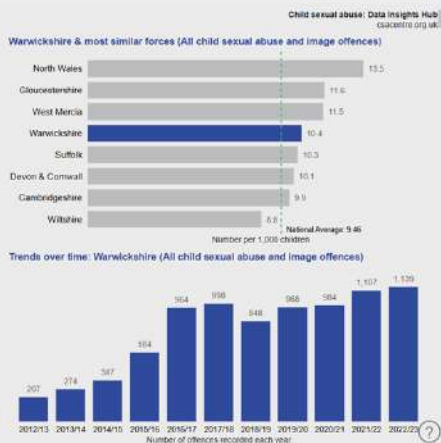
The second chart presents the **actual number** of child sexual abuse offences recorded by your selected police force over time, including non-recent offences recorded in a given year.

Not all child sexual abuse offences are visible in publicly available data - see [national data](#).

For more information about this data, see the [Technical note](#).

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← National data



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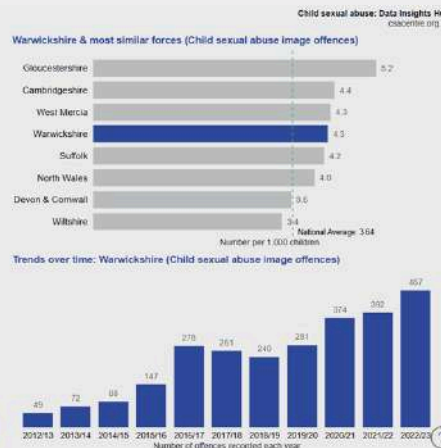
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← Main menu

← National data



Young People's Language Corner

Explore the latest feature 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
Finsta	A fake Instagram account used to post more private or controversial content.
Fruity/Zesty	A homophobic term used to describe effeminate behaviour.
Gooning	Prolonged sexual pleasure without climaxing.
Gyatt	A term (AAVE) meaning "big bum", derived from "Goddamn!"
Bimbo/Himbo	An attractive but unintelligent woman. Himbo: The male equivalent - attractive but unintelligent man.
Ick	A sudden feeling of disgust towards someone or something.
Jeet	A slang term for sex.
Karen	Originally described as a white, middle-aged woman who displays a sense of entitlement, often with bigoted undertones; now used to refer to any assertive woman.
Link/Linking	Another word for dating or sleeping with someone.
Lover-boy	Someone who seduces young, vulnerable individuals for exploitation, often used in the context of sexual trafficking.
Looks Maxxing	Attempting to improve one's appearance through various means.

Spotlight: Bonnie Blue's Growing Influence on Young People

Many educators may not yet be aware of Bonnie Blue, a rising figure whose messaging is resonating across social media platforms, particularly TikTok, with teenagers.

While she presents herself as empowering, her views often align with misogynistic narratives already troubling schools, reinforcing ideas that women exist primarily to satisfy men. The concerning aspect here is her female identity, which makes her views more palatable and amplifies their reach.

Teachers are urged to start conversations with young people, particularly boys, about healthy relationships, respect, and gender equality. Awareness of Bonnie Blue's influence can help challenge harmful perceptions early.



Healthy Relationships and Sexual Health Roadshow: A Huge Success

This term, the Healthy Relationships and Sexual Health Roadshow has been successfully delivered to two Warwickshire schools, empowering Year 9+ students with essential skills and knowledge. Covering topics such as healthy relationships, accessing sexual health services, and challenging misogyny, the roadshow's free, interactive workshops have been highly praised by both staff and students.

Fully booked for this academic year, we invite schools to register for cancellations or future dates [here](#). Thank you to all partner agencies for making this initiative impactful and effective.

Successful Launch of the RSHE Hub

We are excited to announce the successful launch of the RSHE website! Designed to support educators, the site is continually updated with lesson plans, key resources, and summaries of important reports—all available free of charge for active RSHE Network members.

If you haven't received your password yet, and are an active member, please email Hannah at hannah.round@compass-uk.org

If you're not yet a member and would like to join the RSHE Network, [register here](#). Explore this invaluable resource to enhance your RSHE delivery today!

Dates for your diary - Spring Term Network Meetings

We are pleased to announce next term's RSHE Network meetings - an excellent opportunity to collaborate, learn, and share best practices.

We are thrilled to welcome Kelly Higgs to the Ashlawn School meeting on Tuesday 14th January. Kelly is a leading SEND educator with extensive experience in using protective behaviours to safeguard vulnerable students. Her expertise in ensuring that RSHE effectively meets the needs of students with SEND has had a transformative impact on schools and learners alike. Don't miss this opportunity to hear from Kelly and gain practical strategies to enhance your RSHE delivery.

Primary schools - please let us know if you can host the 22nd January meeting in the central area.

Register your attendance below and join us in supporting high-quality RSHE delivery across Warwickshire.

[Register for your meeting here](#)

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		

Now Available: Youth Endowment Summary Report 2024

A summary document of the Youth Endowment Report 2024 is now available on the RSHE Hub. The Children, Violence, and Vulnerability 2024 report examines how violence is experienced by boys and girls, the prevalence of relationship violence, and the role of schools in teaching healthy relationships.

Head to the RSHE Hub and enter your password to access this information.

[Access the summary document here](#)

Summary

As we conclude this newsletter, we extend our thanks to all schools, educators, and partner agencies for their ongoing commitment to delivering high-quality RSHE across Warwickshire. From impactful roadshows to expert-led training and network meetings, your engagement continues to make a tangible difference for young people.

Please take advantage of the RSHE website, our spring term meetings, and upcoming opportunities to further strengthen your practice. Together, we are equipping young people with the knowledge, skills, and support they need to succeed.



Key Takeaways:

- Register for your online testicular health training.
- Register for your RSHE network meeting next term.
- Review the Youth Endowment Summary document.
- Start accessing your RSHE Hub if you have not already.



Remember...

Contact hannah.round@compass-uk.org if you have not have your RSHE Hub password.

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

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.

CYPDAS

A free, confidential substance misuse service for children and young people who need support around their own, or another person's drug or alcohol use.

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