



Family Hub Service

www.rbwm.gov.uk



Royal Borough
of Windsor &
Maidenhead

FREE

Student Support

Preventative awareness sessions for Years 1 to 13

This booklet outlines the workshops and presentations available to schools in the Royal Borough of Windsor and Maidenhead (RBWM)

The sessions are delivered by Achieving for Children's (AfC's) Family Hub Service and School Nurses team, Thames Valley Police and the DASH Charity.



**achieving
for children**

Achieving for Children (AfC) Family Hub

The AfC family hub works with young people in Year 1 and above who need support with making informed decisions on risk taking behaviour and engaging in positive activities in and outside school. For all topics covered by family hub workshops, young people can be supported in a more in depth, one-to-one basis, following a referral.

Family Hubs: **Gemma Kelly**

Email: gemma.kelly@achievingforchildren.org.uk

RBWM School Nursing team

The School Nursing team works with teachers to enhance pupils' knowledge. They provide specialist input and interactive ways of engaging pupils within the school's personal, social, and health education (PSHE) curriculum. This will develop pupils' understanding of health, introduce them to intimate relationships and sex, help them explore how they can take responsibility for their own sexual health, and know where to seek help if things go wrong.

The sessions can cover:

- **contraception:** the facts about the full range of contraceptive choices and efficacy
- **safe sex:** how the risks (pregnancy, sexually transmitted infections (STIs), regret) can be reduced through safer sex (including condom use) and reasons for delaying sexual activity
- **sexually transmitted infections (STIs):** how they are transmitted, the prevalence of some STIs, the impact they can have and how to access confidential sexual health advice and treatment
- **the law and consent**, including age of consent
- **transition to adulthood** (sixth form)

We will work with schools to make sure the sessions are appropriately integrated into the curriculum, and are happy to develop bespoke packages as needed. The school would decide which year group the content was delivered to, and how they would approach communication of the sessions to parents. Generally, the sessions are recommended for Year 9 and above.

Email: school.nursing@achievingforchildren.org.uk

Thames Valley Police

The police works closely with a range of local partners across RBWM to support schools. The school's offer is available to students on topics related to policing, crime and safety.

Email: BerkshireEastLCUHRU@thamesvalley.police.uk

Email: toby.taylor@thamesvalley.police.uk (Year 7+ enquiries)



DASH



The Dash Charity provides healthy relationships workshops in a classroom setting for Year 1 upwards. The fun, interactive sessions are specifically created to be age appropriate. Domestic abuse is not addressed until the comprehensive session in Year 5, which sensitively introduces children to the concept and illustrates how to get help if they ever need it.

DASH: Gaby Taylor Laking

Email: gaby@thedashcharity.org.uk

Years 1 to 6

Family hubs will send schools resources for teachers to facilitate educational sessions for Years 1 to 6, and will give advice and guidance for delivery. Schools can request resources on the following topics:

- keeping safe online
- dangers online
- positive choices online
- nudes and grooming online
- online peer pressure
- cannabis, solvent misuse, and nitrous oxide
- alcohol

Classroom sessions - Years 7+

Family hubs can facilitate up to four classroom-based sessions (approximately 30 students per class for one hour) in one session due to staffing. Family hubs no longer provide whole year group or school assemblies aside from substance misuse topics.

Thames Valley Police are committed to delivering workshops and sessions throughout a young person's journey through education, specifically in Year 7 and Year 9.

Year 6 resources will be available on the new [Crime Education Resource Hub](#) for primary schools to access and deliver.

Within an online survey for education settings, the following issues were identified as the areas that are currently of most concern: online safety and cyber-crime, bullying, peer conflict, ASB, substance misuse, county lines, sexual exploitation, grooming, healthy relationships, knife crime and serious violence.

For the 2026/2027 academic year, the following targeted subjects will therefore be delivered or available: [The Police Education Strategy](#).

DASH is offering the following classroom workshops or year group and whole school assemblies

Exploitation awareness	What is exploitation and grooming? Risk factors and protective factors. what is child criminal exploitation (CCE) and county lines? Risks, consequences, and alternatives. What is child sexual exploitation (CSE)? Perpetrator approach, signs of CSE, case studies	Years 7 to 13
Digital awareness	Cyberbullying, grooming, dangers of the digital world, nudes, gaming	Years 6 to 13
Reality of pornography	Definition of porn, the law, OnlyFans, revenge porn, attitudes to sex, harmful sexual behaviour	Years 7 to 13
Empowering change	Addressing violence and harmful views and behaviours linked to gender and violence against girls	Years 8 to 13
Youth conflict	What does youth conflict include? Knife crime, assault, protection, safety in the community	Years 7 to 13
Substance misuse	Cannabis, cali pens and vaping Ketamine, pills and powders	Years 7 to 13
Relationships and domestic abuse	Friendships and secrets	Years 1 to 2
	Friendships and arguments	Years 3 to 4
	Introduction to domestic abuse	Year 5
	Challenging stereotypes	Year 6
	Where is the line-including emotional abuse?	Years 7 to 9
	Domestic abuse and the law	Years 10 to 13
Fire and rescue	Information around water safety and other emergencies	
Knife crime and serious violence		Year 7
Healthy relationships and exploitation		Year 9
Bullying, peer conflict and anti-social behaviour		Year 6

To book sessions with the family hub, please complete the [google form](#).