



States of Guernsey
Education Services

Personal, Social, Health and Economic (PSHE) Education

PSHE Support Agencies Parent/Carer Booklet 2026-2027

This booklet contains information about the agencies that have been approved by the Education Office to support Bailiwick Schools in the delivery of their PSHE education programmes.

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Health, Personal Development and Partnerships Officer (HPDPO) – Education Office	rachel.sykes@gov.gg	2
Action for Children	guernsey@actionforchildren.org.uk	3
Dementia Friendly Guernsey	info@dementiafriendly.org.gg	6
Digital Safety Lead	laura.simpson@guernsey.police.gg	7
Guernsey Fire and Rescue	firesafety@gov.gg	10
Guernsey Police	Nicholas.boughay@guernsey.police.gg	11
Office of the Data Protection Authority (ODPA)	Communications@odpa.gg	13
Oral Health Team	oralhealth.team@gov.gg	14
Safer	education@safer.gg	15
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St. John Guernsey LBG	info@stjohn.gg	19
Traffic and Highways (Road Safety Officer)	paul.james@gov.gg	21
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About this Booklet

Welcome to the PSHE Support Agencies Booklet for parents/carers for the academic year 2026/27. This directory contains information about the currently active agencies that have been approved by the Education Office to support Bailiwick Schools in the delivery of their PSHE education programmes.

Should you need further information on the planning, delivery and assessment of PSHE education in your child's school, please contact the PSHE Lead in the school, in the first instance.

Health, Personal Development and Partnerships Officer (HPDPO)

HPDPO Education Office Inclusion Services	Contact
Rachel Sykes	rachel.sykes@gov.gg

The Health, Personal Development and Partnerships Officer (HPDPO) provides corporate and strategic guidance on the development of PSHE education, personal development and wellbeing in education settings. The role includes providing advice and support to schools, Post 16 settings, the SHARE team, the Drug, Alcohol and Tobacco Education workers funded by the Health Improvement Commission, and PSHE Support Agencies. The HPDPO works with colleagues within Public Health, the third sector and external agencies to further develop and promote partnership working opportunities and engagement with schools. They attend strategic health related steering groups (for example Mental Health and Wellbeing) and Substance Use Strategy meetings.



Action for Children

Action for Children	Year groups	Contact:
Alcohol education	7,8,9	guernsey@actionforchildren.org.uk
Drugs education	8,9,11	
Smoking education	7,8,9	
Vaping education	8,9,10	

Action for Children provides two dedicated and experienced drugs, alcohol, tobacco and vaping education practitioners to carry out sessions from Key stages 3-4.

In addition, Action for Children also provides community-based support for individual young people or small groups facing problems with their current or potential future substance use.

The following is a summary of what the PSHE lessons cover.

Alcohol Education:

Year 7:

- Evaluate myths, misconceptions and social norms relating to alcohol.
- Learn strategies to manage a range of influences on alcohol use.
- Understand why 18 is the legal age to buy alcohol.

Year 8:

- Recognise the consequences of drinking alcohol.
- Recognise the physical and mental health effects that too much alcohol has on your body.
- Demonstrate and discuss the personal and social risks associated with alcohol consumption.

Year 9

- Understand what a unit of alcohol is.
- Understand the concept of dependency and addiction.
- Consider ways to reduce risk and stay safe around alcohol.
- Refresh knowledge on what organisations are available to support people concerning alcohol.

Drug Education:

Year 8

- Understanding the effects and risks of illegal drugs.
- Learn categories and classification of drugs.
- Understand how drugs change the way you act and feel.
- Explore and demonstrate views on illegal drug use.

Year 9

- Learn about cannabis in more detail.
- Clarify the use of cannabinoids.
- Look at potential risks to mental health from cannabis use.
- Think about cannabis addiction and dependency.
- Explore views on cannabis.

Year 11

- Learn about the current drugs threats in Guernsey and in the UK.
- Understanding the effects and risks of illegal drugs.
- Identify the differences between habit, dependence, and addiction.
- How to stay safe around drugs.

Smoking Education:

Year 7

- Know the harmful substances found in cigarettes.
- Know the difference between nicotine and tobacco.
- Know some risks and effects associated with smoking.
- Understand the physical, mental/emotional and social/legal effects of using tobacco.

Year 8

- Learn about and manage influences relating to tobacco use.
- Demonstrate strategies for managing peer influence in situations involving tobacco.

Year 9

- Understand the science behind nicotine and the brain – understanding addiction.
- Understand the different symptoms from nicotine withdrawal.
- Discuss the benefits of quitting smoking and the support available.

Vaping Education:

Year 8

- Understand the harms of vaping and dispel the myths around vaping.
- Establish the difference between peer pressure and peer influence.
- Explore factors that influence young people to vape.
- Create a Personal Plan to help build personal resilience to stay vape free.

Year 9

- Current information about the components of a vape.
- Understand the environmental costs of vaping.
- Create a Personal Plan to help build personal resilience to stay vape free.

Year 10

- Explore and understand what addiction is.
- Explore what drives vaping addiction.
- Understand the different symptoms that may arise from vaping withdrawal.
- Create a Personal Plan to help build personal resilience to stay vape free.

For information about support for young people to quit vaping, please see [here](#)

Dementia Friendly Guernsey

Agency	Year groups	Contact for bookings
Dementia Friendly Guernsey	Any year group – the lesson is adaptable	info@dementiafriendly.org.gg

Dementia Friendly Guernsey delivers an age related, interactive lesson which contributes towards aims of the PSHE curriculum.

The key stage 2, 3 or 4 interactive lesson enables pupils to gain knowledge and understanding relevant to PSHE learning, for example active citizenship, developing good relationships and respecting differences between people. It shows how brain controls everything that we do and gives five key messages to help understand how dementia can affect someone they know, a family member, family friend or someone they meet in the street. All generations can be affected by dementia, not only the person living with the condition. They show how everyday tasks may be more difficult for those living with dementia and turns their understanding into action. Each pupil will receive a badge and an opportunity to become a Dementia Friend.

Website: www.dementiafriendly.org.gg



Digital Safety Lead

Agency	Year groups	Contact for bookings
Digital Safety Lead (Bailiwick Law Enforcement)	5,6,7,8,9,10 R–13 assemblies on request	laura.simpson@guernsey.police.gg

Our Digital Safety Lead, Laura Simpson, offers lessons to Years 5 – 10, and assemblies for all age groups Yr R - 13 covering a range of current concerns and trends in the online world. All lessons are 50 mins long and are accompanied by a family's guide with additional support and resources for parents and carers.

Lesson rationales with cross curriculum links to ICT are available on request. All lessons are linked to the UNCRC articles 16 and 17, as well as specific coverage of articles 12, 13, 15, 28, 29, 31, 34 and 36 in the relevant lessons.

Year 5 – Digital Footprint

Learning intention: To be safe and responsible online

- Understand the rules and terms and conditions of social media, and what the law says.
- Identify online behaviours which are harmful
- Know how to report content and who to speak to for support
- Consider their own digital footprint and consent when posting
- Know that your photo should only be taken and shared with your consent

Year 6 – Digital Citizenship ‘What Are The Rules Online?’

Learning intention: Understand how to act safely, legally and respectfully online

- Identify examples of harmful language and hurtful comments
- Identify activities which are illegal online
- Suggest rules for respectful online behaviour
- Identify when to ask for help and who can provide support

Year 7 – Cyberbullying

Learning intention: Recognise Cyberbullying and know how to safely respond

- Know what cyberbullying is and isn't
- Identify different ways to access support and help
- Know the law in relation to cyberbullying
- Understand the role AI image manipulation can play in bullying

Year 8 – Sexting and Harmful Sexual Behaviours

Learning intention: Understand the risks of sexting and sharing nudes

- Discuss the risks of sexting
- Examine the place of sexting in a relationship (and its lack of value)
- Understand what the law says in regard to sexting
- Know how to report images and who to go to for help
- Know how to use the Report Remove tool (Childline)

Year 9 - Sextortion

Learning intention: Understand the risks of Sexually Coerced Extortion (sextortion)

- Understand 'sextortion' and how it happens
- Know the warning signs that you may become a victim of sextortion
- Know how to get help if you are targeted - don't pay, stop, block, get support, report
- Identify language which could be victim blaming
- Understand the role of AI image generation and editing in sextortion

Year 10 – Harmful Content (Also available for Year 11 on request)

Learning intention: Explore how to identify and respond to harmful content online

- Identify different types of harmful content
- Understand what constitutes harm, how this can be different for different people.
- Know the difference between illegal content and 'awful but lawful' content
- Understand how to limit exposure to harmful content
- Understand what Guernsey law says about harmful content

Assemblies

Laura is available to deliver digital safety assemblies to learners of **all ages** (Reception to Yr 13). The following subjects are available:

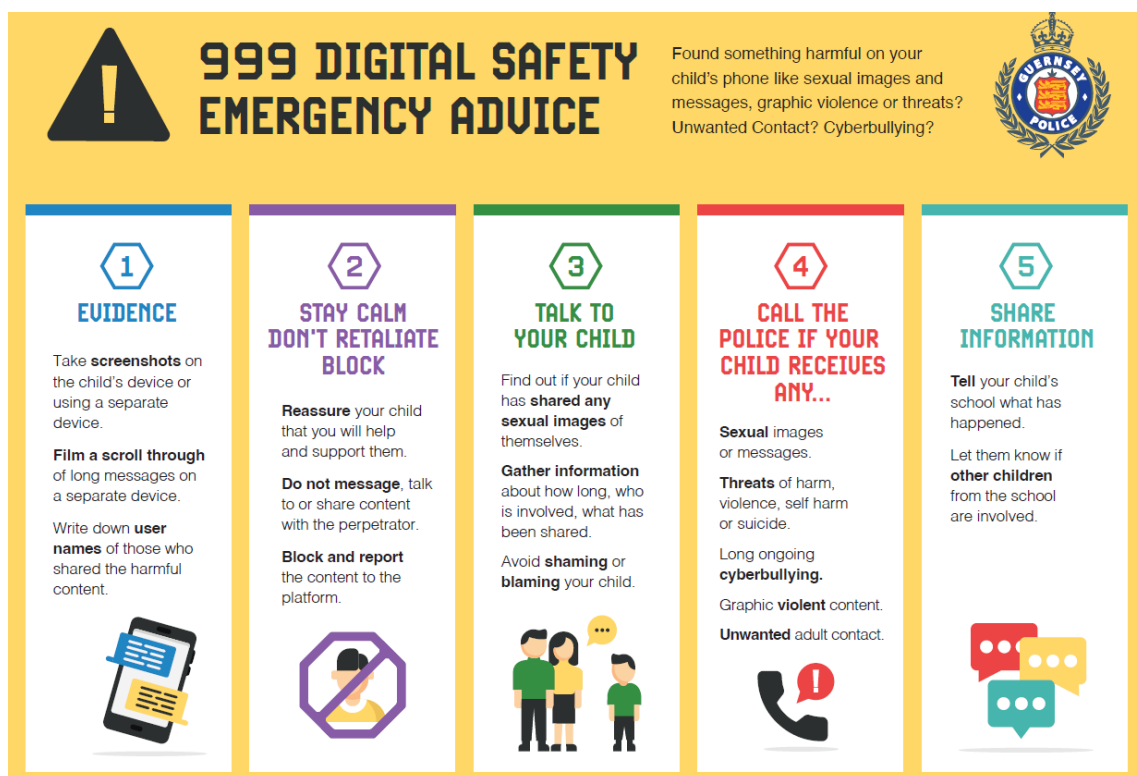
- Key Stage 1 Intro to Digital Safety assembly
- Key Stage 1 Safe pictures assembly (image consent and sharing)

- Key Stage 2 Cyber bullying assembly
- Key Stage 2 Buying Online assembly
- Key Stage 2 Online Friends (anti-grooming) assembly
- Key Stage 2 Protecting Personal Information assembly
- Key Stage Group chat issues assembly
- Key Stage 2 Gaming Online assembly

- Key Stage 3 Social media assembly
- Key Stage 3 and 4 Online Sexual Images and HSB assembly
- Key Stage 3 and 4 AI and sexual images
- Key Stage 3 and 4 Sextortion Awareness assembly

- Post 16 Current Digital Risks assembly
- Post 16 Online Polarisation assembly (can also be a longer lesson)
- Post 16 Digital Safeguarding in your career assembly (can also be a longer session)

Please see the following advice on what to do if you find something harmful on your child's device:



The infographic is titled "999 DIGITAL SAFETY EMERGENCY ADVICE" and features a warning sign icon. It is divided into five numbered steps, each with a title, a list of actions, and an icon. Step 1: EVIDENCE (screenshot icon). Step 2: STAY CALM DON'T RETALIATE BLOCK (person with slash icon). Step 3: TALK TO YOUR CHILD (family icon). Step 4: CALL THE POLICE IF YOUR CHILD RECEIVES ANY... (phone icon). Step 5: SHARE INFORMATION (speech bubbles icon). The top right corner includes the Queensland Police logo and a question: "Found something harmful on your child's phone like sexual images and messages, graphic violence or threats? Unwanted Contact? Cyberbullying?"

999 DIGITAL SAFETY EMERGENCY ADVICE

Found something harmful on your child's phone like sexual images and messages, graphic violence or threats? Unwanted Contact? Cyberbullying?

1 EVIDENCE

Take **screenshots** on the child's device or using a separate device.

Film a scroll through of long messages on a separate device.

Write down **user names** of those who shared the harmful content.

2 STAY CALM DON'T RETALIATE BLOCK

Reassure your child that you will help and support them.

Do not message, talk to or share content with the perpetrator.

Block and report the content to the platform.

3 TALK TO YOUR CHILD

Find out if your child has **shared any sexual images** of themselves.

Gather information about how long, who is involved, what has been shared.

Avoid **shaming** or **blaming** your child.

4 CALL THE POLICE IF YOUR CHILD RECEIVES ANY...

Sexual images or messages.

Threats of harm, violence, self harm or suicide.

Long ongoing **cyberbullying**.

Graphic **violent** content.

Unwanted adult contact.

5 SHARE INFORMATION

Tell your child's school what has happened.

Let them know if **other children** from the school are involved.

For advice on a wide range of digital safety including social media, device privacy settings, parental controls and cyberbullying visit www.internetmatters.org



Guernsey Fire and Rescue Service

Agency	Year groups	Contact for bookings
Fire and Rescue Service	R,2,5	firesafety@gov.gg

The Guernsey Fire and Rescue Service is committed to giving advice to its community, both young and old. All lessons have been designed to meet the relevant PSHE requirements and are delivered by a member of the Fire Safety Team, alongside operational crews, to ensure that key messages are communicated clearly and support pupil development and understanding within this specialised area.

The lessons are as follows:

Reception - FF Bernie: 20-30 minute session at the school with the aid of a remote controlled fire engine. Introducing learners to the dangers of fire and how smoke detectors work and teaching them what to do if their clothes catch fire.

Year 2 – At school/fire station - 1.5 hour session timed to link in with the Great Fire of London curriculum topic where the children are educated about how things are done differently now to avoid a repetition of historic fires. They are reminded of the dangers of fire and the importance of smoke detectors and get the opportunity to put out a 'fire' using a Hose Reel and look around the equipment on the fire engines.

Year 5 – At school/fire station - 1.5 hour session where the children learn about the causes of fire, how to prevent them and how to get out in the event of a fire. This is then put into practice outside where they are introduced to cosmetic smoke in an inflatable house and have to 'escape'.

Bailiwick of Guernsey Law Enforcement



Agency	Year groups	Contact for booking
BLE - Guernsey Police	R,2,5,6,8,9,10,11 Linked assemblies in 8,9,10	Nicholas.boughay@guernsey.police.gg

The Police Schools Liaison Officer regularly visits the island's primary and secondary schools and colleges to deliver lessons as part of the PSHE and Citizenship program. The lessons are designed to give young people an opportunity to consider the consequences of their actions and to allow them to discuss issues in a safe learning environment with Police Officers. This in turn will hopefully mean that young people will be less likely involved in crime as a perpetrator or a victim. Roads Policing Unit Officers are also involved in the tri-service 'License to Kill' production for Year 11 students.

Reception

- 30-minute session to meet their Police School Liaison Officer, understand they are friendly, learn about calling 999, Q&A session.

Year 2: Road Safety

- 60-minutes: basic road safety rules, safe places to cross, danger on a road and importance of being seen.

Year 5: Street Crime

- 60 minutes: the meaning of street crime, how it affects people and how it feels to be a victim, the effect on others and what the law says.

Year 6: Being a Good Citizen

- 60 minutes: what the police expect from a good citizen and what they can expect from the police.

Year 6: Summer Safety

- 60 minutes: help children to become more risk aware and to develop strategies for keeping safe and having fun during unstructured and unsupervised time.

Year 8: Anti-social Behaviour

- Assembly followed by a 50 minute session: understanding anti-social behaviour, how ASB affects others and how their actions can be perceived differently by others.

Year 9: Road Safety

- Assembly followed by a 50 minute lesson: all aspects of safety on the roads such as using motorbikes, e-bikes, pushbikes and scooters.

Year10: Radicalisation, terrorism, extremism

- 50 minutes: Know the terms terrorism and extremism and the consequences of terrorist activities and extremist activity. Know about the process of radicalisation and how to spot the signs of possible radicalisation in others and have the confidence to inform a trusted adult.

Year 10: 'Run, Hide, Tell'

- 50 minutes: 'Run, Hide, Tell' - covers what actions to take in a knife or gun attack.

Year 11: Misuse of drugs

- 50 minutes: understanding drugs – the effects on us and our community, linked to The Misuse of Drugs (Bailiwick of Guernsey) Law, 1974.

Post 16

- The Police School Liaison Officer is available to deliver sessions to post – 16 students on a variety of relevant topics around personal safety. These are particularly relevant to students who may leave Guernsey.

Office of the Data Protection Authority

Agency	Year groups	Contact for booking
ODPA Website: www.odpa.gg	4 8, 10	Communications@odpa.gg

Data protection is not just an issue which is important to adults. If you are a young person, you may think that data protection has nothing to do with you. But quite the opposite is true. Children are growing up in a world where almost every aspect of their lives produces data.

These sessions run by the Office of the Data Protection Authority (ODPA) aim to empower young people to operate safely in the online world. Students should come away with an understanding of personal data and the importance of using it safely and ethically.

Young people are encouraged to share their knowledge and understanding with their families and friends, reducing the potential harm they face and giving them the confidence to enjoy the opportunities that technology offers.

The ODPA's lessons are around 45-minutes for Years 8 and 10, and a 30-minute lesson for Year 4. Sessions include group activities and discussions and are tailored to the year group.

Year 4:

- Children are introduced to the world of data and how to take care of their information through a reading and discussion of the storybook, 'Warro goes on an adventure' written for this purpose. Each child is given their own copy of the book to keep.

Year 8:

- Understand what personal data is
- Understand how personal information can be used
- Think critically about making safe choices online

Year 10:

- Understand how algorithms affect someone's digital experience
- Understand some advantages and risks of technology and AI
- How to be a discerning consumer of information online and understand the prevalence of misinformation and disinformation

Oral Health Education Team

Agency	Year groups	Contact for bookings
Oral Health	1,3,7 Year 9 assembly	Oralhealth.team@gov.gg

The Oral Health team is situated at the Princess Elizabeth Hospital and are part of the Children's Dental Service.

The aim is to deliver and promote good oral health and to share as much information on dental care as possible through school visits and talks. This is done by providing informative and interactive sessions for the children that are age appropriate.

Web: www.gov.gg/oralhealtheducation

The following are covered:

Year 1 : 45 minutes - Visiting the dentist, preventative diet advice and tooth brushing.

Year 3: 60 minutes - Visiting the dentist, preventative diet advice and tooth brushing.

Year 7: 50 minutes - visiting the dentist, preventative diet advice, tooth brushing and flossing.

Year 9 assembly: 'Basics' of oral disease relevant to this age group but also mention habits affecting oral health

The lessons include interactive activities, games and presentations adapted appropriately for the developmental stage of pupils, along with information and advice on how to look after our teeth and gums to promote overall good oral health.

Free annual dental check-up

Children are entitled to one free dental check-up per calendar year up to their 18th birthday. These appointments can be booked with your local dentist. While booking your child's appointment please state that you are attending the States' annual child dental check-up. Special needs children, Looked After Children and families in receipt of income support may still access their check-up through the Children's Dental Service.

If you have questions about these subsidies, please call 01481 222510

Safer

Agency	Year groups	Contact for bookings
Safer	5,6,7,8,9,10,11,Post 16	education@safer.gg

Safer are a non-statutory and independent service that offers help and support to those in the Bailiwick experiencing domestic abuse. They offer both adult and children's services. As well as frontline work, Safer also deliver training, have a 24/7 crisis phone line and a moving on counselling service. As part of their commitment to breaking the cycle of domestic abuse their remit includes the delivery of domestic abuse lessons in schools.

Safer's children's workers are known as CYPVAs (Children and Young People Violence Advisors). They work 1 to 1 with children and young people aged 4-21 years who are either experiencing domestic abuse in their families or in their own relationships as they get older.

Website: www.besafer.gg

They offer the following sessions in schools as well as termly drop in sessions in secondary schools and bespoke assemblies by arrangement.

Year 5: Healthy Friendships/Relationships

This lesson has been developed by Safer to support children in recognising healthy and unhealthy behaviours within friendships, family relationships and early romantic relationships, both offline and online. The lesson helps children understand that some behaviours can feel confusing or depend on context and builds confidence in knowing how to seek help for themselves or others.

Year 6: Boundaries and consent

This lesson has been developed by Safer to help build pupils' understanding of boundaries and consent, recognise their right to make choices about their bodies, feelings and belongings, and develop assertive skills to communicate those choices clearly and respectfully. Pupils will practise ways to seek support when needed and learn how to respond confidently while respecting the boundaries of others.

Year 7: What makes a good relationship?

This lesson, developed by Safer, helps students explore different types of relationships and recognise what makes them healthy or unhealthy. The lesson encourages pupils to think critically about common beliefs around relationships, understand that unhealthy behaviours can develop gradually, and know that help and support are available if someone feels unsafe, worried, or unhappy in a relationship.

Year 8: Understanding gender roles - myths and stereotypes

This lesson has been developed by Safer to raise awareness of how gender stereotypes can influence attitudes, behaviours, and expectations within relationships. Students will explore how stereotypes can create power imbalances and inequality, and how these imbalances may contribute to unhealthy relationship behaviours.

Year 9: Managing conflict and break ups

This lesson, developed by Safer, helps young people explore how conflict can arise in different types of relationships and how it can be managed. Students will learn practical strategies for responding to conflict and understand how power and control can affect relationships. The lesson also addresses the risks associated with ending relationships and supports students to think about how to break up safely.

Year 10: Healthy and unhealthy relationships

This lesson, developed by Safer, helps young people recognise different forms of abuse and understand how some behaviours can become harmful over time. Students also examine why it can be difficult to leave an unhealthy or abusive relationship and learn practical, safety-focused strategies for ending relationships and seeking support.

Year 11: Coercive control

This lesson, developed by Safer, helps young people understand coercive control and recognise that domestic abuse is not always physical. Students will explore how controlling behaviours can develop in intimate and family relationships, the impact these behaviours have, and why coercive control is harmful and illegal. The lesson also empowers young people to recognise warning signs in their own relationships and in those of their friends, and to know how and where to seek help safely.

Year 12: Harassment, assault and bystanders

This lesson, developed by Safer, aims to build young people's understanding of harassment, sexual assault, and abuse within relationships, both online and offline. Students will explore consent, boundaries, power, and respect, and examine how harmful behaviours can be challenged. The session also develops confidence and skills to act safely as an active bystander, raises awareness of the law, and highlights the support available.

Year 13: Difficult conversations

This Year 13 lesson, developed by Safer, challenges common myths about domestic abuse and explores how it can affect young people's relationships and families. Students learn how to recognise abusive and controlling behaviours, and the impact of gender, social pressure, and digital culture. The lesson also develops skills for having difficult conversations and knowing how to access support.

SHARE



Agency	Year groups	Contact for bookings
SHARE Web: www.gov.gg/SHARE	5,6,7,8,9,10,11,Post 16	SHARETeam@gov.gg

A team of one nurse and one teacher qualified to teach PSHE.

The Sexual Health and Relationship Educators (SHARE) team supports and delivers Relationship and Sex Education (RSE) to students in the Bailiwick schools from Year 5 to Post 16. The service aims to ensure that every student within the local education system receives a programme of Relationship and Sex Education. This will provide the necessary skills, attitudes and knowledge to make healthy, safe and informed decisions in relation to their relationships and sexual health.

SHARE deliver INSET training for teachers, nurses, youth workers and other professionals and can provide bespoke Relationship and Sex Education workshops for parents and students. SHARE offer help and advice to parents, carers and teams to support young people and provide presentations and displays at various parent evenings and other events. More information and resources can be found at www.gov.gg/SHARE.

Year 5: 1 session

- Learners will understand some ways to stay safe and healthy and the importance of good personal hygiene. We will introduce the concept of puberty and promote a healthy attitude towards growing up and identify who to ask for help. Males and females are taught separately for this session to focus on specific physiology.

Year 6: 2 sessions

- To explore emotions and self-esteem as they relate to growing up. Extend prior knowledge about body changes at puberty, coping with them and accessing help and advice but learn about each other's changes too. Males and females are taught separately for this session to focus on specific physiology.
- To promote healthy relationships and a responsible attitude towards parenthood and gently introduce conception, foetal development, and birth.

Year 7: 2 sessions

- Extend prior knowledge on emotional and physical changes at puberty and related issues and where to access help and advice. Males and females are taught separately for this session to focus on specific physiology.
- Extend prior knowledge on conception, foetal development and birth, parenthood, and family responsibilities.

Year 8: 2 sessions

- Understanding of healthy relationships; exploring qualities of healthy and unhealthy relationships and furthering knowledge around consent.
- To build knowledge around “sex and the law” and exploring the consequences of unintended teen pregnancy.

Year 9: 3 sessions

- To explore choices and consequences of a sexual relationship, consent, and the law, and to understand that abstinence is a choice.
- Keeping safe in a sexual relationship and accessing help and advice.
- To provide awareness of STI’s (Sexually transmitted infections) and up to date information on HIV and Chlamydia and to promote a safe attitude towards sexual health.

Year 10: 3 sessions

- Healthy relationships and contraception suitable for young people.
- STIs diagnosis and treatment and where to access help and advice.
- To explore unintended pregnancy and the options available and where to obtain help and advice.

Year 11: 3 sessions

- To raise awareness of some cancers, being body aware and know where to access help and advice. Males and females are taught separately for this session to focus on specific physiology.
- Healthy relationships, risk taking, and sexual health update. Reminder of where to obtain help and advice.
- To provide up to date information and encourage a mature attitude towards relationships and the digital world.

Post 16: 1 session

- Sexual health and relationship update.

St John Guernsey LBG

Agency	Year groups	Contact for bookings
St John Guernsey LBG	5,7,8,9	info@stjohn.gg

St John Guernsey LBG has combined the expertise of the St John Emergency Ambulance Service with the experience of St John Guernsey LBG to give you the Bailiwick's leading First Aid provider.

St John Guernsey LBG believe that every young person should have the chance to learn first aid. It should be as much a part of growing up as learning the alphabet. Learning first aid not only provides young people with important life-saving skills, but it also helps to build self-esteem and confidence. In addition to practical skills, students learn a sense of responsibility, teamwork and communication skills, how to make good choices and more importantly, how to help others.

The Student First Aid Programme, delivered by their dedicated School's First Aid Trainers, provides First Aid instruction for every student in School Years 5, 7, 8 and 9. The schools programme is regularly reviewed to ensure it remains relevant to students' increasing independence and the changing world in which we live.

Year 5

- First Aid kits, primary survey, the recovery position and how to make an emergency call.

Year 7

- Identifying symptoms and treating burns, scalds, bleeding and choking.

Year 8

- Refresh of the primary survey (first taught in Year 5) and students practising putting each other in the recovery position in the situation where the patient is breathing. Seizures and possible causes such as alcohol, experimenting with certain drugs, head injuries, diabetes and heat stroke.

Year 9 (to be confirmed)

- Know how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators.

For a comprehensive directory of first aid advice from St John please click on the following link and click on 'show all'.

[First aid advice | St John Ambulance](#)

For further information about the St John Badgers and Cadets programmes which provide young people with the opportunity to learn important first aid and other life skills, in a fun and safe environment, but with challenge and excitement appropriate to their age, please follow this link:

[Youth - St John Guernsey LBG](#)

Traffic and Highway Services

Agency	Year groups	Contact for bookings
Traffic and Highway	Reception, 7 Assemblies on request	paul.james@gov.gg

Road Safety Officer

In 2014 The States of Guernsey approved the Integrated Transport Strategy, its vision being:

"To facilitate safe, convenient, accessible and affordable travel options for all the community, which are time and energy efficient, enhance health and the environment and minimise pollution. "

One of the key aspects of promoting this vision is working with schools, their staff, student bodies and other key stakeholders. The Road Safety Officer is happy to meet and discuss Road Safety issues with any interested parties regarding routes around schools, active travel initiatives and any other related issues.

Traffic and Highway is also keen to support and promote national and international days which are relevant to schools such as Cycle to School Week, World Car Free Day and Road Safety Week. As such the Road Safety Officer can offer advice and support for schools including walking/cycling buses, meeting with student bodies such as School Councils or Rights Respecting groups, assemblies, etc.

Another key objective is to promote road safety in schools. The Road Safety Officer is a qualified teacher with 25 years' experience teaching in Guernsey schools. He is happy to support schools in any way possible to promote road safety and can tailor the offer to individual school's needs.

Reception

- 30-minute session focusing on pedestrian safety and 'Stop, Look, Listen, Think'.

Year 7

- 50-minute session focusing on assessing risk on the roads and relating these to statistics of road traffic collisions.



Youth Commission

Agency	Year groups	Contact for bookings
Youth Commission. Website: www.youthcommission.gg	Child Sexual Exploitation (CSE) Year 9	info@youthcommission.gg

The Youth Commission for Guernsey and Alderney is an independent local charity responsible for the delivery of youth work in the Bailiwick. It provides children and young people aged 0-25 with access to a range of universal and specialist services ensuring they can take part in activities or get the tailored support that is most relevant to their individual need.

More information can be found at www.youthcommission.gg

The following PSHE lesson is offered:

Year 9 - Child Sexual Exploitation

A Child Sexual Exploitation and Grooming Awareness lesson to Year 9 students across the island. The lesson is based on the Barnardo's Child Sexual Exploitation education resource, 'Real Love Rocks'. The lesson uses a mixture of videos, activities, and discussions to explore the definition of Child Sexual Exploitation and Grooming, the warning signs to look out for and who students can talk to if they are worried about anything. The main objectives of all Year 9 lessons are to identify what Child Sexual Exploitation is, recognise what grooming is and where to seek advice and support.

Additional Contacts and Resources

Careers Guernsey

Qualified Careers Advisers work in schools and post-16 providing independent career guidance to students through 1:1 careers interviews and groupwork sessions. The team work closely with the Careers Teachers/Co-ordinators in each school to plan the support for students and delivery towards the Gatsby Benchmarks.

Tel: 01481 226565 careersguernsey@gov.gg website: www.careers.gg

Careers Drop-in: Footes Lane House, Footes Lane, St. Andrews
Monday-Friday, 8.30am-5.00pm (including school holidays).

If school staff and parents/carers want to update themselves about the options available for students they can contact Careers Guernsey and use the [Post-16 options guide](#). Careers Guernsey also organise careers events including the Careers and Skills Show and the Higher Education Event each year.

Guernsey Work Experience and Work-Related Learning

This is an important part of learning for Guernsey students and supports the Understanding of the World of Work area of curriculum. Work Related Learning is aimed at Year 10 students and Work Experience is aimed at those Year 11s who are preparing to enter employment or apprenticeships after Year 11. For those preparing to study Post-16, work experience is offered during their Post-16 studies. Further information about work experience and work-related learning is available on www.careers.gg and by contacting the Employability Team:

Tel: 01481 226565 careersguernsey@gov.gg

NSPCC – Speak Out Stay Safe and Talk PANTS Programmes

Speak Out Stay Safe is an online safeguarding programme for children aged 5 to 11 years old. It is available to all primary schools in Guernsey. [Speak out Stay safe programme | NSPCC Learning](#)

The programme helps children to understand:

- abuse in all its forms and how to recognise signs of abuse
- that abuse is never a child's fault and that they have the right to be safe
- where to get help and the sources of help available to them, including their Childline Service [Childline | NSPCC](#)

All Primary PSHE Leads have had the opportunity to be trained in delivering the SOSS workshops for their KS1 and KS2 pupils.

The free Talk PANTS resources, teach children the Underwear Rule to help keep them safe from abuse. [PANTS resources for schools and teachers | NSPCC Learning](#)

School Nurses

The public health (school) nursing service is based at Lukis House and the school nurses work across all the schools in the Bailiwick. School nurses provide a link between school, community, and home to help prevent ill health and promote healthy development. They help primary and secondary aged children, their families, and schools with things like healthy eating, behaviour, emotional wellbeing, early toileting, enuresis, quitting vaping and a range of other health issues. Anyone, including parents/carers, schools and other professionals can refer to the school nursing service.

Email: schoolnurses@gov.gg Tel: 01481 222011 web: www.gov.gg/schoolnurses