

# NEW PSHE TALKS FOR SCHOOLS 2020/21

**Dr Aric Sigman**

**PSHE and other talks (including Zoom/webinar or prerecord) to children, staff and parents on:**

- **Preventing mental health problems in children**
- **Managing screen time/Preventing Dependency**
- **Lessons Learned from Lockdown**
- **Preventing Alcohol Problems**
- **Body Image/pressures of physical appearance**
- **Parenting the 'demanding generation'**
- **'Soft' Drugs?**
- **Leaving School ... and Beyond**
- **Addictions: understanding and preventing**
- **Sex and Relationships for Boys**
- **Boys and Pornography**



**Independent and  
state schools  
Dr Sigman has  
spoken at include:**

Bedford School  
Benenden  
Bishop Wordsworth's  
Charterhouse  
Dragon School  
Fettes College  
Haberdashers' Aske's  
St John's College School,  
Cambridge  
The King's School, Canterbury  
King's School, Grantham  
Magdalen College School, Oxford  
Marlborough College  
Roedean  
Sherborne  
Skinners'  
Tiffin Girls' School  
Tonbridge School  
Uppingham  
Wellington  
Westminster

# Preventing Alcohol Problems

There is a new understanding of how we can reduce children's lifetime risk of developing future alcohol problems. Dr Sigman, author of a recent article on the subject in The BMJ (British Medical Journal) and book Alcohol Nation: how to protect our children from today's drinking culture, explains to children and/or parents the unrecognised effects of child and adolescent drinking and prevention of future problems, with age-appropriate messages that provide them with the skills to cope in a drinking culture.

## Lessons Learned from Lockdown

How to cope better emotionally, socially, physically and academically during more restrictive times.

## Body Image and Pressures Of Physical Appearance

Preventing body dissatisfaction and eating disorders. Dr Sigman has written the book The Body Wars: Why body dissatisfaction is at epidemic proportions and how we can fight back and biology paper 'A Source of Thinspiration? – the biological landscape of media, body image and dieting'.

## 'Soft' Drugs?

While many are aware of the dangers of Class A drugs, heroin and cocaine, the different yet serious effects of 'soft' drugs such as cannabis, vaping and ecstasy on mental health, addiction, school grades and sports performance are often unrecognised.

## Leaving school and beyond

Key points parents, pupils and staff must consider to prepare pupils for life after school

## Addictions: Understanding and preventing

Addictions: understanding and preventing (drugs, nicotine, alcohol, screen, gaming, gambling)

## Parenting the Demanding Generation

The importance of authority and boundaries in child development and standing up to our demanding children based on Dr Sigman's book The Spoilt Generation with positive implications for a wide range of issues including alcohol, drugs, underage pregnancy and mental health. This talk emphasises the importance of a more joined-up approach to dealing with children today.

## Boys and pornography

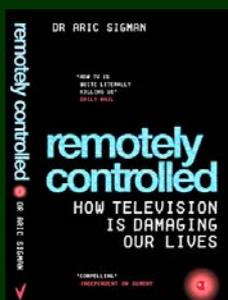
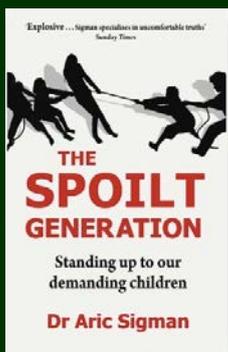
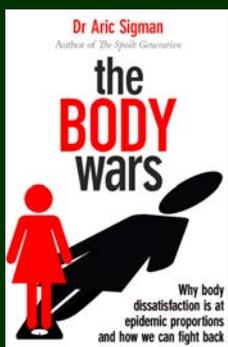
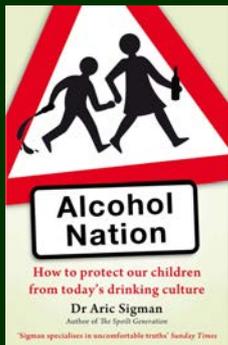
While the majority of parents don't believe their adolescents watch pornography - research shows it has become normalised. What are the effects and what should boys and parents know and do?

**Dr Sigman is the author of five books on PSHE-related topics including Getting Physical, which won The Times Educational Supplement's Information Book Award.**





## PSHE Books



## Managing Screen Time/ Preventing Dependency

Children's overuse and misuse of non-homework screen activities is increasingly linked with risks to their physical, emotional and academic well-being and is now a medical issue. Pupils will gain a better understanding of why their parents and teachers may nag them about their screen use - the risks and what can be done to reduce them. Parents and schools will learn what they can do to improve matters and prevent problems. Dr Sigman has published a number of peer-reviewed medical papers on this subject and is the author of the book *Remotely Controlled*.

## Preventing Mental Health Problems

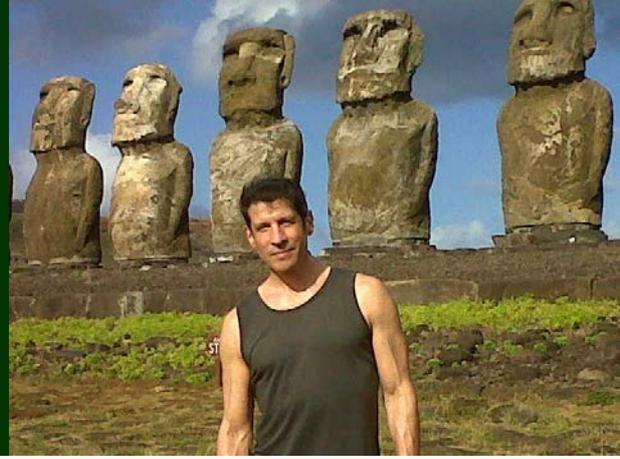
This talk will spell out practical and achievable yet under-acknowledged steps that parents, schools and pupils can take to strengthen children's mental health and resilience, and reduce the risk of mental health problems developing. With attention currently focusing on identifying and treating children with mental health problems once they arise, there is little attention on preventing mental health problems arising. Dr Sigman is the co-author of three recent All-Party Parliamentary Group reports on childhood mental health.

## Sex and relationships.... for boys

Today's focus on sexual equality, consent, everyday sexism, the MeToo movement and girls' rights leaves boys' feelings about sex and relationships sidelined and in some cases casts boys' sexual psychology in a negative light. Are boys paying the price for the behaviour of their forefathers? How can boys navigate a world where their natural sexual feelings may be treated as inappropriate and in need of correction? Instead of this vacuum being filled by influences and influencers and the values of social media, internet porn, drill, rap and grime videos and computer games, this talk will help boys of all sexual orientations to understand and feel more comfortable with their sexual feelings. In addition, they will gain an insight into the sexual psychology of girls. (Age-appropriate versions)

## Understanding Boys, Sex and Relationships: a talk for parents, girls and co-ed groups

# About Dr Aric Sigman



Dr Sigman, an American, is a Fellow of the Royal Society of Biology, Associate Fellow of the British Psychological Society and a Chartered Scientist awarded by the Science Council. As a health education specialist, he lectures primarily to children, parents and staff at schools, as well as to medical schools and to NHS doctors. He is a member of the All-Party Parliamentary Group on a Fit and Healthy Childhood and has also worked on teenage health education campaigns with the Department of Health. He is a peer reviewer for the medical journals *Acta Paediatrica*, *Preventive Medicine*, the *Nature* research journal *Pediatric Research* and the author of five books on PSHE-related topics, including *Getting Physical*, which won The Times Educational Supplement's Information Book Award. His biology paper on body image was the '2012 Scientific Article' for the 2012 Edexcel Biology A-level exam paper.

Dr Sigman has twice been invited to address the European Parliament Working Group on the Quality of Childhood in the EU in Brussels, once on reducing alcohol misuse among children and adolescents, and again on the impact of electronic media and screen dependency. The International Child Neurology Association scientific committee invited him to address their global conference. His paper on 'Screen Dependency Disorders' is published in the *Journal of the International Child Neurology Association* and he was recently invited to write a paper on screen time for *Nature: Pediatric Research* and article on preventing future alcohol problems in children for *The BMJ* (British Medical Journal)..

The EU Working Group published his report on the impact of electronic media and screen dependency, as well as his second report on preventing alcohol misuse among children and adolescents in the EU. Dr Sigman is the co-author of three recent All-Party Parliamentary Group reports on childhood mental health.

He has a long history of health education work for children and young people, appearing on the BBC's *Going Live* and then *Live & Kicking* for most of the 1990s. He also wrote health and psychology columns for several BBC children's and teenage magazines and *Brain and Behaviour* column for *The Times Educational Supplement* magazine. Dr Sigman travels abroad frequently to observe unusual cultures such as North Korea, Turkmenistan, Congo, Bolivia, Tonga, Bhutan, Far Eastern Siberia and many others, often volunteer teaching.