

PSHE UPDATES

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Sexual Health

The Faculty of Sexual and Reproductive Healthcare (FSRH) announced the re-launch of the Contraception Choices website. Developed by a team of doctors, nurses and researchers from University College London, in collaboration with young women, Contraception Choices aims to help people decide which method of contraception might suit them best. [For further support or guidance: click here](#)

Nurse Services

The team can offer support and advice throughout parenthood, from 0-19 years, both for children and young people and their families through routine contacts and [drop in clinics](#) to support child development.

The [website](#) offers lots of advice, support and information about the service and includes the times and venues for clinics and drop in sessions both in the community and within schools.

There is also Chat Health, a free text messaging service for Young people aged 11-19 years. Telephone/text on 07520 615723 and Parentline is for Parents/carers of 0-19 year olds Telephone/ text 07312 277161

Commissioners Consultation

The Staffordshire Police, Fire and Crime Commissioner's Office have launched a new consultation giving people in Staffordshire and Stoke-on-Trent the chance to [have their say](#) on their local policing and fire priorities.

The consultation is an opportunity for people to give their feedback on the Commissioner's proposed Local Police & Crime Plan and Fire & Rescue Plan for 2024-2028.

Internet Safety

The Internet Watch Foundation (IWF) has published a news story about an increase in the number of younger children exposed to sextortion in the UK.

New data shows that in the first six months of 2024, child sexual abuse reports related to sexual extortion were up 19% compared to the same period in 2023. There was an increase in reports involving 14- 15 year olds (25%) and involving girls (2,600% increase).

As a reminder, sexual extortion or "sextortion" is where a criminal will coerce or trick a child or young person into sharing nude or sexual imagery, often whilst pretending to be someone else, then threaten to share the image(s) with the child/young person's friends and family, or the open web, if money is not sent.

[For further support or guidance: click here](#)
[Report, Remove - the online tool: click here](#)

Knife Crime Updates

From 24th September it became illegal to possess, sell, hire, manufacture, import, or supply zombie-style knives and machetes across the UK. This expansion of the Criminal Justice Act 1988 (Offensive Weapons) adds these dangerous items to the list of prohibited offensive weapons.

The national amnesty we shared details of in last month's Digest saw over 100 knives handed in locally. Research, both nationally and locally reveals that many children carry knives out of fear for their safety, and the widespread sharing of zombie knife images and videos on social media only fuels this dangerous cycle. Enforcing this ban can help cut off the supply and, hopefully, reduce demand.

Safeguarding contact information:

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