

# East Sussex

# STAY SAFE

## Directory 2021/22



This directory provides a variety of programmes and workshops which are currently being offered by a range of East Sussex organisations which focus on different strands of community and personal safety.



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# Introduction

Welcome to the fourth edition of the East Sussex Stay Safe Directory.

This directory pulls together a variety of programmes and workshops which are currently being offered by a range of agencies and organisations in East Sussex. All of these focus on different strands of community safety and personal safety such as cyberbullying and preventing extremism. The directory is split into Primary and Secondary/FE sections for ease of searching as well as including some training opportunities for educational staff.

By using some of these resources we hope it will help your school/college:

- Develop good quality preventative education and to collaborate with partners on the wider Community Safety Education and Awareness work in relation to risk, harm and threat to young people.
- Enhance your PSHE programme within school/college
- Offer a current, modern and creative programme on personal safety and community safety which is well planned and co-ordinated.
- Provide up to date information and clear and factual advice and support on relevant, current and topical areas to your pupils.

An extensive list of supporting external resources and links are included at the end of this directory under key themes.

We hope you find the directory useful

*The Safer East Sussex Team*

# Partners



**NSPCC** - The programmes, resources, helplines and training that make up their Schools Service have been specifically designed to help safeguard children in your school and are invaluable in helping your school meet its safeguarding inspection requirements.

## PRIORITY 1-54

**Priority 1-54** is an established, not for profit social enterprise based in Brighton, offering dynamic, creative and interactive training, workshops and support on a range of issues including safeguarding, Prevent, friendships, bullying behaviour, e-safety and student participation.



### East Sussex Fire and Rescue Service Education Team

The Children's Services & Education Team is actively involved in visiting Primary, Secondary & Special Educational Needs schools in East Sussex and Brighton & Hove with the aim to educate children and enable them to lead safer lives.



### Sussex Police

The Youth Safety and Intervention Team help are to educate children and young people, in order to prevent them from becoming victims or offenders of crime.



### South East Regional Organised Crime Unit

**Cyber Crime Unit:** The Prevent Team work with young people to identify those who are gifted and talented in the world of Cyber, as well as those who are vulnerable or at risk of Cyber exploitation and committing Cyber Crime.



**The Safer East Sussex Team** deliver preventative and intervention programmes around some of the key priority areas of community safety and are employed by East Sussex County Council



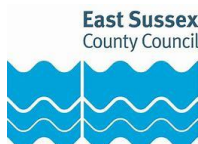
**Safety Net** is a registered Children's Safety charity, established for 25 years and based in Brighton and Hove. Safety Net aim to prevent harm and abuse to children and young people by helping children to feel and be safer.



**The YMCA Wise Project** works with and supports children and young people up to the age of 25 who are at risk of or experiencing sexual exploitation. The service works across Brighton and Hove, Surrey and East Sussex to support children and young people to stay safe in their relationships.



**Bikeability** – is the national programme for cycle training in England, Wales, and Scotland. The programme is purely voluntary-schools may sign up to host classes for children. Adults may also join classes. In England and Wales, the programme is administered by Cycling England.



**The Education Support, Behaviour and Attendance Service (ESBAS)** provide specialist support and guidance to schools to support children and young people with poor attendance, challenging behaviour, and issues related to bullying.



**The Go Learn programme** is delivered by Southeast Communities Rail Partnership and Southern, aims to help Y6 children develop confidence and skills for safe, independent travel on public transport to secondary school.

# Primary

## Organisation

Southeast Community Rail Partnership

## Name and description of workshop/session

This workshop aims to help children develop confidence and skills for safe, independent travel on public transport to secondary school etc.

It provides young people with the skills to plan journeys, purchase tickets, and use rail services safely and confidently. It also promotes sustainable travel. After the workshop you may wish to arrange a free station visit. This includes a free train ride.

## Contact details

To make a booking please contact:  
Cath Reed – Education Officer  
Southeast Communities Rail Partnership  
Email: [cathreed@southeastcrp.org](mailto:cathreed@southeastcrp.org)  
Website: [www.southeastcrp.org](http://www.southeastcrp.org)  
Mobile: 07535 511718

## Learning Intentions

This free, interactive classroom workshop (can be delivered via Zoom) is for Year 6 pupils. The workshop is 1.5 hours and covers:

- Planning a journey - timetables & maps
- Staying safe - at stations, on the train and at level crossings
- How to find help when you travel
- True / False Quiz

## Cost

NIL

## Target audience

KS2 pupils

# Primary

## Organisation

The Education Support Behaviour and Attendance Service -ESBAS

## Name and description of workshop/session

### KS1:

An interactive workshop where children focus on friendly and unfriendly behaviour and to support their understanding of how these behaviours look. It will help children to identify different strategies to use when they are being treated negatively and consolidate key learning skills; good looking, listening, talking and waiting.

### KS2:

An interactive and engaging KS2 assembly which will teach children about the benefits of using the internet and ideas around staying SMART online. The assembly includes discussion around some real-life scenarios and the opportunity for children to reflect on what they would do.

A parenting workshop is available to run with both sessions and a teacher pack and all of the resources are provided by ESBAS

## Contact details

### Lewes and Coastal:

Kate Rosling

Work: 01323 747484

Email: [kate.rosling@eastsussex.gov.uk](mailto:kate.rosling@eastsussex.gov.uk)

### Eastbourne:

Vidyu Narayan

Work: 01323 747456 Mobile: 07867 906432

Email: [Vidyulatha.Narayan@eastsussex.gov.uk](mailto:Vidyulatha.Narayan@eastsussex.gov.uk)

### Hastings and Rother

Corinna Human

Work: 01424 726083 Work: 01424 726083

Email: [corinna.human@eastsussex.gov.uk](mailto:corinna.human@eastsussex.gov.uk)

## Learning Intentions

To develop children's, parents and schools awareness of bullying.  
To develop effective strategies and understanding for dealing with bullying and to engage young learners in identifying and dealing with bullying and empower them to feel confident to deal with it.

## Cost

3 units KS1

3 Units KS2

## Target audience

Primary schools KS1 and KS2, pupils, staff and parents.

# Primary

## Organisation

NSPCC

## Name and description of workshop/session

Speak Out Stay Safe Programme (SOSS)

KS1 Assembly (20 mins)

KS2 Assembly (30 mins)

Year 5 & 6 Class based workshops (up to 1hr)

## Contact person

Amanda Rocca

[amanda.rocca@nspcc.org.uk](mailto:amanda.rocca@nspcc.org.uk)

## Contact details

<https://learning.nspcc.org.uk/services/speak-out-stay-safe>

## Learning intentions

The Speak out Stay safe sessions are tailored for each audience with content for each session, different and age appropriate.

**SOSS for KS1** session is a very gentle introduction to the programme and is focussed on helping children speak to the range of grown-ups in and out of school, including Childline, about their worries or something that is making them feel unhappy.

**SOSS for KS2** is aimed at helping children understand the different types of abuse so that they can get help for them or a friend if they need it. We will introduce, in a very child focused way, abuse in all its forms, including neglect, physical abuse, sexual abuse, emotional abuse, domestic abuse and bullying/online. They hear about Childline, and how the service can support them.

**The workshops for Years 5-6** explore the definitions of neglect and sexual abuse in further detail and the children take part in engaging discussions, including looking at 4 different scenarios and deciding whether they are OK or not OK based on how a child would feel and importantly, who and where to go for help and support

## Cost

Free to schools

## Target audience

Reception/FS2 – Year 6



# Primary

## Organisation

Safety Net

## Name and description of workshop/session

### Safeguarding and Child Protection Training for Schools

This course helps education settings meet their OFSTED requirements, regarding safeguarding and child protection concerns. You will gain an understanding of your role in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse.

## Contact person

Katharine Smith – Training & Marketing Co-ordinator

## Contact details

[training@safety-net.org.uk](mailto:training@safety-net.org.uk)

01273 420973

[www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

- Gain confidence in handling concerns and disclosures
- Explore Safeguarding and Child Protection
- Learn the signs and symptoms of abuse
- Discuss the multi-agency approach to safeguarding
- Gain knowledge about the legal background

## Cost

Contact us for details

## Target audience

Teachers, School Support Staff, Governors, Trustees

# Primary

<b>Organisation</b>	<b>Safety Net</b>
<b>Name and description of workshop/session</b>	<p><b>Feeling Good, Feeling Safe</b></p> <p>This is a whole school approach to help promote children's resilience and prevent violence and abuse. It aims to support pupils from Reception to Year 6 to learn the skills to keep themselves feeling safe, and to ensure they can get help if they need it. This evidence-based programme is based on Protective Behaviours, the two core themes are:</p> <p>"We all have the right to feel safe all the time"</p> <p>"We can talk with someone about anything, even if it feels awful or small"</p> <p>This resource will help schools to demonstrate how they meet Ofsted requirements around Keeping Children Safe. It provides a framework and tools for increasing children's resilience, and reducing their vulnerability, by supporting children's mental health and well-being.</p>
<b>Contact person</b> <b>Contact details</b>	<p>Katharine Smith – Training &amp; Marketing Co-ordinator</p> <p><a href="mailto:training@safety-net.org.uk">training@safety-net.org.uk</a> 01273 420973 <a href="http://www.safety-net.org.uk">www.safety-net.org.uk</a></p>
<b>Learning intentions</b>	<ul style="list-style-type: none"> <li>• Inform children of their right to feel safe and build skills and tools for feeling and keeping safe</li> <li>• To be able to name and express different feelings</li> <li>• To know the correct anatomical names for all parts of the body, including genitals, and understand that our bodies belong to us</li> <li>• To understand the difference between fun to feel scared, risking on purpose and unsafe</li> <li>• Understand how our choices affect the feelings of others and have consequences</li> <li>• Increase children's abilities to problem solve and make safety plans</li> <li>• To encourage children to seek support when they need it and know who to ask for help.</li> </ul>
<b>Cost</b>	Contact us for details
<b>Target audience</b>	All children from Reception to Year 6 and their parents, school training and support staff

# Primary

## Organisation

Safety Net

## Name and description of workshop/session

### Mindfulness in Schools.

A one day training course for teaching staff to experience and learn the tools and skills of mindfulness to use for themselves and teach to children.

Research shows that mindfulness for schools

- Is easy to implement
- Can improve mental emotional social and physical wellbeing
- Can contribute directly to development of cognitive and performance skills and executive function

## Contact person

Katharine Smith – Safety Net Training Team

## Contact details

[Training@safety-net.org.uk](mailto:Training@safety-net.org.uk)

Tel: 01273 420973

## Learning intentions

The intentions of the session are that teaching staff:

- Understand and experience the core tools and skills of Mindfulness and be able to confidently pass these on to children.
- Develop an understanding of the neuroscience, background and benefits of Mindfulness for children and adults.
- Create a plan for implementing Mindfulness into a whole school approach.

## Cost

Contact us for details

## Target audience

Primary school staff, teachers, teaching assistants, learning mentors, office staff

# Primary

## Organisation

## Safety Net

## Name and description of workshop/session

### Playground Buddy Training

The playground buddy scheme provides training to staff to encourage more inclusive playtimes, and resolve low level conflict before it escalates into bullying behaviour. Our training delivered in one day or over a number of sessions uses role play, discussions and games where staff can help children to learn how to support and empathise with their peers. Playground buddy training is usually delivered over two half or one full day. A playground buddy pack will be provided and refresher training is available on an ad-hoc basis.

## Contact person

Charlotte Whitehead – Participation and Peer Support Worker

## Contact details

[charlotte.whitehead@safety-net.org.uk](mailto:charlotte.whitehead@safety-net.org.uk)

01273 411613

[www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

Understanding the Playground Buddy's role and duties

Identifying safe and unsafe areas and behaviours in their playground

Exploring the difference between bullying, mean moments, conflict and teasing

Understanding the role of the bystander, both helpful and hurtful • Practising how to deal with bullying and being a helpful bystander

Building awareness of their own and others feelings

Developing a safe network of people whilst being a buddy

## Cost

Please contact us for costs

## Target audience

Children in years 4, 5, 6

# Primary

## Organisation

### Safety Net

## Name and description of workshop/session

### Online Safety

We can provide workshop sessions for children, parents and professionals to explore the risks and benefits of the online world and strategies to stay safe. The sessions are positive in nature and include discussion elements about the clear benefits of the internet, including how to seek advice and information, education and knowledge as well as the multiple social factors. Children learn how to report and block unsuitable content as well as risk assess what their options are if they are approached online to do something they feel uncomfortable with.

The sessions help children develop digital literacy to navigate their on and off line worlds.

## Contact person

Katharine Smith – Training & Marketing Co-ordinator

## Contact details

[training@safety-net.org.uk](mailto:training@safety-net.org.uk)

01273 420973

[www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

- Pupils understand about the benefits and risks of the internet
- Have strategies to keep themselves safe online
- Have an opportunity to explore the 5 themes of online safety (commercial, content, conduct, contact, overuse)
- Learn how to use privacy settings, understand what a digital footprint is, and what we can do to be in control of it
- Understand how to report inappropriate and upsetting online content and know where to go for support
- Explore why some people may choose to bully online and how to deal with it (cyberbullying)
- Understand how we can all make the internet a better place
- Parents learn how to use parental controls and agree an online safety contract with their children.

## Cost

Contact us for details

## Target audience

Children's workshops are suitable for year's 4, 5 and 6, as well as parents and staff

# Primary

## Organisation

Safety Net

## Name and description of workshop/session

### Protective Behaviours

Protective Behaviours is a personal safety and life skill process that teaches the ability to recognise and deal with situations in which we don't feel safe. It can be used as both an abuse prevention strategy and to address situations such as feeling worried or bullied, as well as promoting good citizenship. This one day basic training explores the themes and ideas of Protective Behaviours and how teachers and teaching staff can use the skills for themselves in their work. Includes access to online resources.

## Contact person

Katharine Smith – Training & Marketing Co-ordinator

## Contact details

[training@safety-net.org.uk](mailto:training@safety-net.org.uk)

01273 420973

[www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

The intentions of the session are that teaching staff:

- Develop safety awareness skills for yourself and for the people you work with
- Access a range of tools that can be used when working with children, young people and parents
- Improve a child's self-esteem and family relationships
- Improve a child's safety awareness
- Increase their ability in assertiveness and problem-solving.

## Cost

Contact us for details.

## Target audience

All children from Reception to Year 6 and their parents, school training and support staff

# Primary

## Organisation

## Name and description of workshop/session

### Priority 1-54

- Defining what bullying is and what it is not
- Exploring bystander behaviour
- Building digital resilience
- Managing your online reputation
- Building positive friendship skills and dealing with friendship problems
- Celebrating difference, diversity and prejudice-based bullying
- Dealing with the transition from primary to secondary school
- Think: Protect: Connect - exploring the themes of online radicalisation and extremism.

If your setting has a specific requirement or an idea for a new project, they will be happy to discuss your needs, draw up a proposal for your consideration, and work with you to identify appropriate funding.

## Contact person

John KHAN

## Contact details

Telephone: 07846 137597

Email: [john.khan@hotmail.co.uk](mailto:john.khan@hotmail.co.uk)

Website: [www.priority154.com](http://www.priority154.com)

## Learning intentions

All workshops are underpinned by all 54 articles laid out in the United Nations Convention on the Rights of the Child (UNCRC).

## Cost

Contact priority 1-54 for costs

## Target audience

Primary KS1 KS2

Primary	
Organisation	East Sussex Fire and Rescue Service
Name and description of workshop/session	<p><b>Year 2 Key Stage 1</b></p> <p>The lesson lasts one hour and introduces the children to the <b>R.U.S.A.F.E. lesson package</b>. This covers a young person's safety in the home including smoke alarms and exit plans.</p>
Contact person	<p>Elaine Wink (Education Officer) Tel : 01323 462449 Mobile : 07949 285449</p> <p>Michael Warner (Education Officer) Tel : 01323 462441 Mobile : 07950 876775</p> <p>Darren Grover (Education Officer) Tel : 01323 462812 Mobile : 07810 636349</p>
Contact details	<p>Telephone: As above</p> <p>Email: <a href="mailto:education@esfrs.org">education@esfrs.org</a></p>
Learning intent	<ul style="list-style-type: none"> <li>• Understand about dangers in the home including matches and lighters</li> <li>• Understand different aspects of safe and unsafe situations</li> <li>• Know how to safely cross the road. (Stop, Look, Listen &amp; Think)</li> <li>• Recognise a smoke alarm or fire alarm and understand what to do if they hear one. (Get out, Stay out, Call 999) to have an exit plan</li> </ul>
Cost	NIL
Target audience	Year 2



# Primary

## Organisation

East Sussex Fire and Rescue Service

## Name and description of workshop/session

### Year 5 Key Stage 2

This session lasts for approximately 1 hour and reminds the children to the dangers of fire whilst expanding on the dangers associated with heat and smoke

### The children will learn about smoke alarm testing and escape exit plans

The lesson is again designed around an interactive presentation involving every child and their teachers

The lesson is driven by the involvement in the children at all stages and a session in role-play

## Contact person

Elaine Wink (Education Officer)

Tel : 01323 462449

Mobile : 07949 285449

Michael Warner (Education Officer)

Tel : 01323 462441

Mobile : 07950 876775

Darren Grover (Education Officer)

Tel : 01323 462812

Mobile : 07810 636349

## Contact details

Telephone: As above

mail: [education@esfrs.org](mailto:education@esfrs.org)

## Learning intentions

- Understand what hazards could start fires or harm them at home, at school or in the environment.
- Understand the value of keeping themselves safe and the part they can play in that.
- Know what to do if they hear a smoke alarm / fire alarm and how to get help in different situations

## Cost

NIL

## Target audience

Year 5

# Primary

## Organisation

Safer East Sussex Team

## Name and description of workshop/session

### Relation-SHOPS Programme

These workshops focus on healthy relationships, the values we support, the difference between what is right and wrong and what the law says. They are divided into themed 'shops'. Pupils have opportunities to contribute by discussing different scenarios around the law including hate crime, racism, county lines and online bullying.

- **Workshop 1** Our Relationship with ourselves. This workshop covers Personal identity, Racism, hate crime, positive relationships, British Values.
- **Workshop 2** Our Relationship with others. This workshop cover grooming, illegal drugs, toxic relationships, avoidance strategies.
- **Workshop 3** Our Relationship with the digital world. The digital footprint, cyber bullying, sharing images, live streaming, internet crime, propaganda, fake news.

(An alternate version of Workshop 2 is available focusing on violence rather than illegal drugs).

## Contact person

Dave Law

## Contact details

Telephone: 07552 286508

Email: [david.law@eastsussex.gov.uk](mailto:david.law@eastsussex.gov.uk)

## Learning intentions

- Understand that our differences make us unique
- What makes a positive relationship
- That violence is unacceptable
- How to keep safe online and offline and what strategies can be used to avoid harm or seek appropriate help
- Strategies to avoid risky situations
- That hatred of others is wrong and racism is a form of bullying
- How to use social media in a responsible way

## Cost

NIL

## Target audience

Year 5 and 6

# Primary

## Organisation

East Sussex County Council

## Name and description of workshop/session

### **Bikeability**

The Cycle Team provide Bikeability courses to all schools across East Sussex. Schools may book as many courses as they have the demand for. Their hope is that every child in the year group has the opportunity to benefit from this important and valuable life skill.

Children must be able to ride unaided to take part in the courses.

There is a charge to the training, please contact the school directly or the Cycle training Team for further details.

## Contact person

[cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk)

## Contact details

Schools are able to book Bikeability at any time of the year, contact the team on [cycle.training@eastsussex.gov.uk](mailto:cycle.training@eastsussex.gov.uk) or call on 01273 335795.

Please provide them with information on year group, Bikeability level, preferred dates and number of children. They cannot guarantee preferred dates during our busiest times.

## Learning intentions

There are three Bikeability levels. Each course is designed to improve cycling skills.

## Cost

There is a charge to the training, please contact the school directly or the Cycle training Team for further details.

## Target audience

Years 3, 4, 5 and 6

# Primary

## Organisation

Coordinated by East Sussex Fire and Rescue Service

## Name and description of workshop/session

### **Safety in Action Events in 2021/22:**

These interactive learning events aim to teach children aged between 10 and 11 years how to deal with or avoid life threatening situations. The emphasis during these events is learning by experiencing risk – even if children make mistakes along the way!

We hope to resume the Safety in Action programme in October 2021 with full details on the [ESFRS website](#).

## Contact person

To find out more information or to book a place please contact [Sophie.chester@esfrs.org](mailto:Sophie.chester@esfrs.org)

## Contact details

[Sophie.chester@esfrs.org](mailto:Sophie.chester@esfrs.org)

Mobile: 07876 133641

## Learning intentions

‘Safety in Action’ events encourage children to recognise hazards and take action to keep themselves and others safe.

Each child will be presented with a participation certificate, workbook to take back to school in order to reinforce the safety messages learnt.

They welcome children with special needs to this event.

## Cost

NIL

## Target audience

The project is aimed at year 6 children (age 10 and 11 years) – before they make the step to secondary school and greater independence.

# Secondary/FE

## Organisation

National Crime Agency

## Name and description of workshop/session

### Cyber Choices

The Cyber Choices programme was created to help people make informed choices, and to use their cyber skills in a legal way .

Further information can be found on their [website](#)

## Contact details

For any help or advice:

Email: [CyberChoices@nca.gov.uk](mailto:CyberChoices@nca.gov.uk)

## Learning intentions

The Cyber Choices Programme is a voluntary, early intervention programme that seek to promote the positive aspects of the cyber world while also looking to deter individuals from cyber criminality.

Programmes are tailored to the individual and comprise of both:

- Educational inputs, which look at raising awareness of the Computer Misuse Act 1990 and what constitutes illegal vs legal behaviour online.
- Interventions: Varying region to region they include access to online e-learning platforms as well as in person and virtual workshops with industry professionals.

The programme doesn't look to divert anyone's interest in cyber, but instead aim to engage with them, providing the support and guidance they need to develop their interest and put them on a positive path.

## Cost

No cost

## Target audience

The Cyber Choices programme looks to divert **at risk individuals, or those who have been involved in low level offending** and provide them with an opportunity to develop their technical abilities in a positive and ethical way

# Secondary/FE

## Organisation

Sussex Police Education Programme

## Name and description of workshop/session

**Knife Crime-** Looks at the issues and understand the consequences around carrying a knife, know the law relating to carrying a knife and the impact of knife crime.

**Violence Prevention-** Looks at the Law in relation to violent behaviour and the risks and consequences of this, identify when aggressive behaviour becomes criminal, explain the legal consequences of violent behaviours and describes the role of the police in enforcing the law in relation to violence.

**Exploitation-** managing risk and staying safe-Gangs- know the difference between healthy & unhealthy relationships and to understand that unhealthy relationships can lead to exploitation.

**Relationship Safety-** To recognise and manage unwanted attention and inappropriate behaviour

**On-line Hate Crime-** Understand what is meant by 'on-line hate', look at the impact of online hate on people who are targeted and strategies for responding to online hate, including reporting it.

**Drugs-** the legal consequences of using illegal drugs, looking at the short and long term legal consequences of being found in possession of, using, selling or supplying different classes of drugs and the police's role in enforcing drugs law.

## Contact person

Local Neighbourhood Youth Officer

## Contact details

[EastbourneWealdandLewes.YouthTeams@sussex.pnn.police.uk](mailto:EastbourneWealdandLewes.YouthTeams@sussex.pnn.police.uk)

[HastingsAndRother.YouthTeam@sussex.pnn.police.uk](mailto:HastingsAndRother.YouthTeam@sussex.pnn.police.uk)

## Learning intentions

To reduce youth crime and protect vulnerable young people.

## Cost

NIL

## Target audience

Secondary KS3 KS4  
Further Education

## Secondary/FE

### Organisation

Priority 1-54

### Name and description of workshop/session

Priority 1-54 offer **dynamic, creative and interactive training and workshops** on a range of issues including safeguarding, bullying behavior, online safety, toxic masculinity, youth loneliness and youth participation

If your setting has a specific requirement or an idea for a new project, they will be happy to discuss your needs, draw up a proposal for your consideration, and work with you to identify appropriate funding.

### Contact person

John Khan

### Contact details

Telephone: 07846 137597

Email: [john.khan@hotmail.co.uk](mailto:john.khan@hotmail.co.uk)

Website: [www.priority154.com](http://www.priority154.com)

### Learning intentions

All workshops are underpinned by all 54 articles laid out in the United Nations Convention on the Rights of the Child (UNCRC).

### Cost

Contact priority 1-54 for costs

### Target audience

KS 3 & 5  
Further Education

# Secondary/FE

## Organisation

Safer East Sussex Team

## Name and description of workshop/session

### Challenging Extremism

A 30-50 minute workshop which can be delivered in an assembly/larger group or classroom based which examines what is meant by extremism and the process of online radicalisation.

The workshop explains what hate crime is and how it can develop into adopting extremist views when left unchallenged.

## Contact person

Dave Law

## Contact details

Telephone: 07552 286508

Email: [david.law@eastsussex.gov.uk](mailto:david.law@eastsussex.gov.uk)

## Learning intentions

- Understand what is meant by the term extremism
- Understand why stereotyping is wrong
- Understand how hate crime can divide and damage our communities

## Cost

NIL

## Target audience

All year groups



# Secondary/FE

## Organisation

East Sussex Fire and Rescue Service

## Name and description of workshop/session

### Session 1

This session lasts for an hour and concentrates on issues affecting older children such as **safety when sleeping over and babysitting**.

Continuing the theme set in earlier key stages the sessions are child centred and encourage the children to identify their own **safety strategies and consider their role when caring for other people**.

## Contact person

Elaine Wink (Education Officer)

Tel : 01323 462449

Mobile : 07949 285449

Michael Warner (Education Officer)

Tel : 01323 462441

Mobile : 07950 876775

Darren Grover (Education Officer)

Tel : 01323 462812

Mobile : 07810 636349

## Contact details

Telephone: As above

Email: [education@esfrs.org](mailto:education@esfrs.org)

## Learning intentions

- To be aware of consequences and challenge attitudes
- Causes of fire in the home that are relevant to young people
- Understand the importance of an escape plan.
- Bedroom/school/ babysitting/sleepovers, taking responsibility for your own safety and others
- Be able to maintain and test smoke alarms and understand their important role in fire safety.

## Cost

NIL

## Target audience

Year 8

# Secondary/FE

## Organisation

East Sussex Fire and Rescue Service

## Name and description of workshop/session

### Session 2

This is an additional one hour interactive that can be facilitated when requested.

This session explores the impact on a community when young people engage in anti-social behaviour such as Arson or Hoax calling.

## Contact person

Elaine Wink (Education Officer)

Tel : 01323 462449

Mobile : 07949 285449

Michael Warner (Education Officer)

Tel : 01323 462441

Mobile : 07950 876775

Darren Grover (Education Officer)

Tel : 01323 462812

Mobile : 07810 636349

## Contact details

Telephone: As above

Email: [education@esfrs.org](mailto:education@esfrs.org)

## Learning intentions

- Understand the definition of arson.
- Be aware of the consequences of arson for individuals and society.
- Understand how the criminal justice system deals with arson.
- Understand the reasons why people commit arson.
- Understand the impact of hoax calls on the community.

## Cost

NIL

## Target audience

Year 8

# Secondary

## Organisation

YMCA

## Name and description of workshop/session

### Schools Homelessness Prevention Project (HPP)

The Schools Homelessness Prevention Project is an East Sussex based initiative backed by local councils that aims to promote awareness of the risks of homelessness and the realities of living independently. Our main priority is to ensure young people in KS4 (14–16-Year-olds) are given information on how to prevent becoming homeless at age 16 and 17.

We now offer to KS3 (12–14-year-olds) in the form of a digital presentation.

## Contact person

Clare Tester-Spratt  
East Sussex Youth Homelessness Prevention Project Coordinator

## Contact details

Phone: 07342 733393  
Email: [clare.testerspratt@ymcadlg.org](mailto:clare.testerspratt@ymcadlg.org)

## Learning intentions

- Statistics on youth homelessness in the south
- Activities to show the reality of homelessness.
- Challenging Stereotypes
- Videos from young people who have become homeless
- The risks of becoming homeless
- Budgeting
- Accessing support (including accommodation, Single Point of Advice (SPOA) and mediation)

## Cost

No cost

## Target audience

Key stage 3 & 4

# Secondary/FE

## Organisation

East Sussex Fire and Rescue Service

## Name and description of workshop/session

### Water Savvy Water Safe WS2

The presentation is an interactive experience incorporating lifesaving key water safety messages around how to keep yourself and others safe both in and around water.

The presentation will focus on the hard-hitting effects of cold-water shock, the unexpected power of water and students will come away with an increased awareness of the risks in, on and around water.

This is a collaborative working group between East Sussex Fire and Rescue Service (ESFRS), Royal Life Saving Society (RLSS), Royal National Lifeboat Institution (RNLI). Aimed at yr. 11 & 12 students, as well as Universities

## Contact person

Susan Taylor  
Water & Road Safety Coordinator ESFRS

## Contact details

[susan.taylor@esfrs.org](mailto:susan.taylor@esfrs.org)  
Telephone: 01323 462426 mobile 07920 411769

## Learning intentions

The presentations (30 mins or 45 min presentations available.) aim to equip young people with the knowledge needed to keep themselves safe in water and also what to do in an emergency.

Potential Lifesaving water safety education

## Cost

NIL

## Target audience

Years 10 & 11

Although the presentation is suitable for all secondary school age students

# Secondary

## Organisation

### Safety Net

## Name and description of workshop/session

### Online Safety

We can provide workshop sessions for pupils, parents and professionals to explore the risks and benefits of the online world and strategies to stay safe. The sessions are positive in nature and include discussion elements about the clear benefits of the internet, including how to seek advice and information, education and knowledge as well as the multiple social factors. Pupils learn how to report and block unsuitable content, as well as risk assess what their options are if they are approached online to do something they feel uncomfortable with. Peer to peer learning is a big part of the method of delivery.

## Contact person

Katharine Smith – Training & Marketing Co-ordinator

## Contact details

Email: [training@safety-net.org.uk](mailto:training@safety-net.org.uk)

Phone: 01273 420973

Website: [www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

- Pupils understand about the benefits and risks of the internet
- Have strategies to keep themselves safe online
- Have an opportunity to explore the 5 themes of online safety (commercial, content, conduct, contact, overuse)
- Learn how to use privacy settings, understand what a digital footprint is, and what we can do to be in control of it
- Understand how to report inappropriate and upsetting online content and know where to go for support
- Explore why some people may choose to bully online and how to deal with it (cyberbullying)
- Understand how we can all make the internet a better place

## Duration

2/3 hour sessions

## Cost

Contact Safety Net for details

## Target audience

Suitable for pupils, parents and staff

# Secondary

## Organisation

Safety Net

## Name and description of workshop/session

### Safeguarding and Child Protection for Schools Training

This course helps education settings meet their OFSTED requirements, regarding safeguarding and child protection concerns. You will gain an understanding of your role in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse.

## Contact person

Katharine Smith – Training & Marketing Co-ordinator

## Contact details

Email: [training@safety-net.org.uk](mailto:training@safety-net.org.uk)

Phone: 01273 420973

Website: [www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

- Gain confidence in handling concerns and disclosures
- Explore Safeguarding and Child Protection
- Learn the signs and symptoms of abuse
- Discuss the multi-agency approach to safeguarding
- Gain knowledge about the legal background

## Duration

3 hours

## Cost

Contact Safety Net for details

## Target audience

Teachers, School Staff, Governors, Volunteers

# Secondary

## Organisation

Safety Net

## Name and description of workshop/session

### Mindfulness in Schools

Training for teaching staff to experience and learn the tools and skills of mindfulness to use for themselves and teach to pupils. Research shows that mindfulness for schools is:

- Easy to implement
- Can improve mental, emotional, social and physical wellbeing
- Can contribute directly to development of cognitive and performance skills, and executive function

## Contact person

Katharine Smith – Training & Marketing Co-ordinator

## Contact details

Email: [training@safety-net.org.uk](mailto:training@safety-net.org.uk)

Phone: 01273 420973

Website: [www.safety-net.org.uk](http://www.safety-net.org.uk)

## Learning intentions

The intentions of the session are that teaching staff :

- Understand and experience the core tools and skills of Mindfulness and be able to confidently pass these on to pupils
- Develop an understanding of the neuroscience, background and benefits of Mindfulness for pupils and adults
- Create a plan for implementing Mindfulness into a whole school approach.

## Duration

Half or full day

## Cost

Contact Safety Net for details

## Target audience

Secondary school staff, teachers, teaching assistants, pastoral staff, office staff

## Secondary/FE

<b>Organisation</b>	YMCA WiSE Project
<b>Name and description of workshop/session</b>	<p><b>WiSE Girls</b></p> <p>Targeted group work programmes at KS3 or KS4 for small groups of girls (up to 10) where it has been identified that they would benefit from additional support around self and relationships in order to reduce their vulnerability to sexual exploitation and abusive relationships.</p>
<b>Contact person</b>	WiSE Education and Communities Worker
<b>Contact details</b>	Email: <a href="mailto:wise@ymcadlg.org">wise@ymcadlg.org</a>
<b>Learning intentions</b>	<p>Over the course of 6 weeks we work with the young women to reduce their vulnerability to child sexual exploitation. We aim to –</p> <ul style="list-style-type: none"> <li>• Develop their confidence about who they are as individuals.</li> <li>• Encourage them to find their voice through the development of assertiveness skills, dealing with pressures and expectations in friendships and relationships.</li> <li>• Help to increase their body confidence, in turn boosting their self-esteem and self-worth.</li> <li>• Explore decision making, particularly in difficult situations and help them to understand subjects such as consent, online safety and child sexual exploitation.</li> <li>• In exploring these topics with the young women, we hope this empowers and better equips them to stay safe.</li> </ul>
<b>Cost</b>	To be discussed with individual schools
<b>Target audience</b>	Secondary Schools KS3 and KS4
	Further Education



# Secondary/FE

<b>Organisation</b>	YMCA WiSE Project
<b>Name and description of workshop/session</b>	<p><b>WiSE Boys</b></p> <p>Targeted group work programmes at KS3 or KS4 for small groups of boys (up to 10) where it has been identified that they would benefit from additional support around self and relationships in order to reduce their vulnerability to sexual exploitation and abusive relationships.</p>
<b>Contact person</b>	WiSE Education and Communities Worker
<b>Contact details</b>	Email: <a href="mailto:wise@ymcadlg.org">wise@ymcadlg.org</a>
<b>Learning intentions</b>	<p>Over the course of 6 weeks we work with the young men to reduce their vulnerability to child sexual exploitation. We aim to –</p> <ul style="list-style-type: none"> <li>• Introduce the subject of masculinity, exploring the pressures on young men to behave and act in certain ways often negatively.</li> <li>• Help them to understand who they are and where they fit into society.</li> <li>• Encourage them to talk about their feelings and emotions highlighting how beneficial this is on their wellbeing.</li> <li>• Increase their self-belief system in turn boosting their self-esteem and self-worth.</li> <li>• Increase their knowledge of subjects such as e-safety and child sexual exploitation.</li> </ul> <p>In exploring these topics with the young men, we hope this empowers and better equips them to stay safe.</p>
<b>Cost</b>	To be discussed with individual schools
<b>Target audience</b>	Secondary Schools KS3 and KS4
	Further Education

# Secondary/FE

<b>Organisation</b>	YMCA WiSE Project
<b>Name and description of workshop/session</b>	<p><b>WiSE Extra</b></p> <p>Targeted group work programmes at KS4 for small groups of boys (up to 6) for whom there are concerns around harmful sexual behaviour.</p>
<b>Contact person</b>	WiSE Education and Communities Worker
<b>Contact details</b>	Email: <a href="mailto:wise@ymcadlg.org">wise@ymcadlg.org</a>
<b>Learning intentions</b>	<p>Over the course of 6 weeks we work with the young men to challenge their perceptions and hopefully reduce the harmful sexual behaviours that they had previously been displaying. We aim to -</p> <ul style="list-style-type: none"> <li>• Explore the identities of these young men, looking generally at why people behave the way they do and what pressures and expectations they are facing.</li> <li>• Explore behaviours, actions and consequences for these.</li> <li>• Help them to interpret their own feelings and that of others to increase their empathy.</li> <li>• Look at what consent is and how to use this in real life situations.</li> <li>• Discuss gender inequality, including the double standards in society and the impact that language in particular insults can have on others.</li> <li>• Increase their knowledge of child sexual exploitation looking at how this could impact victims and perpetrators.</li> </ul> <p>In exploring these topics with the young men, we hope they learn the skills to self-reflect and think about the impact their behaviour may have on others and themselves.</p>
<b>Cost</b>	To be discussed with individual schools
<b>Target audience</b>	Secondary Schools KS3 and KS4
	Further Education

## Secondary/FE

Organisation	Sussex Police, Sussex Safer Roads Partnership, South East Coast Ambulance Service and coordinated by East Sussex Fire and Rescue Service.
Name and description of workshop/session	<p><b>Stay Safe Stay Alive</b></p> <p>The show explores the consequences of getting involved in a road collision and emphasises the dangers inexperienced young drivers may encounter, such as excessive speed, distraction (mobile phones/passengers), drinking/drug use and importance of seatbelts for ALL passengers.</p> <p><b>N.B Safe Drive Stay Alive predominantly runs in November around the county utilising larger external venues of which they will arrange free coach travel to and from the venue for your pupils/teachers.</b> They are normally run in Brighton and Hove, Uckfield, Eastbourne and Hastings</p>
Contact person	Susan Taylor and Jenny Williams
Contact details	To find out more about our Safe Drive Stay Alive events please email: <a href="mailto:susan.taylor@esfrs.org">susan.taylor@esfrs.org</a>
Learning intentions	<p>The production is aimed specifically at young people who are at the age where they are either learning to drive, have just passed their test, or are becoming passengers with their friends who are already driving. This is a hard hitting performance and would not be suitable for under 16s.</p> <ul style="list-style-type: none"> <li>• Increased understanding of the risks of driving and the consequences for young people involved in road traffic collisions.</li> <li>• Awareness of the necessary skills and attitudes required for being both a safe driver and a safe passenger</li> <li>• Understand the role of the emergency services that deal with road traffic collisions.</li> </ul>
Cost	NIL
Target audience	Secondary School KS 4/ Further Education

# Secondary

## Organisation

The Education Support Behaviour and Attendance Service - ESBAS

## Name and description of workshop/session

### KS3 and KS4 Anti- bullying Workshop

An interactive and engaging workshop to deal with bullying and / or Cyberbullying. The focus of the package can be tailored to suit the needs of the group / cohort or address any school-specific issues.

To consider the changing nature of bullying (especially cyber bullying) and the additional associated risks and provide some tools to work with participants in bullying (victims, perpetrators & parents).

A parenting workshop is available to run with the course. Teacher pack and all of the resources are provided by ESBAS

## Contact details

### Lewes and Coastal:

Kate Rosling

Work: 01323 747484

Email: [kate.rosling@eastsussex.gov.uk](mailto:kate.rosling@eastsussex.gov.uk)

### Eastbourne:

Vidyu Narayan

Work: 01323 747456 Mobile: 07867 906432

Email: [Vidyulatha.Narayan@eastsussex.gov.uk](mailto:Vidyulatha.Narayan@eastsussex.gov.uk)

### Hastings and Rother

Corinna Human

Work: 01424 726083 Work: 01424 726083

Email: [corinna.human@eastsussex.gov.uk](mailto:corinna.human@eastsussex.gov.uk)

## Learning intentions

To develop pupil, parent and school awareness of bullying and its impact and empower people to identify and deal with bullying.

## Duration

1 hour pupil workshop

45 minutes Parent workshop

These packages and training sessions can be run at any point in the year and tailored to the particular need / focus of the school to address the issue. They can also be pre-booked to take part in Anti-Bullying Week, which in 2018 will run from 12th-16th November with the theme, "Power for Good".

## Cost

3 Units

## Target audience

Secondary schools, pupils, teachers and parents

# Secondary

## Organisation

ESCC Children's Services, Public Health and the Secondary PSHE Hub

## Name and description of workshop/session

### Child Exploitation and Harmful Sexual Behaviours

Available for all state-funded secondary schools in East Sussex (to include special schools) a comprehensive and fully-funded package of support including a Theatre in Education performance to facilitate the teaching of the following key areas of the PSHE RSHE curriculum:

- **Gangs, peer influence and coercion, including county lines**
- **Relationships, consent and harmful sexual behaviours**

This package of support has been developed for schools as part of a multi-agency response to Child Exploitation and Harmful Sexual Behaviours within East Sussex. The package is intended to support schools in delivering high quality preventative education

## Contact details

### How can schools sign up?

Schools will need to email

[SLES.Safeguarding@eastsussex.gov.uk](mailto:SLES.Safeguarding@eastsussex.gov.uk) and clearly state the full names, email addresses and job titles of the two PSHE representatives that will be attending each of the CPD webinars.

- 'Gangs, peer influence and coercion, including county lines' will take place on Thursday 7 October 2021 at 3.45pm to 4.45pm.
- 'Relationships, consent and harmful sexual behaviours' will take place on Thursday 3 February 2022 at 3.45pm to 4.45pm.

Your school must attend the CPD webinars in order to access the lesson plans and theatre productions. Once the CPD webinar has taken place, the relevant resources will be shared with delegates and bookings for theatre productions will open.

Full details can be found on [Czone](#)

## Target audience

Secondary and Special Schools

## Booking Sessions

This is simple and straightforward. You need to contact the organisation or the named person on the profile sheet and they will get back to you to confirm booking/details with you as soon as they can. If you require further information on each session prior to booking then please contact the named person for the session.

It is worth bearing in mind that all organisations need as much notice as possible so the more time you are able to provide prior to delivery the better.

## Disclosure and Barring Service Checks

It is the school's responsibility to decide whether an external visitor should be DBS checked and to what level before being allowed onsite. These decisions need to be based on activity, frequency and contact level.

Organisations which form part of this Stay Safe Directory will have their own safeguarding policies and employee checks as part of their service and it is up to schools to ensure that the required safeguarding processes are satisfied.

The school's safeguarding policy should outline the types of checks that are undertaken for the different roles in school including those for non-school teaching staff who carry out one off activities. Anyone carrying out regulated activity relating to children will require a DBS check.

Regulated activity is explained [here](#) in more detail:

## Evaluations

It is important to assess and adapt activities to ensure they are as effective as they can be and can help identify areas for improvement.

The organisations involved in delivering the sessions in this programme have been doing so for many years and the identified learning intentions help to identify what the learning outcomes of each session will be. If you require further evidence or evaluations please speak to the organisation concerned.

## School Funding

The Pupil Premium is allocated to children from low income families who are eligible for free school meals, children who have been looked after continuously for more than six months and children whose parents are currently serving in the armed forces. Its purpose is to address inequality, ensuring that funding to tackle disadvantage and support emotional and social well-being reaches the pupils who need it most. Schools are free to spend the Pupil Premium allocation as they see fit, and are held accountable for how they have used the funds.

Many of the activities and sessions offered in this programme can help improve personal, social and emotional education and attitudes to learning and attendance across the school. Here are the [Pupil Premium rates for eligible pupils from September 2021.](#)

<b>Pupils in reception to year 6</b>	<b>£1,345</b>
<b>Pupils in years 7 to 11</b>	<b>£955</b>
<b>Looked after children</b>	<b>£2,345</b>
<b>Armed Service Children Pupils in year groups reception to year 11</b>	<b>£310</b>

Schools are also eligible to apply for many external funding awards/grants to support the delivery of intervention and prevention education with their pupils. For further information please see:

- The East Sussex External Funding Team can help with identifying money for your project and help with quality checking applications for funding. You can subscribe to [Funding News for East Sussex](#), the monthly newsletter, for up-to-date funding ideas, in-depth details on grants and where you can search by application deadline. The grants and funding [page](#) hosts a number of funding advice sections and how to get support.
- [East Sussex 4 Community](#) - The community funding support website for the East Sussex area.

## East Sussex PSHE Hubs

The East Sussex PSHE Hubs are designed to bring together PSHE Leads through twilight meetings/a virtual network and provide a unique opportunity to:

- share and consider best practice;
- identify resources to support high quality teaching;
- learn about national and local perspectives on PSHE education;
- network with colleagues in other schools;
- work collaboratively to enable improvement in PSHE education leadership, teaching and learning, and;
- access a small budget for training and resources (e.g. PSHE schemes of work, PSHE Association membership for participating schools)

There is currently one Secondary PSHE Hub and five primary PSHE Hubs (which are aligned to Education Improvement Partnership areas – as set out below)

<b>Secondary PSHE Hub (East Sussex)</b>  Dee Leonard and Sam Whittaker Willingdon School/ Seaford Head School <a href="mailto:espshehub@gmail.com">espshehub@gmail.com</a>	<b>Hastings/Rother/Rye Primary PSHE Hub</b>  Elizabeth Latter Glenleigh Park Primary Academy <a href="mailto:elatter@auroraacademies.org">elatter@auroraacademies.org</a>
<b>Eastbourne and Hailsham Primary PSHE Hub</b>  Harriet Somerville West Rise Junior School <a href="mailto:harriet@westrise-jun.e-sussex.sch.uk">harriet@westrise-jun.e-sussex.sch.uk</a>	<b>Wealden Primary PSHE Hub</b>  Claire Rivers St Marks School <a href="mailto:claireriverscrc@gmail.com">claireriverscrc@gmail.com</a>
<b>Ashdown Primary PSHE Hub 1</b>  Catherine O'Shea St Michael's Primary School, Withyham <a href="mailto:head@st-michaels.e-sussex.sch.uk">head@st-michaels.e-sussex.sch.uk</a>	<b>Ashdown Primary PSHE Hub (2)</b>  Rhiannon Poole/Abby Kilgarrieff High Cliff Academy <a href="mailto:rhiannon.poole@stepacademytrust.org">rhiannon.poole@stepacademytrust.org</a>
Please note: schools in Lewes EIP are able to attend one of the other Primary PSHE Hubs; whichever they determine is most appropriate/useful to them. Please visit Czone for further information <a href="https://czone.eastsussex.gov.uk/health-safety-wellbeing/pshe-hubs/">https://czone.eastsussex.gov.uk/health-safety-wellbeing/pshe-hubs/</a>	





The East Sussex Healthy Schools programme builds on previous evidence-based local approaches. It is supported by East Sussex Public Health and the East Sussex School Health Service.

Evidence that health and education are closely linked is strong. The rationale for taking a 'Healthy Schools' approach is clear. Promoting health and wellbeing in schools and colleges can improve both educational and health and wellbeing outcomes (PHE, 2014).

The educational and emotional impacts of the COVID-19 pandemic make the development of whole-school approaches to health improvement more important than ever.

The programme is free to schools in East Sussex and brings together:

- Healthy Schools Award via the School Health Check. The content is strongly aligned with the latest Ofsted descriptors, providing a simple way to collate a range of evidence around Social Emotional and Mental Health, PSHE, Physical Activity and Healthy Eating.
- A new pupil survey – My Health My School - for Years 3, 4, 5, 6, 7, 9, 11, 13 as well as separate surveys for children with Special Educational Needs and Disabilities.
- A new updated PSHE offer from the School Health Service including free access to the Educator Solutions PSHE scheme of work and resources.

On the [website](#) you will find lots of useful resources to achieve Healthy Schools Status. Please contact the Health Improvement Team at: [kentchft.esschoolhealthservice@nhs.net](mailto:kentchft.esschoolhealthservice@nhs.net) for further help and support.

## Open for Parents

Open for parents provide Staying Safe Online- a course available to parents and carers in East Sussex. This 90 minute session covers some of the potential risks and concerns that parents have about their child accessing the internet and electronic devices, such as viewing inappropriate materials, cyber bullying and screen time.

The session can be adapted to suit parents with children of any age, and covers a range of strategies for improving communication in the home and keeping children and young people safe online.

For more information about this session and others provided by open for parents, please visit the [website](https://www.openforparents.org.uk) where you can book on directly, call 01424 725800 or email [info@openforparents.org.uk](mailto:info@openforparents.org.uk).



***“Was really great. So much more to it then I realised, I really thought it was going to learn stuff I already knew but it was way more than that “- Julie, Grandma***

***“Following on from the strategy you have given me my daughter's behaviour is so much better and tantrums easier to manage. I'm over the moon with your service and just thought I would let you know”- Tom, Single father***

## East Sussex Domestic, Sexual Violence and Stalking Services, Support & Resources

For any specific queries, issues or concerns about domestic abuse, sexual violence services or stalking, please contact the Strategy & Partnership Officer for Domestic, Sexual Abuse and Violence – East Sussex [Natasha.Gamble@eastsussex.gov.uk](mailto:Natasha.Gamble@eastsussex.gov.uk)

A list of services and support for victims/ survivors of DVA/SVA/Stalking and Harassment can be found at <https://safespacesussex.org.uk/>

A list of all services, including those for children and young people, provided in East Sussex can be found at <https://1space.eastsussex.gov.uk/>



- People affected by domestic or sexual abuse or violence in East Sussex can contact The Portal to find out more about the help, advice and support available. Advice and support is also available for professionals [info@theportal.org.uk](mailto:info@theportal.org.uk)
- Help and advice for people under 21 and those supporting them, including professionals, with drugs, alcohol, mental health and relationships <https://changegrowlive.org/advice-info/under-21-advice>
- **Survivors Network-** B&H and East Sussex - Support survivors (adults and children) of sexual violence and abuse. Offers independent Sexual Violence Advisers service for adults and children, counselling service, drop ins and support groups. Support for victims/ survivors going through the criminal justice system is also available. [help@survivorsnetwork.org.uk](mailto:help@survivorsnetwork.org.uk)

## External Resources

The following pages contain a range of resources freely available online and many have accompanying lesson plans and guidance on delivery. This is just a selection of what is available and it will be down to your own judgement as to whether the resources are suitable for your pupils by first reviewing the resource prior to delivery.

### Substance Misuse

#### Substance Misuse Toolkit

This online [resource](#) contains quality assured substance misuse education resources to support staff working with young people in both education and community settings. Resources include lesson plans, resource packs and relevant websites.

ALL

#### RISE ABOVE Public Health –

[Alcohol Lesson Plan](#) uses peer-to-peer discussion, scenarios and videos, students will be encouraged to identify and assess the risks associated with underage or irresponsible drinking, and how to deal with pressure from peers.

KS 3-4

KS 3-4/FE

#### Substance Misuse Resources

Engaging and creative drug and alcohol leaflets, booklets, flyers and posters. Written and designed for substance misuse services, and organisations that work with people who need to know more about drugs and alcohol. The harm reduction information & advice section has some clear and simple factsheets to [download](#).

### Cyber Crime

#### National Crime Agency - Cyber Choices Lesson Plan

This [lesson plan](#) is available for teachers across the UK to help to educate pupils about what Cyber Crime is, the effects it has and to introduce the Computer Misuse Act.

KS 3-4

#### RISE ABOVE Public Health

[Bullying and Cyberbullying Lesson](#) uses peer-to-peer discussion, scenarios and videos, students explore different situations in which people can treat others in a negative way, as well as discover strategies to deal with hurtful types of behaviour.

KS 3-4

## Child Sexual Exploitation

### **Child Exploitation Online Protection** command (CEOP)

The Resource [Library](#) enables you to search and view Thinkuknow resources by category and age range.

All

**Exploited** is a [resource pack](#) which aims to help prevent child sexual exploitation by educating young people about how to stay safe. It was produced by CEOP (Child Exploitation & Online Protection Centre) with input from a range of national partners including the NSPCC, Brook, the Sex Education Forum and Barnado's

KS 3-4

### **For online safety advice and resources CEOP recommend:**

[NSPCC resources](#) with an online focus include their Share Aware videos (and accompanying lesson plans) and their Net Aware tool for parents and carers

All ages

The [UK Safer Internet Centre](#), a partnership between the Internet Watch Foundation, South West Grid for Learning, and Childnet. They coordinate and plan the annual Safer Internet Day in the UK.

[Internet Matters](#) for advice for parents on issues such as cyberbullying, inappropriate content, online privacy and reputation

## Online Safety

[Parent Zone](#), advice and information for parents and carers on all aspects of children's safety and well-being, with a focus on digital safety.

Childnet - [Online Safety in the Computing Curriculum](#)

Childnet – [Skills Schools](#). Keep your skills up to date in how to stay safe online with these videos and guides  
<http://www.childnet.com/young-people/primary>

[Digiduck's Big Decision](#) - The Digiduck® collection has been created to help parents and teachers educate children aged 3 - 7 about how to be a good friend online. The collection now includes a book, PDF and interactive app.

3-7yrs

**Online Safety**

**Childnet** [Smartie the Penguin](#) –is an online safety story for 3 to 7 year olds. Join in with Mummy Penguin’s song and follow the adventures of Smartie the Penguin as he learns how to be safe on the internet. The story covers the following 3 themes;

3-7yrs

- Pop ups and in app purchasing
- Inappropriate websites for older children
- Cyberbullying

**Childnet** [Crossing The Line](#)- a practical online safety PSHE toolkit with films and lesson plans to explore online issues with pupils aged 11-14 years old. A PSHE Association Quality-Assured Resource.

11- 14yrs

Covers the following topics:

- Cyber bullying
- Sexting
- Peer Pressure
- Self-esteem

**Hate Crime**

**Youth and Education Policing Hub UK** A [Hate Crime](#) resource package aimed at supporting schools to increase pupil’s awareness of different types of hate crime and prejudice, and how to challenge it

KS 2-4

**Equality Commission** [Prejudice and Stereotypes](#) forms part of the Equality Commissions Secondary Resource range. Students explore stereotypes of different genders and of teenagers to appreciate how it feels to be labelled

KS 3-4

**TES Resource:** Hate Crimes 'Yes/No' [Game](#) - An end-of-session activity to test young people's understanding of hate crime legislation. Also includes the legal definition of a hate crime in simplified language

KS3-4

**Stonewall** have some good resources about tackling homophobic, biphobic and transphobic bullying and have practical guides and toolkits break it down into manageable steps. [Their best practice guides](#) help you benchmark your work, with posters and easy-read guides to use with students.

ALL

**Serious and Organised Crime****Youth and Policing Education Hub - County Lines**

A [resource package](#) is aimed at raising awareness about the county lines problem and helping young people to maintain resilience against becoming involved in it.

KS 3-4  
FE



## Domestic Violence and Sexual Abuse

<p><b>The Home Office</b> - Serious and organised crime <a href="#">toolkit</a> This toolkit was developed by the Home Office, in partnership with the police and the voluntary sector, to provide information for practitioners working with young people to help them</p>	KS3-4 FE
<p><b>Eyes Open Love or Lies?</b> A comprehensive educational <a href="#">resource pack</a> containing lesson plans and interactive exercises designed for use with groups of young people in schools. It also contains information and exercises aimed at staff (which could be used by a wider group of front line professionals) highlighting the signs and indicators of sexual exploitation and internal trafficking.</p>	KS3-4
<p><b>TES Resources: Gangs Street Violence</b> - A <a href="#">selection of resources</a> to discuss gangs the culture of gangs and a conference on street violence.</p>	KS 3-4
<p><b>Keeping Safe out and About</b> - These <a href="#">lesson plans</a> have been written for teachers in primary schools who want to teach about the risks of participating in anti-social behaviour, gangs and gang related behaviour and keeping safe in the local area.</p>	Year 6
<p><b>Thames Valley Partnership</b> - This comprehensive Education <a href="#">Package</a> has been produced by the Thames Valley Partnership, as part of the 'No Joke' programme funded by Comic Relief, with input from a range of professionals with specialist expertise in this field</p>	KS 3-4 FE
<p><b>Youth and Policing Education Hub</b> - A resource <a href="#">package</a> aimed at encouraging young people to recognising the signs of domestic abuse, to model and promote healthy, non-abusive relationships, and to explore and challenge the myths that perpetuate domestic abuse. The package also introduces students to strategies to stay safe and reporting methods</p>	KS4 / FE
<p><b>PANTS The NSPCC Underwear Rule</b> teaching resources support practitioners to deliver messages to pupils that help keep them safe from harm and abuse. The Talk PANTS teaching resources consists of <a href="#">one core lesson</a> that is suitable for Early Years/Foundation/PS1-4 and Key Stage 1.</p>	KS 1-2
<p><b>Disrespect NoBody</b> - A teaching resources on preventing teenage relationship abuse. The Home Office Disrespect NoBody PSHE <a href="#">education teaching materials</a> are designed to support the Government's campaign to help prevent abusive behaviours within young people's relationships.</p>	KS 2-5

## Preventing Violent Extremism

<b>Alice Ruggles Trust - Unhealthy Behaviours &amp; Stalking</b> The PSHE Association has collaborated with Alice Ruggles Trust to create <a href="#">two lesson plans</a> and accompanying materials which promote awareness of unhealthy relationship behaviours and stalking — in order to help protect young people from the potential risks in these situations.	KS4+
<b>Educate Against Hate.</b> This website gives parents, teachers and governors practical advice on protecting children from extremism and radicalisation. There are a wide selection of resources and lesson plans in the <a href="#">Teachers Section</a> most of which have undergone evaluations and checks for suitability by the Department of Education and the Home Office	ALL
<b>London Borough of Hammersmith &amp; Fulham Prevent and schools</b> - On this <a href="#">page</a> you can find Prevent-related lesson plans, PowerPoint presentations and other helpful learning resources specific to each key stage, resources and lesson plans.	KS3-4 FE
<b>Extreme Dialogue</b> - these <a href="#">sessions</a> aim to build resilience to radicalisation among young people through a series of open-access educational resources	KS 3-4 FE
<b>TES Resources - Combatting Far Right Extremism</b> A <a href="#">lesson</a> which can be used with KS4 / KS5, where students will be able to identify extreme right political views, explain why they are not acceptable in a democratic society, recognise reasons why young people get involved in extreme right wing groups.	KS4/KS5
<b>Let's Talk About It...</b> is an initiative designed to provide practical help and guidance to the public in order to stop people becoming terrorists or supporting terrorism. They have a number of <a href="#">educational resources</a> including powerpoint lessons for primary, secondary and colleges.	ALL
<b>Prevent for Schools (P4S)</b> - The Lancashire P4S site provides a variety of <a href="#">practical materials</a> and broader guidance to support schools with educating and safeguarding pupils against the dangers of radicalisation and violent extremism.	Primary Secondary He/FE
<b>Going too Far</b> - A practical <a href="#">resource</a> from the D of E for teachers to empower young people to recognise examples of extremist behaviour and content online, understand actions which could be identified as criminal activity and explore techniques used for persuasion and build resilience through critical thinking.	Secondary/ FE



**Modern  
Slavery and  
Human  
Trafficking**
**Modern Day Slavery - Does Slavery Still Exist?**

The main focus of this [lesson](#) is research through group work where students uncover different sub-topics of modern slavery (trafficking, domestic work, child slavery, bonded and forced labour).

KS3

**Human Trafficking** - This [lesson](#) was created by Citizenship PGCE students. It includes a lesson plan, power point, youtube clip and first activity resources. It can be used as part of an active citizenship campaign or simply to introduce the problem of human trafficking.

KS3-4

**Resilience**

**The British Red Cross: [Build resilience](#)** - When is the best time to think about what to do in a crisis? That's the driving principle behind these practical approaches to building resilience from the British Red Cross. Students and teachers together reflect, explore and experiment with responses to some form of crisis.

KS 3-4

Scenarios include spiked drink, legal highs, passenger abuse and inaction.

**Terrorism  
Safety Advice**
**ACT for Youth: RUN HIDE TELL**

Security experts from Counter Terrorism Policing have commissioned the creation of an animated core film designed to teach young people how to react if caught up in a gun or knife terror attack.

KS 3-4

Versions of the new film for Key Stage 3 and 4 pupils, (ages 11-14 and 15-16), will be the cornerstone of teaching material, specially-designed by the PSHE Association and available to Schools and Youth organisations.

KS 3-4

All materials needed to deliver these sessions can be found [here](#).

**Crime and  
Criminality**
**Fearless**

Run by Crimestoppers and is a site where young people can access non-judgemental information and advice about crime and criminality. What makes this site different is that it also provides them with a safe place to give information to us about crime - 100% anonymously.

KS 3-4

[Educational Resources](#): There are a number of excellent resources including films and packs on the following areas:

- Weapons
- CSE
- Violence
- Gangs (County Lines)
- Drugs
- Abuse
- Cyber Crime

**This resource is coordinated and published by the  
Safer East Sussex Team on behalf of Stay Safe  
Partners**

**<http://www.safeineastsussex.org.uk/contact-us.html>**