

PSHE TALKS FOR SCHOOLS Dr Aric Sigman

Evidence-based entertaining talks
for children, staff and parents on:

- **Smartphones & Screen time:
managing them/preventing dependency**
- **Online Safety & Screen Time**
- **Vaping: what you need to know now**
- **Doing your best in exams**
- **Sex and Relationships for Boys**
- **Understanding Sex and Relationships**
- **Protecting mental health/preventing
problems**
- **'Soft' Drugs? including cannabis/vaping**
- **Preventing Alcohol Problems**
- **Body Image**
- **Boys, Girls and Pornography**
- **Parenting the 'demanding generation'**
- **Child Anxiety: Understanding and
Prevention**

Also available as webinar or pre-record



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

Bedales
Bedford School
Benenden
Bishop Wordsworth's
Charterhouse
Cheam School
Downe House
Dragon School
Fettes College
Francis Holland
Haberdashers' Aske's
Harrow School
St John's College School,
Cambridge
The King's School, Canterbury
King's School, Grantham
Magdalen College School, Oxford
Marlborough College
Roedean
St Paul's Girls'
Sherborne
Skinners'
Tiffin Girls' School
Tonbridge School
Uppingham
Wellington
Westminster
Westminster Cathedral Choir School

Online Safety & Screen Time

Explaining: “don’t leave a digital footprint you wouldn’t be proud of 5 years from now. Think before you send/post/‘like’/comment online”. Cyber-bullying, sexting, the basics of e-safety and more. Social media and the effects of too much time spent online including mental health and screen dependency disorders (e.g. Gaming Disorder) and physical risks (see related talk ‘Smartphones & Screen Time’).

‘Soft’ Drugs? including cannabis and vaping

The under-recognised serious effects of ‘soft’ drugs such as cannabis, vaping, ecstasy and ‘legal highs’ on mental health, addiction, school grades and sports performance are explained.

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 new paper on the subject in BMJs’ Archives of Disease in Childhood and another recent article in The BMJ (British Medical Journal) and his 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.

Body Image

Preventing body dissatisfaction and eating disorders: how can we relieve the increasing pressures on children’s appearance or prevent them from developing in the first place? How do we know if there’s a problem and what should we do? 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’.

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 children and parents know and do?

Parenting the Demanding Generation

This talk emphasises 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.

Smartphones & Screen Time: managing them and preventing dependency

Children's overuse and misuse of phones and 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. Dr Sigman has published a number of peer-reviewed medical papers on this subject and is the author of the book *Remotely Controlled*.

Vaping: What you need to know now

Nicotine causes rapid brain changes and is extraordinarily addictive with additional new-found arresting effects that really will make adolescents think twice.

Doing your best in exams

Scientific research offers practical steps all pupils and parents can take to ensure children perform to the best of their abilities leading up to exam day, while minimising stress and anxiety.

Sex and relationships.... for boys (balanced & evidence-based)

Today's politically charged environment leaves boys' feelings about sex and relationships sidelined and in some cases casts boys' sexual psychology in a negative light. 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 the values of negative influencers, social media, internet porn, drill, rap and grime videos, this talk will help boys 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 Sex and Relationships

A balanced, evidence-based non political talk for parents, girls and co-ed groups. Dr Sigman has co-authored international research papers on adolescent sexual behaviour

Protecting Mental Health/Preventing problems

There is little attention on preventing mental health problems arising. 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. Dr Sigman is the co-author of five recent All-Party Parliamentary Group reports on childhood mental health

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 journals *Scientific Reports* and *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 'Scientific Article' for an 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 papers on screen time for *Nature: Pediatric Research* and preventing future alcohol problems in children for *The BMJ (British Medical Journal)* and *BMJs' Archives of Disease in Childhood*. He has co-authored international research papers on adolescent sexual behaviour.

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 five 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, Iraq, Bolivia, Tonga, Bhutan, Far Eastern Siberia and many others, often volunteer teaching.