

## Summary of Workshops For GHLL Conference 2024



### Sex Education Forum: Making RSE Accessible and Inclusive for All Learners, Creating Safe Spaces and Managing Tricky Topics

The Sex Education Forum is a charity that stands up for young people by protecting their right to great Relationships and Sex Education (RSE). We believe quality RSE should be factual, based on what has the most positive impact on young people, and give young people the skills and knowledge to form healthy and respectful relationships. For RSE to be most impactful, it should be delivered by confident, knowledgeable educators in a safe learning environment which rejects prejudice, discrimination and bullying. In order to make sure the RSE young people get is right for them and is the best it can be, Sex Education Forum shares research with teachers, school leaders and politicians and provides practical, evidence-based training for teachers facilitated by RSE experts, who are experienced teachers and understand the reality for educators in schools.

#### **Workshop Objectives:**

- Consider our own values and how they impact delivery of RSE
- Develop understanding of how to create a safe teaching environment for RSE
- Outline approaches to facilitating more participatory classroom activities in a safe way
- Explore ways to promote inclusion and address misogyny and sexism
- In this session delegates will be invited to participate using Mentimeter via a smartphone.

***There will be a primary session available in the morning and secondary session in the afternoon. SEN settings are welcome to attend the session they feel is most appropriate.***



### e-Bug: Exploring Resources to Teach about Infection Prevention and Control

e-Bug, operated by the UK Health Security Agency, provides free resources for educators to educate children and young people to ensure they are able to play their role in preventing infection outbreaks. e-Bug has produced lesson plans for all key stages, and topics include hand hygiene, oral hygiene, respiratory hygiene, STIs, Microbes, Vaccinations and many more!

#### **Workshop Objectives:**

- Consider with the knowledge of e-Bug and how to incorporate this in various class activities.
- be better equipped on how to discuss and teach children about infection prevention and control.
- receive goody bags that contain a range of e-Bug materials such as lesson materials, e-Bug teaching packs, pencils, conference wallets, etc

***There will be a secondary session available in the morning and primary session in the afternoon. SEN settings are welcome to attend the session they feel is most appropriate.***

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**Active  
Gloucestershire**

### **Active Gloucestershire (Primary, Secondary and SEN): Creating Active Schools (CAS) Framework**

A fun, interactive, thought-provoking workshop exploring how the CAS framework can support schools to embed physical activity in policy / systems, behaviours and environments so that it becomes everyone's responsibility.

#### **Workshop Objectives:**

- Consider how Physical Activity could be at the heart of school improvement and weaved through all aspects of the school life.
- Consider how to develop a cultural change whereby conversations around Physical Activity are not just focusing on PE and Sport provision.
- Through a behaviour change model, plan towards Physical Activity being everyone's responsibility: children, school staff at every level, parents/carers, governors.
- Through fun physical tasks and activities that can be used in schools immediately. experience how learning in other curriculum areas i.e. Mathematics, English, can be enriched, memorable and engaging.



### **Beezee Bodies (Primary, Secondary and SEN): Supporting Families to Make Real, Long-Lasting Changes to Build Healthier Lifestyles**

BeeZee Families is a completely free, award-winning healthy lifestyles programme for 5-15 year olds and their families. Their fun, interactive, family-focussed sessions are filled with exciting activities and practical healthy eating advice to help families feel great and live their best life!

#### **Workshop Objectives:**

- Understand facts regarding tooth decay and poor oral hygiene of children and young people
- Gain insight into the sugar content of popular food and drinks
- Learn about the benefits of the supervised toothbrushing programme in schools
- Discover more about the Beezee Families offer in Gloucestershire and how it can support changes in behaviours and aid healthy lifestyles



**The Ben Kinsella Trust**

### **Ben Kinsella Trust (Upper KS2, Secondary, SEN and FE): Knife Crime Prevention for Teachers, School Leaders & Education Professionals**

This workshop covers the important safeguarding topics of serious youth violence, knife crime, and the supportive role that schools and education professionals have in preventing young people being criminally exploited.

#### **Workshop Objectives:**

- Understand knife crime from a young person's perspective
- Explore the link between complex developmental trauma, peer orientation and exploitation
- Discover the stages of criminal exploitation
- Consider online harms, gang-related music and social media
- Consider contextual safeguarding in educational settings
- Learn how to spot the signs, and explore early intervention and preventative measures
- Signpost to further support and resources available to tackle knife crime in educational settings

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### Charlie Burley, Teachers' Health Coach (Primary, Secondary, SEN and FE): Helping Teachers and School Staff Feel Great, Find Balance and Forge Happier, Healthier Lifestyles

Charlie (The Teachers' Health Coach) is a former teacher turned coach who is passionate about helping teachers live their healthiest, happiest lives by creating control and confidence with their healthy habits.

#### **Workshop Objectives:**

- Advice to build accessible, achievable, healthy habits
- Guidance and top tips to safeguard physical and mental health of practitioners in schools

### Andrew Bernard: Healthy Masculinity (Primary and SEN) / Porn and Its Influence on Teenage Relationships (Secondary, SEN and FE)

Andrew Bernard (Bernie) will talk in his sessions about how teachers can help young people to develop better relationships, build helpful masculinity, challenge sexism and misogyny and build equality and respect between the sexes. He will deliver two sessions, one for primary practitioners and one for secondary and FE.

#### **Primary and SEN Workshop Objectives:**

- Explore 'masculinity', and change the narrative from 'toxic' to 'healthy'
- Challenge stereotypes
- Consider 'socialisation' and what it means to our young people, based on the findings of recent research
- Investigate the potential damage of the 'Female Empowerment' narrative
- Explore practical ways these topics can be embedded into a whole school approach

#### **Secondary, FE and SEN Workshop Objectives:**

- Explore the influence of porn on teenage relationships
- Look at addressing consent in school
- Consider the negative influence 'Influencers' are having on teen relationships
- Look at ways to empower young people to identify controlling behaviours
- Explore practical ways these topics can be embedded into a whole school approach



### Karen Perryman Talk About Trust (Upper KS2, Secondary, SEN & FE): Supporting Young People To Avoid Negative Risk Taking Around Cannabis and Vaping

The Talk About Trust works to ensure young people make safer choices and avoid negative risk taking around substances such as cannabis, vaping and alcohol. They train anyone working with 11 - 25 year olds in any setting.

#### **Workshop Objectives:**

- Bust myths, using a social norms approach
- Understand the effects of cannabis on the developing brain
- Consider the risks of vaping
- Explore ways to have respectful conversations with young people to help keep them safe
- Become familiar with the Talk About Trust resources available free of charge

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### **Simon Williams, Cyber Intelligence, Protect, Prepare & Prevent Officer Primary, Secondary, SEN and FE): Cyber Protect and Prevent for Educators**

In an increasingly digital world, educators play a crucial role in safeguarding their children and young people from online threats and radicalisation. This workshop aims to equip educators with the knowledge and tools necessary to protect their students from cyber threats and to prevent radicalisation.

#### **Workshop Objectives:**

- Better understand cyber threats facing young people today, including cyberbullying, online grooming, and identity theft.
- Gain practical advice and strategies to help protect children and young people from cyber threats, including tips on securing personal and school devices, recognising phishing attempts, and creating a safe online environment.
- Explore best practice in supporting children and young people around sexting and sextortion
- Understand the Government's Cyber Prevent Strategy and how it can be used to recognise the signs of radicalisation and respond appropriately, identify vulnerable students, promote British Values and create a safe and inclusive environment.

### **Dr Matt Baker, Educational Psychologist (Primary, Secondary, SEN and FE): Supporting Children and Young People Presenting with Anxiety and displaying Emotional Based School Avoidance**

Difficulties experienced by children and young people attending school and college can be cyclic and behaviours can become ingrained. Promoting school/college attendance, therefore, may not be a short process. Recognising any difficulties a child or young person is experiencing in school/college as early as possible and providing appropriate support as soon as possible is of key importance.

A consistent nurturing and empathetic approach towards children and young people who may be experiencing difficulties is important. In addition, development of trusting relationships between setting staff and parents/carers is key to supporting the family as a whole and considering the holistic, contributing reasons associated with children and young people's difficulties attending school or college.

This workshop aims to explore what we understand by the term EBSA, as well as to consider the barriers young people may be experiencing and what we can do to support them.

#### **Workshop Objectives:**

- To consider what is meant by 'barriers to attendance'
- To consider the different 'barriers' CYP can experience.
- To consider approaches to support CYP experiencing these barriers as well as their families and adults in school.
- To consider the role of the school system in supporting Children and Young People.