

SHG

SHROPSHIRE EDITION

PROVIDED BY
SHROPSHIRE
SAFEGUARDING
COMMUNITY
PARTNERSHIP



Educator Toolkit

Dear Educator

I am delighted to say that thanks to funding from the Shropshire Safeguarding Community Partnership, we are providing your setting with free print and digital copies of the Student Health Guide (SHG).

SHG has been designed for schools, colleges, and universities to help develop students' knowledge, understanding and resilience across these six health and wellbeing topics:



SHG has two editions – one aimed at students up to 18 years old, and a second edition for those 18+ who are transitioning towards independent living at university. Depending on your setting, you'll receive either or both editions in print format. On page four, you'll find links to the online versions of both editions, so please feel free to use whichever you feel most appropriate.

As you'll read on the next page, SHG has been created by award-winning behaviour change experts and medical professionals to offer students a single resource that recognises the interconnected nature of physical and mental health. We have worked closely with the Community Safety Partnership to ensure these editions include content and signposting that is local to Shropshire.

Whilst we've not been able to provide

a printed copy for every student, the digital editions can be shared more widely, and we've put together some guidance on pages four and five that will help you decide how best to utilise the resources within your setting. We have also provided an Educator's Digital Toolkit so you can support the deployment of SHG through digital channels if you wish.

Thank you for your ongoing work promoting resilient attitudes and healthy behaviours amongst your students. We will be in touch in a few weeks to gather feedback on how you've found these resources. If in the meantime you require any further information or clarification, then please do not hesitate to contact us directly.

Yours faithfully,

James Evans

Co-Founder, Student Health Guide

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Click or scan the QR code to watch our introductory video to the Shropshire edition!

About SHG

SHG

THE FOUNDERS

Husband and wife team, James and Victoria Evans, started Student Health Guide (SHG) following a conversation with close friend and GP, Dr Will Swallow, who questioned why teen health was usually delivered in silos rather than holistically. Dr Will gave the example of individual leaflets about specific health topics in his surgery and suggested that because more health issues are interlinked, it would be better to have a magazine aimed at teenagers, which covered the whole spectrum of health

and wellbeing. And so, SHG was born, with a university edition following soon after. Since then, the SHG magazines have been used by hundreds of schools, colleges and universities across two continents.



James Evans



Victoria Evans

DR WILL

The vast majority of the teenagers I see who present minor health issues, have an underlying cause or contributory factor. For example, the effects of exam stress can be hard for young people to cope with, but treatment with better sleep, improved diet and physical exercise may be as effective as prescribing medication. Most health issues are interlinked, which is why I believe it's so important to provide holistic information and advice about health and wellbeing. I'm really happy to be a co-founder and advisor to SHG. Seeing the positive effects



it has on the lives of our readers is very humbling and I believe it to be an invaluable resource for anyone responsible for the welfare and success of young people. Educational institutions are perfectly placed to reach every student indiscriminately and with research showing the positive effects of resilience, mood and academic performance, it's one of the best investments a school, college or university can make.

Dr William Swallow
GP and Student Health
Guide Co-Founder

Deploying SHG

Student Health Guide (SHG) resources can be used in many different ways and what works in one setting, may not work in another. For this reason, we try not to be too prescriptive about how you provide SHG to your students and indeed, which students you choose to engage with. The Shropshire Community Safety Partnership have funded access to SHG's three core resources:

Print magazines

SHG are high-quality magazines with a perfect bound spine. The newsstand look and feel gives them a tangible value and research shows that 99% of young people take their copy home to keep for further reading, or eventually pass to a friend or relative. Depending on the type and size of your setting, you will be provided with copies of one or both editions.



Digital magazines



Both editions of the Shropshire SHG can be accessed online as digital magazines. These can be linked from or embedded on your website and offer great accessibility for students, as well as other stakeholders such as staff and parents. If you wish to embed the page-turner magazine into your website or intranet, then please contact us so we can provide an embed code. We have also created poster and TV screen artwork with QR codes to give students immediate access. You can download print-ready versions of these below:

Click the links below

● [SHG DIGITAL MAGAZINE SHARING LINK](#)



● [SHG DIGITAL MAGAZINE 18+ SHARING LINK](#)



● [POSTER/FLYER DOWNLOAD LINK](#)



Digital Toolkit

The Digital Toolkit is designed to help maximise ongoing engagement with your print and digital editions of SHG. It contains over 75 ready-made social media posts covering each of the topics in the magazine for use on your social channels, website, or intranet. We also provide a promotional video that reminds students that they have digital access to SHG online 24/7.

The toolkit includes the promotional video, social media posts, TV screen banner and Facebook banner for both SHG and SHG 18+ editions.

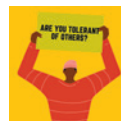
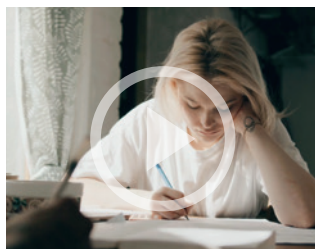
[Click here to access the toolkit](#)



How, when and who?

There is no right or wrong answer to this question and you will be best placed to decide which year groups would most benefit from the printed copies of SHG and signposting to the digital editions. Research shows that many students share their copies with peers and try some of the actionable wellbeing tips immediately, so deploying the magazines just before a weekend or holiday may be preferable.

Some settings choose to structure an assembly, tutorial session or PSHE lesson around SHG as a way of introducing and contextualising the content. These resources have been designed to stand-alone and the printed magazines can be just as effective when handed out with no introduction. The digital editions can be embedded into or linked from your website, as well as your social channels.



Student reaction

As you'll know from your existing pastoral work with students, deploying resources such as SHG can trigger safeguarding concerns or bring unknown issues to the fore so it's important to ensure teaching staff are made aware of SHG's deployment to students. SHG features extensive signposting to nationally recognised support services such as Brook, Childline and Crimestoppers. These bespoke Shropshire editions feature additional signposting to local services such as Kooth, Beam and BEEU. However, none of the signposting contained within the magazine is designed to supersede your own support and safeguarding protocols.



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www.studenthealthguide.co.uk