**A selection of online PSHE planning and teaching resources**

(updated February 2019)

**Relationships and Sex Education**

Making sense of relationships from the PSHE Association and NSPCC. Lesson plans for children aged 10-16 (key stages 2-4) on transition to secondary school, online safety and online friendships, consent, sexualised behaviour, unhealthy relationships, sharing sexual images and pornography. <https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>

Safeguarding: NSPCC PANTS primary rule with film <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/>

Wiltshire NSPCC contact for primary school visits <https://www.wiltshirehealthyschools.org/partnership-projects/childline-schools-service/>

Example of model primary curricula from the Catholic Education Service <http://catholiceducation.org.uk/schools/relationship-sex-education>

Sexual health and relationships: range of resources available at <https://sexwise.fpa.org.uk/>

Abuse in relationships: Disrespect NoBody (Home Office and Government Equalities Office) <https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing>

Monitoring, evaluating and assessing. RSE - the basics. NCB/Sex Education Forum, 2018 <http://www.sexeducationforum.org.uk/sites/default/files/field/attachment/monitoring%2C%20evaluating%20and%20assessing%20RSE%20-%20the%20basics.pdf>

Curriculum Design Tool for RSE - NCB/Sex Education Forum, 2018. A set of questions to help parents, carers, schools and other educators understand what children and young people want to learn about in relation to growing up, relationships and sex from ages 3-19 organised by age. <http://www.sexeducationforum.org.uk/sites/default/files/field/attachment/SEF_Curriculum%20Design%202018.pdf>

Whole school RSE audit tool - NCB/Sex Education Forum, 2018. <http://www.sexeducationforum.org.uk/sites/default/files/field/attachment/Whole%20School%20Approach%202.0_0.pdf>

Are you getting it right? A toolkit for consulting young people on sex and relationships education. From NCB and Sex Education Forum. Includes classroom activities. <https://rsehub.org.uk/media/1293/toolkit-for-consulting-young-people-on-sex-and-relationships-education.pdf>

Consent: PSHE Association guidance and lesson plans for KS 3&4 <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key>

Example model secondary curricula from the Catholic Education Service: <http://catholiceducation.org.uk/schools/relationship-sex-education>

Sex and Stuff. Lesson plans for KS3&4 from Bristol Healthy Schools <https://www.bristol.gov.uk/web/bristol-healthy-schools/topics/sex-and-stuff-resources>

Do… 6 Lesson plans from Durex: Let’s start with you, What is expected of you, Love, Communication, consent and sex, Safer sex, Problem solving. <https://www.dosreforschools.com/how-do-can-help/do-for-school-leaders/lesson-plans-and-stimulus/#lesson-plans>

Puberty & Sexuality for Children and Young People with a Learning Disability from NHS Leeds. Teaching pack for use with learning disabled children and young people between the ages of 9-18 years old. <https://rsehub.org.uk/media/1212/pubertysexualityforchildrenandyoungpeoplewithalearningdisability.pdf>

The abortion care factsheet for professionals in secondary schools to use in RSE lessons. It aims to ensure that professionals involved in educating young people have a factually accurate, unbiased and evidence-based source of information about abortion in the UK. <https://www.fsrh.org/fsrh-rcog-abortion-care-factsheet-rse/>

Teaching resources from the Sex Education Forum (some for members only) <https://www.sexeducationforum.org.uk/resources/teaching-resources>

Betty for schools, period education: [www.bettyforschools.co.uk](http://www.bettyforschools.co.uk)

A KS3 lesson plan to supporting teaching about Female Genital Mutilation (FGM) <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/276541/KS3_FGM_lesson_plan.pdf>

Planet Porn is a downloadable resource to help teach about pornography (£10.50) available from BISH <http://bishtraining.com/index.php/planet-porn/>

The Expect Respect Educational Toolkit, supports schools to teach (from Reception to Year 12) about domestic violence in an age appropriate way. <https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/>

Dove self -esteem teaching and learning resources to support schools teach body-confidence session <http://selfesteem.dove.co.uk/Articles/Written/Teachers-and-schools.aspx>

A guide to sex, love and you. For everyone over 14. <https://www.bishuk.com/>

RISE ABOVE. Website for young people about friends, love life, bodytalk, my mind and more. <https://riseabove.org.uk/>

**Exploitation**

Teaching resources from Fearless on County Lines, street crime and weapons <https://www.fearless.org/en/downloads>

Links to primary and secondary CSE education resources <https://www.wiltshirehealthyschools.org/core-themes/pshee/sex-and-relationship-education/cse/>

Wiltshire website for young people and others on CSE, County Lines and other issues <http://www.wiltshire.gov.uk/cse>

**Mental health**

Mental health and emotional wellbeing: PSHE Association lesson plans for primary and secondary schools: <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and>

Links to primary teaching resources from the mentally healthy schools website <https://www.mentallyhealthyschools.org.uk/teaching-resources/>

On Your Mind. Wiltshire website for young people. Signposts children and young people in Wiltshire to sources of support for good mental health and emotional wellbeing <http://www.onyourmind.org.uk/>

On My Mind. National website that contains information, advice and resources to help young people support their own mental health, including signposting to sources of support. <https://www.annafreud.org/on-my-mind/>

e-learning for young people from Brook <https://www.brook.org.uk/our-work/category/e-learning>

DEAL (Developing Emotional Awareness and Listening) is a free teaching resource aimed at students aged approximately 14 and over, developed by Samaritans. <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>

**British Values**

Prevent lesson plans from Stockton Borough Council <https://www.stockton.gov.uk/community-safety/prevent/prevent-teaching-and-learning-resource/>

**Personal Safety**

Hate Crime teaching materials (Race, religion, LGBT, & Disability) <http://www.report-it.org.uk/education_support>

Wiltshire Police Hate Crime page with links to lesson plans <https://www.wiltshire.police.uk/HateCrime>

Home Office knife free lesson plans KS3&4 <https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34>

An increase in knife crime. Teaching materials to discuss how to defuse tension and avoid conflict, and the first aid for someone with a heavy bleed. (Ages 11-19). <https://www.redcross.org.uk/get-involved/teaching-resources/knife-crime>

Keeping safe out and about. Lessons for Year 6 from Islington Healthy Schools <http://www.healthyschools.london.gov.uk/sites/default/files/Y6%20keeping%20safe%20out%20and%20about.pdf>

Run Hide and Tell. Lesson plans and films (KS3&4). Terrorism safety advice for the classroom. <https://www.npcc.police.uk/CounterTerrorism/ACTforYouth.aspx>

Neighbourhood Watch serious violence campaign toolkit. Leaflets and information <https://www.ourwatch.org.uk/crimes-archive/toolkit-3/>

**Online safety**

Education for a Connected World: UKCCIS framework of digital knowledge and skills for different ages and stages <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/683895/Education_for_a_connected_world_PDF.PDF>

Sexting: UKCCIS advice for schools on preventative education and managing reports of sexting <https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis>

Teaching resources from the UK Safer Internet Centre <https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff/teaching-resources>

Free education resources from South West Grid for Learning <https://swgfl.org.uk/products-services/education/resources/>

Lesson plans and supporting resources in the teachers section of <https://www.thinkuknow.co.uk/>

Various resources from Childnet international <https://www.childnet.com/resources>

**PSHE**

PSHE Association Programme of study for KS1-5 <https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>

RISE ABOVE for schools. Flexible lesson plans, PowerPoints and video content developed with 11-16 year olds Online and offline relationships and bullying, alcohol, smoking, stress, body image. Some topics may be suitable for Year 6. <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>

SCARF from Corum Life Education (requires subscription) <https://www.coramlifeeducation.org.uk/scarf/sign-in/>

Learn 4 Life (primary)\* <https://www.wiltshirehealthyschools.org/resources/schemes-of-work/learn-for-life/>

Kaleidoscope (KS3)\* https://www.wiltshirehealthyschools.org/resources/schemes-of-work/kaleidoscope/

\*due to the dates of the development of these Wiltshire schemes of work, some of the lessons may be missing some more recent safeguarding issues like online safety, grooming, sexting, child sexual exploitation and consent which would need to be added.

True Tube provides a wide range of films and lesson plans to support the teaching of secondary PSHE, Citizenship and RE. <https://www.truetube.co.uk/>

**Healthy Eating**

The Change 4 Life website has resources linked to the early years and primary school curriculum subjects <https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

Food a Fact for Life – has a range of teaching resources for ages 3-16 <https://www.foodafactoflife.org.uk/>

**Drug and alcohol education**

Planning effective drug and alcohol education: Mentor-ADEPIS research and briefing papers with ideas for lessons <http://mentor-adepis.org/planning-effective-education/>

Drugs & Stuff. Lesson plans for KS3&4 <https://www.wiltshirehealthyschools.org/resources/schemes-of-work/drugs-and-stuff/>

Teaching materials for secondary schools from the Alcohol Education Trust https://alcoholeducationtrust.org/teacher-area/

FRANK. Website for young people and parents with basic information about drugs and links to support <https://www.talktofrank.com/>

**Extremism and radicalisation**

Practical advice and information for teachers, school leaders and parents on protecting children from extremism and radicalisation [www.educateagainsthate.com](http://www.educateagainsthate.com)

**Financial education**

Resources for teaching about managing money from Young Money (formerly pfeg) <https://www.young-money.org.uk/>

**Data on children’s health and wellbeing**

Data from Wiltshire’s surveys of children and young people <https://www.wiltshirehealthyschools.org/partnership-projects/fab-research/>

Data to understand the health and wellbeing needs of the local school-age population Public Health England’s Child and Maternal Health Intelligence Network <https://fingertips.phe.org.uk/profile-group/child-health> brings together a range of publicly available data, information, reports, tools and resources on child and maternal health into one easily accessible hub.

It includes school-age health profiles <https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-school-age> and young people’s health profiles: <https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-young-people>

The indicators allow areas to see how they perform against the national average and against other local areas. These tools, accompanied by local health intelligence, will be useful in supporting school leaders to identify and respond to the particular health and wellbeing needs of their local school-age population.

There are also early years profiles <https://fingertips.phe.org.uk/profile/child-health-profiles/data#page/1/gid/1938133223/pat/6/par/E12000009/ati/102/are/E06000054>