



Including our downloadable resources for you to share with your students as part of your PSHE curriculum

September - Self-harm and eating disorders

W/c 31.08 Topical content: World suicide prevention month with PAPYRUS, Youth Suicide Prevention Charity

W/c 07.09 Podcast: Self-harming behaviours and how to support children and young people with Dennis Ougrin, Professor of Child and Adolescent Psychiatry and Global Health at Queen Mary University of London and King's College London

Weds 16.09 Webinar: Self-harm and suicide prevention with Dr Karen Lascelles, Mental Health Nurse specialising in suicide and self-harm at Oxford Brookes University

W/c 21.09 Podcast: Eating disorders: Prevention, treatment, and practical strategies for support with Dr Karina Allen, Consultant Clinical Psychologist, King's College London

W/c 28.09 Downloadable for school staff: Feelings check-in for students (primary/prep)

October - Empathy and social skills

Thurs 01.10 Topical content: Menopause Awareness month - Podcast and blog: Busting menopause myths by Dr Shilpa McQuillan, Clinical Lead and Director of the Berkshire Menopause Clinic in Henley

W/c 05.10 Podcast: Understanding adolescent use of AI companions by Alicia Drummond

Weds 14.10 Webinar: Empathy, prosocial development, and raising unselfies with Dr Michele Borba, Educational Psychologist and international expert on parenting, bullying, and developing empathy in children

W/c 19/10 Podcast: Children's relationships and building empathy skills with Prof. Robin Banerjee, Lecturer in Psychology at the University of Sussex, Advisor for The Department of Education Ireland, and the Founder of the Sussex Centre for Research on Kindness

W/c 26/10 Podcast: Racism and identity-based bullying: Children's thoughts, emotions and attitudes in cross-group contexts with Dr Sofia Stathi, Professor in Social Psychology, University of Greenwich

Head to the [downloadables](#) section for the following resources:

- Social stories: schools readiness and empathy for the younger years



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November - Online influences

W/c 02.11 Podcast: Staying safe online, pornography, the monosphere and more with Prof Debbie Ging, Professor of Digital Media and Gender at Dublin University

W/c 09.11 Podcast: Protecting against online radicalisation and incel communities with Anda Solea, Senior Lecturer in Cybercrime in the School of Criminology and Criminal Justice at the University of Portsmouth

W/c 16.11 Topical content: Anti-Bullying Awareness Week (resources for schools)

Weds 18.11 Webinar: Screensaver: A judgement-free guide to parenting through your child's smartphone years (ages 10-18) with Laura Wyatt-Smith, Speaker, Author, and Trustee for the UK's national charity - Working Families

W/c 23.11 Podcast: Online hate with Prof Rebecca Owens, Head of the School of Psychology at the University of Sunderland and Dr Mark Ord, Lecturer in Psychology specialising in sexual behaviour

Topical content: Men's mental health month: Protecting boys' mental health by Alicia Drummond

December - Exam and revision support

W/c 30.11 Podcast: Setting up for exam success with Alicia Drummond

Tues 01.12 Topical content: Inclusivity during the festive period: Why it looks different for everyone (a celebration of different religious and family traditions)

Weds 09.12 Webinar: The importance of oracy skills for CYP in an AI-driven world with Georgie Ross, Founder of Oracy Group

W/c 14.12 Blog: Dealing with exam stress by The Wellbeing Hub

W/c 21.12 Podcast: [How to revise effectively](#) with Steve Badger, Lord Wandsworth College

W/c 28.12 No content



September - Self-harm and eating disorders

W/c 07.09 Booklet: Suicide safety plan by PAPYRUS

W/c 14.09 Podcast: Five ways to support a friend struggling with self-harm with Dennis Ougrin, Professor of Child and Adolescent Psychiatry and Global Health at Queen Mary University of London and King's College London

W/c 21.09 Podcast: Eating disorders: Treatment and practical strategies for support with Dr Karina Allen, Consultant Clinical Psychologist, King's College London

W/c 28.09 Video: How to support a friend with their mental health by Alicia Drummond

October - Empathy and social skills

W/c 05.10 Podcast: How to support yourself and your friends: Bullying with Dr Sofia Stathi, Professor in Social Psychology, University of Greenwich

W/c 12.10 Video: 5 quick ways to calm social anxiety by The Wellbeing Hub

W/c 19/10 Tipsheet: Top 12 tips on how to support someone who is being bullied by Alicia Drummond

W/c 26/10 Video: Fake listening vs Active listening by The Wellbeing Hub

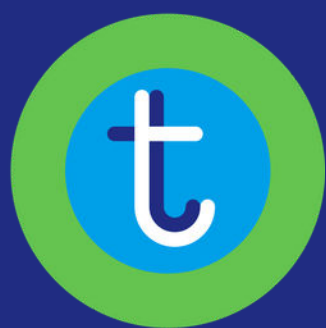
November - Online influences

W/c 02.11 Podcast: Spotting the signs: When your peers might be at risk of radicalisation or incel influence with Prof Anda Solea, Lecturer in Cybercrime in the School of Criminology and Criminal Justice at the University of Portsmouth

W/c 09.11 Video: 5 ways to deal with online hate with Prof Rebecca Owens, Head of the School of Psychology at the University of Sunderland and Dr Mark Ord, Lecturer in Psychology specialising in sexual behaviour

W/c 16.11 Video: Porn, pressure and the internet by The Wellbeing hub

W/c 23.11 Podcast: How to protect your mental health in a world filled with negative online influences by Alicia Drummond



December - Exam and revision support

Click the links to view each of the available resources below ✨

Exam resources:

- [Dealing with exam stress for students](#)
- [Setting yourself up for exam success](#)
- [How to revise effectively](#)
- [Exam mindfulness](#)
- [Overcoming exam anxiety: effective strategies to help yourself?](#)
- [Exam preparation techniques for effective revising](#)
- [How to prepare effectively for exams](#)