

PSHE Resources to support DfE statutory guidance on Relationships, Sex and Health Education

For Secondary Schools (Key Stage 3, 4 and 5)

The following is a (non-exhaustive) list of FREE resources to support teaching and learning in PSHE, linked to the themes within the statutory guidance “Relationships education, relationships and sex education (RSE) and health education”.

NB: These resources have not been quality assured by Health Education Partnership. Always watch a film before you show it to your pupils

Reviewed and Updated in September 2021 – newly added resources/updated links in Green

Relationships and Sex Education

Theme	Resource	KS 3	KS 4	KS 5
Families	<p>BBC Teach: PSHE & Modern Studies Free teacher classroom resources suitable for use in PSHE / Modern Studies lessons with secondary school children, topics include seeking refuge, domestic violence, body image, puberty and social media</p> <p>KS3: https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv</p> <p>KS4: https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6</p> <p>Note this site covers topics across several areas</p>	✓	✓	
	<p>Coram Life Education: The Adoptables Schools Toolkit Address new statutory requirements for Relationships Education by including families of many forms to help ensure that there is no stigmatisation of children that have different support structures, such as looked-after children and those who have been adopted.</p> <p>https://www.coramlifeeducation.org.uk/adoptables/</p>	✓		
	<p>Cumbria County Council: Tackling Homelessness Lessons support young people to engage with the realities of independent living in order to enable them to seek support before leaving home without a secure place to stay. The resources can be used to challenge myths about homelessness and to create discussion around managing family tensions.</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-homelessness-lessons-key-stage-4-cumbria</p>		✓	
	<p>University of Exeter: The Rights Idea?</p>	✓	✓	

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	<p>Free-to-access two-part lesson pack from the University of Exeter, helping students to learn about changing relationships and manage the impact of parental separation. https://socialsciences.exeter.ac.uk/law/research/groups/frs/projects/therightsidea/</p>			
	<p>Railway Children: Runaway Prevention Education Resources to educate young people about the risks of running away. https://www.railwaychildren.org.uk/get-involved/communities/schools-and-youth-groups/</p>	✓	✓	
Respectful relationships, including friendships	<p>BBC Bitesize: Relationships (within PSHE and Citizenship) Class clips for KS 3 (on a range of friendship related topics) https://www.bbc.co.uk/bitesize/topics/zttp34j Class clips for KS 4 (on a range of friendship related topics) https://www.bbc.co.uk/bitesize/topics/zpsv9j6</p>	✓	✓	
	<p>NSPCC Resources: Making sense of relationships Lesson plans on personal safety and healthy relationships https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/ It's Not OK A teaching resource to help children and young people recognise concerning behaviour and identify characteristics of positive relationship. It includes lesson plans, short film and various activities on topics such as harmful sexual behaviour, child sexual abuse and exploitation, sexting, grooming etc https://learning.nspcc.org.uk/research-resources/schools/its-not-ok Stop, speak, support Aimed at 11-16 year-olds who are 'bystanders' of online bullying – it helps them think about how they respond to it and what they can do to stop it spreading. This school pack contains suggested activities and resources. https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack</p>	✓	✓	
	<p>FASTN: 'Commitment: what does it mean?' Using the stimulus of a poem by rapper and spoken word artist Nick Brewer, pupils are given the opportunity to consider their own values and commitments, the benefits of those commitments, and what they would like to commit to in the future.</p>	✓		

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	https://www.pshe-association.org.uk/curriculum-and-resources/resources/fastn-ks3-relationships-resource-commitment-what			
	<p>Stonewall Resources, including:</p> <p>Creating an LGBT-Inclusive Secondary Curriculum Ideas and resources for bringing LGBT inclusion and celebrating difference across the secondary curriculum https://www.stonewall.org.uk/resources/creating-lgbt-inclusive-secondary-curriculum</p>	✓	✓	✓
	<p>LGBT History Month English Lessons for use during LGBT History Month. Each lesson has its own PowerPoint to assist with whole class teaching. https://www.stonewall.org.uk/resources/lgbt-history-month-activities-secondary-schools-and-colleges There are also lesson plans on this theme for students with SEND/ASN/ASL. https://www.stonewall.org.uk/resources/lgbt-history-month-english-lesson-ideas-sendasnasl-schools-and-colleges</p>	✓	✓	✓
	<p>Stonewall: Secondary School book list Books recommended age-appropriate titles exploring LGBT issues, or written by LGBT authors. https://www.stonewall.org.uk/system/files/secondary_school_book_list.pdf</p>	✓	✓	✓
	<p>The Proud Trust A range of free resources for LGBT+ History Month, LGBT+ Black History Month and Assemblies https://www.theproudtrust.org/schools-and-training/</p>	✓	✓	✓
	<p>Women's Aid: Expect Respect Educational Toolkit Toolkit consists of one easy to use 'Core' lesson for each year group from reception to year 13 and is based on themes that have been found to be effective in tackling domestic abuse. https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/</p>	✓	✓	✓
	<p>Equaliteach: 'Outside the Box' (Promoting Gender Equality and Tackling Sexism & Sexual Harassment in Schools) A comprehensive tool to address gender equality, sexism and sexual harassment, including lesson plans on gender stereotypes, consent, healthy relationships. https://equaliteach.co.uk/education/classroom-resources/</p>	✓	✓	✓
	<p>Rise Above Film clips to help support teaching in PSHE, range of different topics</p>	✓	✓	

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	Friends: https://riseabove.org.uk/topic/friends/			
	PSHE Association & The Home Office: Disrespect Nobody PSHE education teaching materials are designed to support the Government’s campaign to help prevent abusive behaviours within young people’s relationships. https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing and https://www.disrespectnobody.co.uk/	✓	✓	✓
	Bristol Against Violence and Abuse Various activities and lesson plans that can be used with schools https://www.bava.org.uk/wp-content/uploads/bava-spiralling-tool-kit-web.pdf	✓	✓	✓
	Anti-Bullying Alliance: Anti-bullying week resources Secondary school pack which included lesson plans, activity ideas, cross curricular activities etc. https://www.anti-bullyingalliance.org.uk/anti-bullying-week	✓	✓	
	Stonewall: Anti-bullying Week Assembly An assembly to help students understand the importance of challenging homophobia, biphobia and transphobia. https://www.stonewall.org.uk/resources/anti-bullying-week-2019-assembly-secondary-schools	✓	✓	
	BullyingUK: Anti bullying week resources Posters, presentations, and activities https://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-resources/	✓	✓	
	Childline: Let’s Fight It Together A cyberbullying film resource for 11 to 15 year olds. The film shows ways in which cyberbullying can occur, who it involves, how it can affect different people, and what can be done to prevent it and respond to it. https://www.childnet.com/resources/lets-fight-it-together	✓	✓	
	Kidscape: Being Me A free bullying awareness classroom resource that seeks to celebrate difference and promote inclusion by giving young people in Years 7-8 an insight into the potential challenges being faced by their peers. https://www.kidscape.org.uk/resources/	✓		
	Dimensions: #ImWithSam – Anti-disability discrimination resources	✓		

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	Resources that aim to raise awareness of people with learning disabilities and autism, including lesson plan and supporting materials https://www.pshe-association.org.uk/curriculum-and-resources/resources/imwithsam---anti-disability-discrimination			
	Remembering Srebrenica This resource for year 9-11 pupils, including 6 lesson plans, explores issues of prejudice, intolerance and community cohesion in the context of the 1995 Srebrenica genocide. http://www.srebrenica.org.uk/resources/education-packs/	✓	✓	
	Red Cross: Identity and Belonging Activities to encourage children and young people to think critically about stigma and migration, and what makes us who we are. https://www.redcross.org.uk/get-involved/teaching-resources/identity-and-belonging	✓		
	AGENDA: A Young People’s Guide for Making Positive Relationships Matter Welsh resource, including a range of teaching and learning activity ideas http://agenda.wales/	✓	✓	✓
	ChildLine: All About Me A pack for teachers to deliver elements of the Key Stage 3 PSHE curriculum to children with special educational needs (also supports mental health) http://endbullying.org.uk/wp-content/uploads/2014/05/All-About-Me-KS3.pdf	✓		
	UK Feminista Tips and activities to support teachers to tackle sexism in the classroom https://ukfeminista.org.uk/teachers/	✓	✓	✓
	Beyond Equality - The Imagine Toolkit Activities to engage men and boys in the prevention of violence against women and girls. https://www.beyondequality.org/blog-posts/imagine-toolkit-involving-boys-in-preventing-street-harassment	✓	✓	✓
	See also resources under ‘Being Safe’ that address violence, consent and other unhealthy relationship behaviours			
Online and media	Childnet Resources: A range of resource related to online health and safety, including:			

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	<p>Digital Resilience A lesson plan to help young people aged 11-14 manage their lives online and to help others. https://www.childnet.com/resources/digital-resilience</p>	✓		
	<p>Step Up, Speak Up! A practical campaign toolkit to address the issue of online sexual harassment amongst young people aged 13 – 17 years https://www.childnet.com/resources/step-up-speak-up</p>	✓	✓	✓
	<p>Trust Me The main aim of this resource is to educate young people around inaccurate and pervasive information that they might come across online. https://www.childnet.com/resources/trust-me</p>	✓	✓	✓
	<p>To stream or not to stream? Livestreaming is the act of transmitting or receiving live video or audio coverage of an event or person. This resource has been produced to support teachers to introduce the topic of livestreaming. https://www.childnet.com/resources/to-stream-or-not-to-stream</p>	✓	✓	✓
	<p>Picture This (Drama activity about sexting) A practical educational sexting resource that addresses and questions the sensitive issue of sending sexually explicit messages or photos electronically with 11-16 year olds. https://www.childnet.com/resources/picture-this</p>	✓	✓	
	<p>Crossing the Line A practical online safety PSHE toolkit with films and lesson plans to explore online issues with pupils aged 11-14 years old. https://www.childnet.com/resources/pshe-toolkit/crossing-the-line</p>	✓		
	<p>Think U Know:</p> <p>Thinkuknow Toolkit Toolkit, lessons and activities - an engaging learning resource for young people aged 11 and over. Including:</p> <ul style="list-style-type: none"> – Develop confident, healthy approaches to sex, relationships and the internet – Identify any negative behaviour they encounter, and respond resiliently – Know where they can access advice and guidance on these issues, in their own time – Know where to go for help if they ever feel anxious or threatened online or in a relationship <p>https://www.thinkuknow.co.uk/professionals/resources/thinkuknow-toolkit/</p>	✓	✓	✓

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	<p>#LiveSkills: resources A package of resources for 8-18 year olds focusing on live streaming. It explores the features of live streaming and the specific risks children and young people can face. https://www.thinkuknow.co.uk/professionals/resources/live-streaming/</p> <p>First to a Million A film (18 mins) and supporting resources. Key issues covered: – The concept of the digital tattoo and the permanence of online content – Respect for others, both in the real and online worlds – The importance of online privacy – The importance of consent, both between sexual partners and in wider relationships – Peer pressure https://www.thinkuknow.co.uk/professionals/resources/first-to-a-million/</p>	✓	✓	✓
	<p>Amaze: Sexuality and Tech Lesson plans and supporting resources, including videos https://amaze.org/educators/toolkits/sexuality-and-tech/</p>	✓		
Being safe	<p>Guidance on teaching about consent in PSHE education The second half of the guidance provides eight lesson plans on different elements of consent, including avoiding assumptions relating to consent, the right to withdraw consent, the capacity to consent (including the impact of alcohol on consent) and challenging myths relating to consent https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key</p>	✓	✓	
	<p>Home Office: 'Something's Not Right' abuse disclosure resources Lessons for key stage 3-5 students, support the 'Something's Not Right' campaign on recognising and making disclosures about different forms of abuse. https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</p>	✓	✓	✓
	<p>Amaze: Consent and Sexual Violence Lesson plans and supporting resources, including videos Consent https://amaze.org/educators/toolkits/consent/ Sexual Violence https://amaze.org/educators/toolkits/sexual-violence/</p>	✓	✓	
	<p>Alice Ruggles Trust Relationship Safety Resource</p>		✓	✓

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	Two lesson plans and accompanying materials which promote awareness of unhealthy relationship behaviours and stalking https://www.pshe-association.org.uk/curriculum-and-resources/resources/alice-ruggles-trust-relationship-safety-resource			
	Think U Know: Exploited Film (18 minutes) and supporting resources. Explores issues of emotional and sexual abuse within teenage relationships. https://www.thinkuknow.co.uk/professionals/resources/exploited/		✓	✓
	Fearless Education Resource: County Lines Fearless have developed bespoke County Lines resources for KS3 and KS4, explores supplying drugs, gangs and exploitation https://www.safe4me.co.uk/wp-content/uploads/2019/02/Fearless_CountyLinesResource_18pp_V2_online.pdf	✓	✓	
	Freedom Charity: FGM and Forced Marriage A series of free FGM (Female Genital Mutilation) and forced marriage lesson plans for pupils aged 10 to 18. https://www.freedomcharity.org.uk/education/teachers/	✓	✓	✓
	Medway Public Health: Addressing extremism and radicalisation A series of four lesson plans for key stage 4 with a specific focus on addressing extremism and radicalisation of all kinds https://www.pshe-association.org.uk/curriculum-and-resources/resources/addressing-extremism-and-radicalisation-lesson		✓	
	TrueTube: Extremists Resource to develop students' understanding of extremism and activism and their ability to critically analyse information. https://www.pshe-association.org.uk/curriculum-and-resources/resources/'extremists'-lesson-plan-truetube		✓	
	Home Office #knifefree lesson Lessons to challenge the myths and communicate the realities of carrying a knife https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34---updated	✓	✓	
	NaCTSO: Run, Hide, Tell Lesson plans to inform 11-16 year olds of how best to react to a gun or knife terror attack. https://www.npcc.police.uk/CounterTerrorism/ACTforYouth.aspx	✓	✓	
	Going Too Far		✓	

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	<p>A practical resource for teachers to empower young people to:</p> <ul style="list-style-type: none"> recognise examples of extremist behaviour and content online understand actions which could be identified as criminal activity explore techniques used for persuasion and build resilience through critical thinking access support from trusted individuals and organisations <p>Going Too Far? (lgfl.org.uk)</p>			
	<p>Thames Valley Police – Violence Prevention Education lesson pack – KS3</p> <p>This violence prevention education pack — designed specifically for Thames Valley schools working in partnership with schools officers — explores expectations of relationships across a range of contexts, how conflict can arise, and how these situations can be managed</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/thames-valley-police-‘violence-prevention</p>	✓		
Intimate and sexual relationships, including sexual health	<p>Do... RSE for Schools</p> <p>A set of six lesson plans and resources for ages 14 and up</p> <p>https://www.dosreforschools.com/how-do-can-help/do-for-educators/lesson-plans-and-stimulus/#lesson-plans</p>	✓	✓	
	<p>Brook</p> <p>Free resources which can be used to RSE lessons. Including handouts on condoms, contraception, STI’s and abortion, and videos on contraception</p> <p>https://www.brook.org.uk/resources/</p> <p>Also have on-line staff training: https://learn.brook.org.uk/</p>	✓	✓	✓
	<p>Rise Above</p> <p>Film clips to help support teaching in PSHE, range of different topics</p> <p>Love Life: https://riseabove.org.uk/topic/love-life/</p>	✓	✓	
	<p>Truetube: Screwball</p> <p>Lesson plan and film - ideal for opening up discussion about consent, peer pressure and the internet’s influence on relationships.</p> <p>https://www.truetube.co.uk/film/screwball</p>		✓	✓
	<p>BBC Teach: PSHE & Modern Studies</p> <p>Free teacher classroom resources suitable for use in PSHE / Modern Studies lessons with secondary school children, topics</p>			

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	include sexuality, relationships, puberty and sexual harassment KS3: https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv KS4: https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6 Note this site covers topics across several areas	✓	✓	
	The Mix Resources and support services for young people, covering a range of topics including sex and relationships, mental health, and Drink and Drugs. https://www.themix.org.uk/		✓	✓

Health Education

Theme	Resource	KS 3	KS 4	KS 5
Mental wellbeing	PSHE Association: Mental health and emotional wellbeing lesson plans (Use with the accompanying teacher 'Guidance on teaching about mental health and emotional wellbeing') Lessons in key stage 3 and 4 include teaching about: <ul style="list-style-type: none"> – Challenging stigma related to mental health – Promoting emotional wellbeing and healthy coping strategies – Developing 'digital resilience' in the context of online pressures – Reframing negative thinking – Awareness of unhealthy coping strategies such as self-harm and eating disorders – Awareness of common mental health concerns such as anxiety and depression https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans	✓	✓	
	Young Minds: Academic Resilience Ideas for school assemblies and the resilient classroom resource https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/	✓	✓	✓
	Anna Freud: We All Have Mental Health An animation and accompanying teacher toolkit aimed at KS3. The animation aims to give young people of this age:	✓		

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	<ul style="list-style-type: none"> – Consistent and accessible language to talk about mental health – A better understanding of mental health self-care – To know who to ask for support when it is needed https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/			
	<p>Public Health England/NHS: Building Connections A lesson plan, with PowerPoint, to explore the meaning of loneliness and connection. https://campaignresources.phe.gov.uk/schools/resources/building-connections-KS3-KS4-lesson-plan-pack</p>	✓	✓	
	<p>Samaritans: DEAL (Developing Emotional Awareness and Listening) DEAL is designed to help develop resilience in young people. About DEAL and includes lesson plans, activities, hand-outs, DEAL digital resources, teachers’ notes and staff training https://www.samaritans.org/how-we-can-help/schools/deal/</p>		✓	✓
	<p>PHE/Rise Above Film clips to help support teaching in PSHE, range of different topics My Mind: https://riseabove.org.uk/topic/my-mind/ Exam Stress: https://campaignresources.phe.gov.uk/schools/resources/exam-stress-lesson-plan-pack</p>	✓	✓	
	<p>Charlie Waller Memorial Trust: Mental and Emotional Wellbeing Resources - Secondary Free resources for schools, young people and parents, ranging from exam wellbeing, coping with low mood, depression, self harm, mental health problems, and promoting overall wellbeing, available as free downloads. https://charliewaller.org/resources</p>	✓	✓	✓
	<p>Children’s Mental Health Week/Place2Be: Find Your Brave Assembly, group activities and resources list https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/</p>	✓	✓	
	<p>Beat: Taking action on body image Guidance, lesson plan and optional activities to explore body image and impact of social media https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/370677/Body_image_final_17.10.14.pdf</p>			✓
	<p>Emotional Wellbeing and the Media from the BBFC (UPDATED)</p>		✓	

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	<p>This free to download KS4 lesson pack, including two lesson plans and PowerPoints with supporting classroom activities and teacher guidance, will help students to:</p> <ul style="list-style-type: none"> • consider the impact of choices about film and media content on wellbeing • examine the accuracy of mental health representations in media content • identify strategies to manage concerns related to visual content <p>The lessons also promote vital and transferable life skills such as self-regulation, independent choice, critical thinking and safeguarding.</p> <p>Key Stage 4 PSHE Resource BBFC</p>			
<p>Internet Safety and Harms</p>	<p>Public Health England (PHE)/Rise Above:</p> <p>Social Media Pupils explore the topic of social media and learn actions a person can take to look after their wellbeing online and offline https://campaignresources.phe.gov.uk/schools/resources/social-media-KS3-KS4-lesson-plan-pack</p> <p>Online stress and FOMO Use this lesson plan, PowerPoint and accompanying videos to help students explore how stress may be experienced as a consequence of using social media and how this can affect their daily lives. https://campaignresources.phe.gov.uk/schools/resources/online-stress-fomo-lesson-plan-pack</p> <p>PHE/Rise Above: Body image in a digital world Explore with students what body image is, how social media can influence it and how to reduce stress caused by online pressure https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack</p> <p>Media Smart: Media and Digital Literacy Resources Resources focus on topics such as advertising, digital advertising, body image, social media and, influencer marketing and creative careers. https://mediasmart.uk.com/secondary-resources/</p> <p>Dove Self-Esteem Project – NEW LINK Exploring body image and how our personal identity and self-esteem are influenced by the media (five lessons or single session versions) https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	

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	<p>PSHE Association and Gamble Aware: Gambling Three free lesson plans, and a podcast, focus on gambling, with links with drugs, alcohol and other risky behaviours https://www.pshe-association.org.uk/curriculum-and-resources/resources/resources-promoting-resilience-gambling</p>		✓	
	<p>YGAM: Building Digital Resilience in Gaming & Gambling Following free training attendance, access online scheme of work, lesson plans and accompany resources. Lessons designed to help protect children and young people against gaming and gambling related harm. https://www.ygam.org/</p>	✓	✓	✓
	<p>Google, YouTube & ISD: Be Internet Citizens A set of five lessons produced through a collaboration between Google, YouTube and the Institute for Strategic Dialogue (ISD). These materials support students to become better digital citizens by developing their critical thinking, media literacy and ability to assess the reliability of digital content. https://www.isdglobal.org/be-internet-citizens-resources/</p>	✓	✓	
	<p>NCA: Exploring Cybercrime Two free lesson plans from the National Crime Agency, on the causes and effects of cybercrime, and how to avoid it. https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-cybercrime-ks3-lesson-plans-national</p>	✓		
	<p>Cifas: Anti-Fraud Education lesson plans Lesson plans for secondary schools that focus on awareness of fraud, common scams, identity theft and money mules. https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34</p>	✓	✓	
	<p>See also resources in sections above: 'Online and Media' and 'Being safe'</p>			
Physical health and fitness	<p>BBC Bitesize Daily Lessons Daily lessons on health, fitness and benefits of exercise https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1 https://www.bbc.co.uk/bitesize/guides/zpmq6fr/revision/1 https://www.bbc.co.uk/bitesize/guides/zmgk7ty/revision/1</p>		✓	
	<p>Public Health England Link between physical health and wellbeing – lesson plans https://campaignresources.phe.gov.uk/schools/resources/physical-mental-wellbeing-ks3-ks4-lesson-plan</p>	✓	✓	

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Healthy eating	British Nutrition Foundation: Food A Fact of Life KS3 Resources about healthy eating, cooking, food commodities and where food comes from https://www.foodafactoflife.org.uk/11-14-years/ KS4 Resources about healthy eating, cooking, food science, consumer awareness and food commodities https://www.foodafactoflife.org.uk/14-16-years/	✓	✓	
	BBC Teach: Tips for Healthy Eating (within Design and technology) Guidelines for a healthy diet and other clips https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-eight-tips-for-healthy-eating/zby76v4	✓	✓	
	BBC Teach: The Secret Life of Our Favourite Dishes Video clips showing where our food comes from and how it is made https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-the-secret-life-of-our-favourite-dishes/zmf92p	✓		
	Countryside Classroom: Teacher resources Wider range of resources, including food growing and production, farming, gardening and cooking https://www.countrysideclassroom.org.uk/resources	✓	✓	✓
Drugs, alcohol and tobacco	PSHE Association: Drug and Alcohol Education Drug and alcohol schemes of work for key stages 3-4. Includes lesson plans and resources for each key stage — with knowledge organisers included — as well as a comprehensive teacher guidance document, a briefing on the evidence base underpinning effective drug and alcohol education, and governors' briefing. https://www.pshe-association.org.uk/content/drug-and-alcohol-education	✓	✓	
	PSHE Association: Drug and Alcohol Education lesson plans for pupils with SEND, KS2-4 Suitable for pupils with SEND in both special and mainstream settings, these free-to-download lesson plans and resources explore the facts, laws, risks and consequences associated with drug and alcohol use, as well as the dangers of household products and prescribed medications. https://www.pshe-association.org.uk/curriculum-and-resources/resources/drug-and-alcohol-education-lesson-plans-pupils	✓	✓	
	Drinkaware: Drinkaware for Education	✓		

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	Resources discuss emotional health and peer pressure, as well as the harms and risks commonly associated with alcohol. https://resources.drinkaware.co.uk/support-our-campaigns/drinkaware-for-education/			
	Safe4Me: Drugs A toolkit to support teachers to deliver information to pupils specific to the Law, Consequences and Personal Safety https://www.safe4me.co.uk/portfolio/drugs/	✓	✓	✓
	Public Health England/Rise Above: Smoking Explores why young people should choose not to smoke and how to resist peer pressure https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack Alcohol Explore the reasons why some young people choose to drink alcohol and the impact this can have on them. https://campaignresources.phe.gov.uk/schools/resources/alcohol-lesson-plan-pack	✓	✓	
	Thames Valley Police – Drug Education Lesson Pack (Year 9) https://www.pshe-association.org.uk/curriculum-and-resources/resources/thames-valley-police-drug-education-lesson-pack	✓		
Health and prevention	PSHE Association: Health from Here to Where Free to download lesson plans, teacher guidance and a wealth of accompanying materials which focus on the factors that influence our health and wellbeing https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-here-where-resources	✓	✓	
	Public Health England: Sleep Explore the benefits of good quality sleep and learn strategies for better quality sleep https://campaignresources.phe.gov.uk/schools/resources/sleep-KS3-KS4-lesson-plan-pack	✓	✓	
	Public Health England: e-Bug lesson packs cover multiple topics including, an introduction to microbes, hand hygiene, respiratory hygiene, food hygiene and antibiotics. Here you will find the lesson plans, worksheets, posters and activities for each topic. https://www.e-bug.eu/senior_pack.aspx?cc=eng&ss=1&t=Senior%20Schools-e-Bug%20Lesson%20Pack	✓		
	Teenage Cancer Trust: Teacher pack and worksheets on a range of topics, including sun safety, HPV and cervical cancer	✓	✓	✓

Theme	Resource	KS 3	KS 4	KS 5
	https://www.teenagecancertrust.org/about-us/what-we-do/cancer-awareness			
	Movember: Happier, healthier, longer Lesson pack from Movember is designed to increase students' understanding of issues relating to men's and boys' health — specifically exploring testicular cancer and mental health https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack	✓	✓	✓
	CoppaFeel School pack helps you to educate your students about breast cancer https://coppafeel.org/our-charity/our-work/at-schools/	✓	✓	
	Orchid: Fighting Male Cancer School pack to increase students understanding of testicular cancer https://www.pshe-association.org.uk/curriculum-and-resources/resources/orchid-what-testicular-cancer-%E2%80%94-lesson-plan-ks4-5		✓	✓
Basic first aid	British Red Cross: First Aid Champions Lesson plan, teaching package and videos https://firstaidchampions.redcross.org.uk/secondary/	✓	✓	✓
	St John Ambulance: First Aid Lesson plans and teaching resources (Asthma, basic life support, bleeding and shock) https://www.sja.org.uk/get-advice/first-aid-lesson-plans/	✓	✓	
	BBC Teach: Dr. Emeka's Essential First Aid A series of short films presented by Dr Emeka Okorochoa which explore some key skills for administering first aid. https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-dr-emekas-essential-first-aid/zhtq8hv	✓		
	British Heart Foundation: Call Push Rescue Free lesson plans and CPR kits (including free manikins, kneeling mats, cleaning wipes and replacement parts) https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-schools	✓	✓	✓
Changing adolescent body	PHE/Rise Above Film clips to help support teaching in PSHE, range of different topics Body Talk: https://riseabove.org.uk/topic/bodytalk/ Puberty Lesson Pack	✓ ✓	✓	

Theme	Resource	KS 3	KS 4	KS 5
	https://campaignresources.phe.gov.uk/schools/resources/puberty-lesson-plan-pack			
	<p>BBC Teach: PSHE & Modern Studies Free teacher classroom resources suitable for use in PSHE / Modern Studies lessons with secondary school children, topics include sexuality, relationships, puberty and sexual harassment</p> <p>KS3: https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv</p> <p>KS4: https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6</p> <p>Note this site covers topics across several areas</p>	✓	✓	
	<p>Betty for Schools: Talking about Periods Two lessons about periods https://bettyeducation.com/our-resources/</p>	✓		
	<p>Amaze: Puberty Lesson plans and supporting resources, including videos https://amaze.org/educators/toolkits/puberty/</p>	✓		
	<p>Kidshealth Information on puberty and the changing adolescent body. https://kidshealth.org/</p>	✓		

Free Resources for Non-Statutory PSHE

British Red Cross

Free teaching resources help young people aged 11 to 19 to examine the world around them from a humanitarian perspective and learn about topics related to the work of the Red Cross. These curriculum-linked activities, session plans and teaching packages are ideal for subjects such as PSHE and Citizenship

<https://www.redcross.org.uk/get-involved/teaching-resources/secondary-teaching-resources?q=&Category=pshe>

Young Money (formerly pfeg), part of Young Enterprise

Provide a wide range of high-quality resources, including ready-to-teach lesson plans, planning frameworks and My Money Week materials

<https://www.young-enterprise.org.uk/teachers-hub/financial-education/>

NatWest: Money Sense

Help your class learn about money with lesson plans, activity sheets, videos and interactive activities.

<https://natwest.mymoneysense.com/teachers/>

Bank of England: Education resources

Free classroom materials help to explain how the economy works and what the Bank of England does

<https://www.bankofengland.co.uk/education/education-resources>

Unicef: Rights Respecting Schools

We provide a wide range of resources to support teaching and learning about children's rights in your classroom, as well as ideas and guidance on achieving the Award.

<https://www.unicef.org.uk/rights-respecting-schools/>

Department for Transport THINK! Campaign resources

Lesson packs on a range of road safety topics

<https://www.think.gov.uk/education-resources/>

CAFOD: Resources for Teachers

Assemblies and Lesson Plans to support global learning

<https://cafod.org.uk/Education/Secondary-and-youth-resources>

Go-Givers: Awareness Days Calendar (FREE)

<https://www.gogivers.org/free-stuff/awareness-days-calendar/>

A Selection of Purchased Resources

The following is a non-exhaustive list of paid resources to support teaching and learning in PSHE/RSHE

PSHE Association – Membership

“Membership of the PSHE Association gives individuals and schools access to the best of what we have to offer, from quality resources and training to individual support by phone, email or in person. Our growing community of PSHE education professionals makes a huge contribution to the quality and status of PSHE nationally

<https://www.pshe-association.org.uk/membership>

Jigsaw

A complete Scheme of Work:

<https://www.jigsawpshe.com/>

MindUP

A mental health and wellbeing framework providing resources, information, activities and strategies with a focus on Neuroscience, Mindful Awareness, Positive Psychology and Social Emotional Learning: <https://mindup.org.uk/>

Mindfulness in Schools Programme: MISP

A charity that brings mindfulness to pupils, teachers and parents using bespoke curricula and resources:

<https://mindfulnessinschools.org/>

Barnardos Real Love Rocks

Raising awareness around Child Sexual Exploitation and what a healthy and safe relationship is. A combination of online resources and purchasable resources and training packages.

<https://www.barnardosrealloverocks.org.uk/>

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