



Healthy Schools Partnership
London Borough of Southwark

A PSHE & Wellbeing Curriculum Resource Bank – V5

A directory of organisations and resources that support the teaching and learning of PSHE and Wellbeing in Primary Schools – March 2021

www.schools.southwark.gov.uk/pshe-healthy-schools

Introduction

This document provides a bank of resources for school and curriculum leaders aiding the delivery PSHE & Wellbeing Education - an education that is relevant and necessary for today's learners in the 21st century (see *PSHE & Wellbeing Curriculum Framework, V5, March 21*). This curriculum is not fixed, it is evolving; it is designed for curriculum leaders and teachers to amend, change and add to, ensuring it matches the real and actual needs of all children and young people (C&YP). It also contributes to your school achieving the Healthy Schools London award.

Our Learning Partnership - www.schools.southwark.gov.uk/pshe-healthy-schools

Thank you specifically to the London Tri-borough for commissioning the basis of this work (led by Health Education Partnership) and sharing its development at key stages with professional colleagues. This Resource Bank would not have been possible without the ongoing support from HEP, The PSHE Association and Healthy Schools London Team as well as from lead teachers and consultants; this version has been led by Emily Hogg, Wellbeing Lead, from "Southwark Park Primary", a Southwark Healthy Schools Champion.

All Southwark Healthy Schools have access to free membership to The PSHE Association. Schools should log on to ensure that they take advantage of these Quality Assured resources.

Pedagogy & CPD

Best practice is for PSHE to be taught in discrete, well-planned lessons that take account of the learners' needs; it should be taught at least weekly. The curriculum should be spiral; revisiting and building on topics and concepts throughout the year and as the pupils progress through the school. It can be cross-curricular when links enable deeper understanding and opportunity to practise learned skills. It should be non-personal and distancing techniques should be employed to enable pupils to feel safe and take risks within lessons.

Southwark's Healthy School's Partnership provides a comprehensive CPD programme to support your school in delivering excellent PSHE & Wellbeing – to browse and book courses click

<http://schools.southwark.gov.uk/pshe-healthy-schools>

To access up to date educational research and learn more about effective interventions and strategies that do make a positive impact, access the teaching & learning toolkit:

<http://educationendowmentfoundation.org.uk/toolkit/toolkit-a-z/>

Southwark Leading Healthy Schools Champions Collaboration

The Leading Healthy Schools Champions Group has been developing and implementing evidence based programmes to enhance the lives of pupils within the borough. The current focus on raising self-esteem and active movement, was selected by analysing local data trends. The group aims, through collaborative work and strong leadership in PSHE and Wellbeing Education, to further improve outcomes across the borough through school cluster project work. Resources from the group can be found under the headings **Emotional Wellbeing & Mental Health (EWMH)** and **Physical Education and Sport**.

Changes from Version 4 to Version 5

In September 2020, it became statutory for all schools to teach the Relationships Education, Relationships and Sex Education and Health Education. The Version 5 Resource Bank has integrated all components from the DfE guidance onto one document for teachers to use. Teachers will be able to find resources that support teaching Relationships, Sex and Health Education, PSHE and Wellbeing. New resources include: Relationships Education (pages 12-14), Health Education (pages 15-18) and Equality (page 22) including the Black Lives Matter Movement and tackling racism. There is also an additional COVID recovery section with resources for teachers and schools to use on page 6.

Overview

This Resource Bank supports the content of the PSHE and Wellbeing Curriculum Framework, which is based upon the PSHE Association's *Programme of Study* (updated 20/21). The Programme of Study is a guide set out to help you build a PSHE Scheme of Work at your school by covering core and statutory PSHE curriculum content as stipulated by the DfE. The PSHE Association have just launched a new version of our 'We've got it covered' mapping document to reflect the latest statutory guidance by the DfE (2019). This document outlines **how the Programme of Study for PSHE education covers – and goes beyond – the health, relationships and RSE guidance**. This programme makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development and the school's statutory responsibility to promote pupils' wellbeing. There are three Core Themes within which there will be broad overlap and flexibility for teaching staff to adapt:

Core Theme 1: Health and Wellbeing Core Theme 2: Relationships Core Theme 3: Living in the Wider World

Key Stages 1 and 2: Programme of Study from the PSHE Association.

Core Theme 1: Health and Wellbeing (Including emotional intelligence, self-esteem, resilience, RSE & DATE – Christopher Winter Project and Relationships and Health Education)	Core Theme 2: Relationships (Including RSE - Christopher Winter Project and Relationships and Health Education)	Core Theme 3: Living in the wider world (Including, Children's Rights, Economic Wellbeing and Citizenship Education and Relationships and Health Education)
Pupils should be taught:	Pupils should be taught:	Pupils should be taught:
1. What is meant by a healthy lifestyle	1. How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts	1. About respect for self and others and the importance of responsible behaviours and actions
2. How to maintain physical, mental and emotional health and wellbeing	2. How to recognise and manage emotions within a range of relationships	2. About rights and responsibilities as members of families, other groups and ultimately as citizens
3. How to manage risks to physical and emotional health and wellbeing	3. How to recognise risky or negative relationships including all forms of bullying and abuse	3. About different groups and communities
4. Ways of keeping physically and emotionally safe	4. How to respond to risky or negative relationships and ask for help	4. To respect equality and to be a productive member of a diverse community
5. About managing change, such as puberty, transition and loss	5. How to respect equality and diversity in relationships	5. About the importance of respecting and protecting the environment
6. How to make informed choices about health and wellbeing and to recognise sources of help with this	6. The characteristics of a healthy family life and how families may appear different to their own.	7. About where money comes from, keeping it safe and the importance of managing it effectively
7. How to respond in an emergency and know some basic concepts of first aid.	7. The characteristics of friendships and how to seek advice from others if a friendship makes them feel unhappy.	8. How money plays an important part in people's lives
8. To identify different influences on health and wellbeing	8. How to manage online relationships safely.	9. A basic understanding of enterprise.
	9. How to be a discerning consumer of information online.	

Overarching PSHE & Wellbeing Concepts from the PSHE Association

1. **Identity** (their personal qualities, attitudes, skills, attributes and achievements and what influences these)
2. **Relationships** (including different types and in different settings)
3. **A healthy** (including physically, emotionally and socially) **balanced lifestyle** (including within relationships, work-life, exercise and rest, spending and saving and diet)
4. **Risk** (identification, assessment and how to manage risk rather than simply the avoidance of risk for self and others) and **safety** (including behaviour and strategies to employ in different settings)
5. **Diversity and equality** (in all its forms)
6. **Children's Rights** (including United Nations Convention on the Rights of the Child), **responsibilities** (including fairness and justice) and **consent** (in different contexts)
7. **Change** (as something to be managed) and **resilience** (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance)
8. **Power** (how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes)
9. **Career** (including enterprise, employability and economic understanding)



Staples for Learning

The resources should be used alongside items that will support learning and enable pupils to fully grasp concepts in a safe environment. Examples of these 'staples for learning' may be:

Establishing and displaying ground rules	So each session creates a climate of trust, safety and freedom to express ideas
Puppet, stories and scenarios	To provide distancing techniques and take the spotlight off of the pupils.
Feelings cards	To provide visual stimuli during discussions.
Yes, No, Don't know, agree or disagree cards	For pupils to physically sort themselves and share opinions.
Large paper and pens	For group discussion, graffiti walls, mind mapping and ideas building.
Role play items	Such as: police hats, hi vis jackets, lollypop crossing sticks – for role playing actions, scenarios and ideas.
Question boxes	So that pupils can add questions anonymously without feeling in the spotlight
Use of photographs or pictures	As starting points and to gauge understanding
Agony Aunt/Uncle pages	As ways of giving advice to fictional characters
Continuum scales and sticky dots	For pupils to signal their standpoint on statements without being singled out

“How To” use this Resource Bank

This Resource Bank is designed to support staff with their teaching. School Leaders and PSHE Leaders/Co-ordinators should access Quality Assured resources from the **PSHE Association, Go-Givers, SEAL and the Christopher Winter Project**, using them alongside the PSHE & Wellbeing Curriculum Framework. You will also see a 'Toolkit' box with links to lesson resources from 'Go-Givers' or the PSHE Association.

The resources are organised into specific headings that link with the **National Curriculum Target Links** in the PSHE and Wellbeing Curriculum Framework, as well as additional headings. These should be considered before use with the pupils to ensure that they are maturity relevant and support your delivery of the objectives in the framework. Under each heading you will see a list of providers, resources and contact details.

The PSHE Association quality assures the resources it promotes. Southwark schools have free membership to the PSHE Association and are able to access all resources free of charge. Southwark schools

have free access to PSHE Association Membership,



Check the status of your schools membership here: [Southwark membership page \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/southwark-membership)

Go-Givers resources are linked to the “Citizenship” elements of this new framework. Go-Givers is an SMSC programme for primary and middle schools. It is an initiative of the Citizenship Foundation, enabling young people to engage in democratic society. They offer a range of lessons for schools based on Citizenship plus assemblies, CPD for staff, planning and assessment support. Visit the website at: <http://www.goqivers.org/>



All schools in Southwark have free access to the SEAL website: [Home](#) | [The SEAL Community](#)

Directory of Organisations and Resources that support Teaching & Learning of PSHE & Wellbeing

The coloured headings relate directly to the PSHE and Wellbeing Curriculum Framework **National Curriculum Target Links**. Organisations and resources are arranged under the following headings:

□ **Anti-bullying p.8**

Including Homophobic, Biphobic and Transphobic bullying (HBT), bullying related to race, religion or culture, gender based bullying, bullying linked to health, special need or disability, sexual bullying and cyber bullying

□ **Bereavement p.9**

□ **Chris Winter Project (CWP) p.10**

*Southwark funds Quality Assured resources from the Christopher Winter Project on **Relationships and Sex Education (RSE)** and **Drugs, Alcohol and Tobacco Education (DATE)** – you can attend training sessions in the CWP with Southwark.*

(Additional Resources for Teaching Relationships Education and Health Education)

□ **Children’s Rights–UNICEF Rights Respecting School, p.19**

□ **Citizenship & British Values p.20**

Resources based on becoming an active member of a democratic and multicultural society.

□ **Difference, Diversity & Equality Inc. LGBTQI+ p.22**

Resources for exploring identity and diversity amongst society including: Lesbian, Gay, Bisexual, Transsexual, Queer and Interested.

□ **Domestic Violence and Abuse p.23**

□ **Eating Disorders p.24**

□ **Emotional Wellbeing & Mental Health (EWMH) p.25**

Resources for supporting the emotional wellbeing of pupils and promoting positive mental health, and also how to get support with mental health needs.

✎ **Female Genital Mutilation (FGM) p.27**

✎ **Mindfulness p.28**

□ **Physical Education & Sport p.29**

Resources to enhance PE/ Sport Physical Activity sessions enabling pupils to become more physically active and develop an understanding as to why physical activity should be part of a healthy lifestyle.

□ **Personal, Social, Health and Economic Education (PSHE) p.30**

Resources for all areas of PSHE and Wellbeing including: Health and Financial Education.

✎ **Philosophy p.31**

✎ **Pornography, Grooming and Online Safety p.32**

Resources including online safety and sexting

✎ **Resilience p.33**

✎ **Safety and Safeguarding p.35**

Resources for teaching pupils to safeguard themselves.

□ **Social and Emotional Aspects of Learning (SEAL) p.37**

□ **Values, SMSC & RE and ‘The Arts’ p.38**

Resources for spiritual, moral, social and cultural aspects of learning, links to RE and Art curriculum documents

Anti-bullying

Anti-bullying Alliance www.anti-bullyingalliance.org.uk

Bullying UK www.bullying.co.uk

CEOP - Child Exploitation & Online Protection Centre.
www.thinkuknow.co.uk/Teachers/

Childline - a national organisation with a section on their website to support those being bullied. [Bullying and advice on coping and making it stop | Childline](#)

Gov.co.uk

<https://www.gov.uk/bullying-at-school/reporting-bullying>

#imwithsam The PSHE Association has partnered with Dimensions charity to produce Quality Assured resources that aim to raise awareness of people with learning disabilities and autism.

[About Our #ImWithSam Campaign | Dimensions \(dimensions-uk.org\)](#)

Kidscape - a UK charity established to prevent bullying and child sex abuse. A number of resources, including posters, information booklets and research on the long-term effects on bullying are available to download.

www.kidscape.org.uk

Southwark HBT Theatre in Education Resources

A comprehensive, evidence based resource for Primary and Secondary schools consisting of lesson plans, subject lead support, teacher support and pupil support. The resource is flexible to ensure any theatre project can ensure progress in pupil's skills and

understanding. It includes a range of teaching strategies and teacher support.

Stonewall - Resources for all year groups to tackle homophobic, biphobic and transphobic (HBT) bullying in education environments and help create more inclusive spaces.

<http://www.stonewall.org.uk/our-work/education-resources>



Bereavement

Bereavement

At any given time up to 70% of schools have a bereaved pupil on their role. One study found that 92% of young people experience a "significant" bereavement before the age of 16. With the right help and support, most of these pupils will not need professional help. What they do need is the

TOOLKIT



Reach Teaching Resource

NSPCC Share Aware resources
Media Smart' Body image website.
Dove Self-Esteem body image project teaching resources

#mysenseofself resources
Home Office 'This is Abuse' guide
Really? Film and Resource Pack

TOOLKIT



(KS1)

Bullying: I won't be made to feel bad (13, 14)Mitali loses his cool (1, 6)

More than one friend (2)

Please help Mitali (7)Save our Jack (12)

Sticks and stones (12)

(KS2)

Bullying: Prepare to stand up and stand out (4)

Bullying: Prepare to stand up and stand out (14,18)

Homophobia: Respecting all our differences (13, 17)Similarities and Differences (13)

Stephen Lawrence: The long search for justice

(14)

Working for peace (12)

understanding of familiar and trusted adults. Schools are well placed to provide this but with some training, the ability to do so will be greatly enhanced.

[Child Bereavement UK](#)

[RD4U \(bereavement support\) – Cool2Talk](#)

Child Bereavement UK believes that all families should have access to the support and information they need when a child grieves or when a child dies. Through understanding their grieving process and receiving help in dealing with bereavement from appropriately trained professionals, families can learn to live with their grief and begin rebuilding their lives.

[Child Bereavement UK](#)

Childhood Bereavement Network - a national federation of organisations offering support and information to bereaved pupils. Their website includes a section for teachers on how to support pupils after experiencing a death, including some resources available to purchase. www.childhoodbereavementnetwork.org.uk

Cruse Bereavement Care is a national organisation dedicated to offering support to bereavement families, adults and pupils. Their comprehensive website provides detailed information bereavement, downloadable booklets and information leaflets. www.cruse.org.uk

Grief Encounter contains lots of helpful online resources for bereaved pupils and young people, including dedicated 'kid zones' and 'teen zones'. www.griefencounter.org.uk

Winston's Wish is the leading childhood bereavement charity in the UK. Its website has a dedicated section for schools, providing comprehensive information and resources in supporting bereavement in schools, including reading materials and guidance on how to develop a school bereavement policy. [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://Winston's Wish - giving hope to grieving children (winstonswish.org))



Giving hope to grieving children

TOOLKIT

(KS2)

Bereavement: Treasured memories (8) Understanding cancer (1)



Other resources for delivering RSE and DATE

The Shropshire Respect Yourself Relationships and Sex Education Programme - This programme provides a comprehensive, spiral, cross phase scheme of work containing lesson plans, resources, assessment and teacher's guidance for year 1-11. PSHE Association Quality assured. <http://www.healthyshropshire.co.uk/topics/sexual-health/relationshipsand-sex-education/>

Alcohol Education Trust (AET)

AET provides educational materials and lesson plans for use in schools, including a fully evaluated and PSHE Association accredited early intervention education programme for 11- 18 year olds, **talkaboutalcohol**, focusing on what pupils can do to be healthy and stay safe. <http://www.alcoholeducationtrust.org/teacher-area/>
<http://www.talkaboutalcohol.com/>

Mentor ADEPIS – Alcohol and Drug Education and prevention Information Service - If you are looking at improving your delivery of alcohol and drug education within PSHE a useful guidance document that will support you can be found at: [Mentor – Drug Education and Prevention Information \(mentor-adepis.org\)](http://www.mentor-adepis.org)

Southwark Partners – RSE Scheme of work

12 weeks of RSE lessons for Primary Schools. This consists of 6 'Relationships' Education lessons and 6 'Growing up' Education lessons per year, from Reception to Year 6. It includes basic resources to teach each session. Created by Melonie Syrett.

Southwark Partners – Medicines and drugs Scheme of work

6 weeks of DAT lessons for Primary Schools. This consists of 6 lessons per year group from Reception to Year 6. It includes basic resources to teach each session. Created by Melonie Syrett

Orchid – Your Privates - Orchid exists to save men's lives from testicular, prostate and penile cancers through a range of support services, pioneering research and promoting awareness. Orchid is the only UK registered cancer charity to focus entirely on the male-specific cancers; prostate, penile and testicular. They offer support and information to people affected by or interested in male cancer through a dedicated medical research programme, education and awareness campaigns and a range of support services. They provide a downloadable Schools Pack. <http://www.yourprivates.org.uk/>

Image in Action believes that people with disabilities or additional learning needs have a right to information and understand about sexuality. They have developed a respected methodology that uses practical activities, drama, storytelling and visual resources to deliver effective SRE through group work. Image in Action use a range of available SRE resources for work with young people with learning disabilities and have written and published a number of books and leaflets. They can lead staff on specific SRE related issues for young people with learning disabilities.

TOOLKIT



Reach teaching Resource

NSPCC Share Aware resources

Media Smart' Body image website.

#mysenseofself resources

Really? Film and Resource Pack

Betty – it's perfectly natural

Nottingham Council – Drug Aware

Drinkaware

SRE Covered – Islington Healthy Schools

DO SRE for schools

Apause Too - SRE

Additional Resources to support the teaching of Relationships Education

□ Families and People Who Care for Me

BBC Teach: Families (within PSHE and Citizenship)
[Relationships and Sex Education \(RSE\) - Teaching Resources - BBC Teach](https://www.bbc.com/teach/primary/relationships-and-sex-education-rse-teaching-resources)

7 Class clips (eg family conflict, reducing family conflict, moving home)
[KS1 Relationships education: Our Family - BBC Teach](https://www.bbc.com/teach/primary/relationships-education-our-family)

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.
<https://www.coramlifeeducation.org.uk/adoptables/>

NSPCC Making Sense of relationships' ages 10-16
<https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>

PSHE Association
Home Learning Resources to support teaching about the special people in your life.
[Relationships and sex education \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/relationships-and-sex-education)

Stonewall
Ideas and resources for bringing LGBT inclusion and celebrating difference across the primary curriculum

<https://www.stonewall.org.uk/resources/creating-lgbt-inclusive-primary-curriculum>

Images of different family combinations and cards for Mother's/Father's Day

<https://www.stonewall.org.uk/resources/different-families-same-love-pack> and <https://www.stonewall.org.uk/resources/love-hearts-poster>

List of inclusive books, showing difference and different families
<https://www.stonewall.org.uk/resources/primary-school-book-list>

□ Caring Friendships

Anti-Bullying Alliance
<https://www.anti-bullyingalliance.org.uk/>

BBC Teach: Friendship (within PSHE and Citizenship)
[KS2 PSHE: Dealing with friendship struggles - BBC Teach](https://www.bbc.com/teach/primary/pshe-dealing-with-friendship-struggles)
[Being a friend - BBC Teach](https://www.bbc.com/teach/primary/being-a-friend)

British Council Teaching friendships
<https://www.teachingenglish.org.uk/article/friendship>



Respectful Relationships

BBC Teach – Relationships

Audio stories with a focus on personal relationships.

[Relationships - BBC Teach](#)

[KS1 Relationships education: Our Family - BBC Teach](#)

A series of short dramas exploring the formative move from primary to secondary school from the young person's point of view. [KS2 PSHE: The pressures of moving from primary to secondary school - BBC Teach](#)

ChildLine: All About Me

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

ChildNet

<https://www.childnet.com/resources/pshe-toolkit/myth-vs-reality/healthy-relationships>

Kidscape: Bullying Awareness Resources

A classroom anti-bullying resource 'Being Me', for teachers of Years 5-6 that seeks to celebrate difference and promote inclusion by giving young people in Years 5-6 an insight into the potential challenges being faced by their peers. Also, downloadable resources, videos and top tips for parents, carers and grandparents.

<https://www.kidscape.org.uk/resources/>

NSPCC: Making sense of relationships

Lesson plans on personal safety and healthy relationships

<https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>

RSPCA: Compassionate Class

A programme from the RSPCA that encourages children to develop compassion and empathy through the lens of animal welfare.

[Resources | RSPCA Compassionate Class](#)

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/>



□ Online Relationships

Childnet Resources: Safer Internet Day

Resources for 3 – 7 year olds

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-educator/work-3-7s>

<https://www.childnet.com/resources/digiduck-stories>

<https://www.childnet.com/resources/smartie-the-penguin>

Resources for 7 - 11 year olds

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-educator/work-7-11s>

<https://www.childnet.com/resources/trust-me>

<https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew>

Media Smart: Body Image and Advertising Resource

Resource is designed to help pupils aged 9 to 11 better understand advertising and its influence on body image

<https://mediasmart.uk.com/primary-resources/>

NSPCC: Making Sense of Relationships

Lesson plans for children aged 10-16 (key stages 2-4) on personal safety and healthy relationships

<https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>

Parent Zone: Be Internet legends

lesson plans and activities to teach Key Stage 2 pupils (seven to 11-year-olds) the skills they need to be safe and confident online.

[Turn your family into Internet Legends! — Parent Zone – Parents' area](#)

The Guardian: News Wise

News Wise aims to empower children with the skills and knowledge they need to make sense of what they read, see and hear in an era of fake news.

<https://www.theguardian.com/newswise-unit-of-work>

□ Being Safe

NSPCC

PANTS (the Underwear Rule)

<https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/>

Lesson plans - how to stay safe online, and how to access available help inside and outside the school.

<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching/>

Think U Know

Jessie and Friends: Aims to equip 4-7 year olds with the knowledge, skills and confidence they need to help them stay safe from sexual abuse and other risks they may encounter online.

<https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends/>

Play Like Share: Aims to help 8-10 year olds learn how to stay safe from sexual abuse, exploitation and other risks they might encounter online.

<https://www.thinkuknow.co.uk/professionals/resources/play-like-share/>

Women's Aid

<https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/>

Additional Resources to support the teaching of Health Education

□ Mental Wellbeing

BBC Teach: Emotional Wellbeing (within PSHE and Citizenship)

To support your class and promote the importance of mental wellbeing we've created this collection of resources for use with both primary and secondary students.

[Children's Mental Health week 2024 and Mental Health Awareness week 2024 - BBC Teach](#)

The Growth Mindset and Wellbeing Lesson - [The Growth Mindset and Wellbeing Lesson - Live - BBC Teach](#)
[BBC Teach's health and wellbeing videos for ages 8 to 11 : Mentally Healthy Schools](#)

Health Education Partnership: Emotional Wellbeing and Mental Health

An introduction to mindfulness, example meditations and listings of further resources available.

[Emotional Wellbeing and Mental Health – Health Education Partnership](#)

Mentally Healthy Schools

[Home : Mentally Healthy Schools](#)

Public Health England: Loneliness & Connections

Lesson Plan for Year 6 about dealing with loneliness and how you can build connections with others.

<https://campaignresources.phe.gov.uk/schools/resources/building-connections-year6-lesson-plan-pack>

Public Health England: Mental Health & Social Media

Lesson Plan for Year 6 about the positive and negative effects social media can have on mental wellbeing.

<https://campaignresources.phe.gov.uk/schools/resources/social-media-year6-lesson-plan-pack>

Public Health England: What to do about Worry

Lesson Plan for Year 6 about identifying when you feel worried and how to take action.

<https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack>

PSHE Association: Mental health & emotional wellbeing lesson plans [Mental health \(pshe-association.org.uk\)](#)

Young Minds: Academic Resilience

Ideas for school assemblies and the resilient classroom resource

<https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/>

□ Internet Safety and Harms

BBFC (British Board of Film Classification): free, downloadable PSHE accredited resources for Key Stage 1 through to Key Stage 4 learners.

[BBFC Education - for teachers and students | BBFC PSHE resources and lesson plans | BBFC](#)

Childnet: Only a Game

This drama resource, including lesson plans and supporting materials, has been designed especially for teachers to use with primary pupils on the topic of online gaming.

<https://www.childnet.com/resources/only-a-game>

Mentally Healthy Schools – Internet Safety Toolkit

[internet-safety-toolkit.pdf \(mentallyhealthyschools.org.uk\)](#)

PSHE Association and Gamble Aware: Exploring risk in relation to gambling

Two free lesson plans for KS 2, and a podcast, on the current trends around gambling harms and young people

[Exploring risk in relation to gambling \(pshe-association.org.uk\)](#)

Safer Internet Centre

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>



Physical Health and Fitness

Active Assemblies – Get Set

Series of active assemblies and lessons aimed at getting large groups physically active – based on Olympic/Paralympic theme

<https://www.getset.co.uk/resources/active-assemblies>

BBC Teach: Healthy Living (within PSHE and Citizenship)

KS1 Science: Keeping my body healthy - [KS1 Science: Keeping my body healthy - BBC Teach](#)

PSHE and Citizenship - [PSHE / Citizenship - BBC Teach](#)

KS1 Resources about healthy eating, cooking, food and farming for children and young people, including activity

<https://www.foodafactoflife.org.uk/5-7-years/healthy-eating/activity/>

KS2 Resources about healthy eating, cooking, food and farming for children and young people, including activity

<https://www.foodafactoflife.org.uk/7-11-years/healthy-eating/activity/>

Change4Life

Range of activity cards for physical activity within indoor spaces

<https://www.nhs.uk/change4life/activities/indoor-activities>

10 minute shake up activity cards and other resources promoting physical activity through active play

[Your School Games - Change 4 Life - 10 Minute shake-ups](#)

Public Health England: Being Active Resources

Includes PowerPoints, assemblies and activity ideas

<https://campaignresources.phe.gov.uk/schools/topics/being-active/overview>

□ Healthy Eating

BBC Bitesize: Healthy Living (within PSHE and Citizenship)

12 Class clips (including allotments, healthy eating and staying healthy)

Eat yourself Healthy KS1 - [Eat yourself healthy - BBC Bitesize](#)

Healthy and safe foods - BBC Bitesize Foundation Personal Development and Mutual Understanding - [Healthy and safe foods - BBC Bitesize](#)

[Foundation Personal Development and Mutual Understanding \(youtube.com\)](#)

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>

British Nutrition Foundation: Food A Fact of Life

KS1 Resources: <https://www.foodafactoflife.org.uk/5-7-years/>

KS2 Resources: <https://www.foodafactoflife.org.uk/7-11-years/>

Countryside Classroom: Teacher resources

Wider range of resources, including food growing and production, farming, gardening and cooking

<https://www.countrysideclassroom.org.uk/resources>

Public Health England

Includes PowerPoints, worksheets and home learning packs

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/resources>

□ Drugs, Alcohol and Tobacco

Christopher Winter Project

https://cwpresources.co.uk/resources/drugs_pri/

Drinkaware: Drinkaware for Education

Drinkaware for Education resources help teachers 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/>

PSHE Association

Drugs and Alcohol Lesson Plans for KS1-KS4

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/drug-and-alcohol-education-%E2%80%94-lesson-plans>

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-primary-school/>

Hackney: Vaccination Resources

These vaccination teaching resources have been created for use in schools across London as part of the Keep London Safe Covid campaign.

<https://www.hackneyservicesforschools.co.uk/extranet/vaccination-resources>

PSHE Association

Lesson Plans for KS1 and KS2 on sleep and sleep patterns.

[The Sleep Factor \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/The-Sleep-Factor)

Public Health England: Change 4 Life - Keeping our teeth healthy

Lesson plans, including PowerPoint for KS1 and KS2

<https://campaignresources.phe.gov.uk/schools/resources/keeping-our-teeth-healthy-lesson-plans>

Public Health England: e-Bug

e-Bug is a free educational resource for learning about micro-organisms, the spread, prevention and treatment of infection

<https://www.e-bug.eu/>

Public Health England: Rise Above

Y6 lesson plan on sleep

<https://campaignresources.phe.gov.uk/schools/resources/sleep-year6-lesson-plan-pack>

Oral Health Foundation: Dental Buddy

Resources to deliver oral health education in a classroom

<https://www.dentalhealth.org/downloads-and-resources>

Teenage Cancer Trust

Teacher pack and worksheets about sun safety

<https://www.teenagecancertrust.org/about-us/what-we-do/education-awareness-resources/shunburn>

□

Basic First Aid

British Red Cross: First Aid Champions

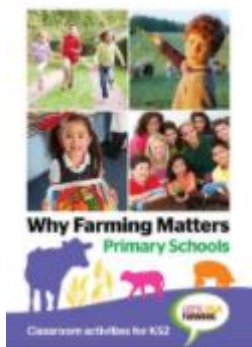
Lesson plan, teaching package and videos



□ Health and Prevention

Chilled Education: Glo Germs (Hygiene)
Lesson plans and resources

for teaching about hand washing and hygiene
<https://www.chillededucation.org/food-teacher/food-teacher-lesson-plans/>



<https://firstaidchampions.redcross.org.uk/>

Gov.uk

PowerPoint guidance for Primary Schools on the content they need to teach for basic first aid.

<https://www.gov.uk/government/publications/teacher-training-basic-first-aid>

St John Ambulance: First Aid

First aid teaching resources include lesson plans, presentations, and posters.

<https://www.sja.org.uk/get-advice/first-aid-lesson-plans/>

The image shows a lesson plan form for Asthma. At the top left is the St John Ambulance logo. The title is 'LESSON PLAN ASTHMA'. Below the title, there is a note: 'Please ensure you have adequate first aid knowledge before teaching this lesson. Please contact us if you need any help or guidance with this.' The form is divided into three sections: 1. DETAILS OF TEACHER, 2. DETAILS OF LEARNING OBJECTIVES, and 3. DETAILS OF ACTIVITIES, TIMINGS AND RESOURCES REQUIRED. Section 1 has fields for Name, Date, Time, and Class. Section 2 has a text area for learning objectives. Section 3 has a text area for activities and resources. A note at the bottom states: 'Note: We appreciate that you may not be able to spend a full hour on this topic. Feel free to choose activities to fit the time you have available. For example, you could do one task from each starter, development and plenary category.'

Introduction to the British Red Cross

First aid champions

British Red Cross



□ Changing Adolescent Body

Amaze: Puberty

All about getting your period & Top signs boys are in puberty, animated films

<https://amaze.org>

Betty for Schools: Talking about Periods

Lessons about periods

<https://bettyforschools.co.uk/resources>

City to Sea 'Rethink Periods'

<https://www.citytosea.org.uk/campaign/plastic-free-periods/rethink-periods/>

Kidshealth

Information on puberty and the changing adolescent body.

<https://kidshealth.org/>

PSHE Association

Lesson Resources on Growing and Changing for Years 4-6

[Growing and changing \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/growing-and-changing)

Children's Rights

UNICEF Rights Respecting Schools Award

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

The Rights Respecting Schools Award puts children's rights at the heart of schools in the UK.

UNICEF works with schools in the UK to create safe and inspiring places to learn where children are respected, their talents are nurtured and they are able to thrive. Our Rights Respecting Schools Award embeds these values in daily school life and gives children the best chance to lead happy, healthy lives and be responsible, active citizens.

Using the **UN Convention on the Rights of the Child (UNCRC)** as our guide, we are working with more UK schools than almost any other organisation. Look for the **links** in the Curriculum Framework.

In 1989, governments across the world promised all children the same rights by adopting the UN Convention on the Rights of the Child. The Convention says what countries must do so that all children grow as healthy as possible, can learn at school, are protected, have their views listened to, and are treated fairly.

These are our rights.



Our Rights



In 1989, governments across the world promised all children the same rights by adopting the UN Convention on the Rights of the Child. The Convention says what countries must do so that all children grow as healthy as possible, can learn at school, are protected, have their views listened to, and are treated fairly.

These are our rights.

Article 1
Everyone under the age of 18 has all the rights in the Convention.

Article 2
The Convention applies to everyone: whatever their race, religion or abilities, whatever they think or say, whatever type of family they come from.

Article 3
The best interests of the child must be a top priority in all things that affect children.

Article 4
Governments must do all they can to make sure every child can enjoy their rights.

Article 5
Governments must respect the rights and responsibilities of parents and carers to direct and guide their children as they grow up, so that they can enjoy their rights properly.

Article 6
Every child has the right to life. Governments must do all they can to make sure that children survive and develop to their full potential.

Article 7
Every child has the right to a legal name and nationality, as well as the right to know and, as far as possible, to be cared for by their parents.

Article 8
Governments must respect every child's right to a name, a nationality and family ties.

Article 9
Children must not be separated from their parents unless it is in their best interests (for example, if a parent is hurting a child). Children whose parents have separated have the right to stay in contact with both parents, unless this might hurt the child.

Article 10
Governments must act quickly and sympathetically if a child or their parents want to live together in the same country. If a child's parents live apart in different countries, the child has the right to visit both of them.

Article 11
Governments must do everything they can to stop children being taken out of their own country (illegally or being prevented from returning).

Article 12
Every child has the right to have a say in all matters affecting them, and to have their views taken seriously.

Article 13
Every child must be free to say what they think and to seek and receive all kinds of information, as long as it is within the law.

Article 14
Every child has the right to think and believe what they want and to practise their religion, as long as they are not stopping other people from enjoying their rights. Governments must respect the rights of parents to give their children information about this right.

Article 15
Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.

Article 16
Every child has the right to privacy. The law should protect the child's private, family and home life.

Article 17
Every child has the right to reliable information from the media. This should be information that children can understand. Governments must help protect children from materials that could harm them.

Article 18
Both parents share responsibility for bringing up their child and should always consider what is best for the child. Governments must support parents by giving them the help they need, especially if the child's parents work.

Article 19
Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

Article 20
If a child cannot be looked after by their family, governments must make sure that they are looked after properly by people who respect the child's religion, culture and language.

Article 21
If a child is adopted, the first concern must be what is best for the child. All children must be protected and kept safe, whether they are adopted in the country where they were born or in another country.

Article 22
If a child is a refugee or is seeking refuge, governments must make sure that they have the same rights as any other child. Governments must help in trying to reunite child refugees with their parents.

Article 23
A child with a disability has the right to live a full and decent life with dignity and independence, and to play an active part in the community. Governments must do all they can to provide support to disabled children.

Article 24
Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Article 25
If a child lives away from home (in care, hospital or in prison, for example), they have the right to a regular check of their treatment and the way they are cared for.

Article 26
Governments must provide extra money for the children of families in need.

Article 27
Every child has the right to a standard of living that is good enough to meet their physical, social and mental needs. Governments must help families who cannot afford to provide this.

Article 28
Every child has the right to an education. Primary education must be free. Secondary education must be available for every child. Discipline in schools must respect children's dignity. Richer countries must help poorer countries achieve this.

Article 29
Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

Article 30
Every child has the right to learn and use the language, customs and religion of their family, regardless of whether these are shared by the majority of the people in the country where they live.

Article 31
Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Article 32
Governments must protect children from work that is dangerous or might harm their health or education.

Article 33
Governments must protect children from the use of illegal drugs.

Article 34
Governments must protect children from sexual abuse and exploitation.

Article 35
Governments must ensure that children are not abducted or sold.

Article 36
Governments must protect children from all other forms of bad treatment.

Article 37
No child shall be tortured or suffer other cruel treatment or punishment. A child should be arrested or put in prison only as a last resort and then for the shortest possible time. Children must not be in a prison with adults. Children who are locked up must be able to keep in contact with their family.

Article 38
Governments must do everything they can to protect and care for children affected by war. Governments must not allow children under the age of 15 to take part in war or join the armed forces.

Article 39
Children neglected, abused, exploited, tortured or who are victims of war must receive special help to help them recover their health, dignity and self-respect.

Article 40
A child accused or guilty of breaking the law must be treated with dignity and respect. They have the right to help from a lawyer and a fair trial that takes account of their age or situation. The child's privacy must be respected at all times.

Article 41
If the laws of a particular country protect children better than the articles of the Convention, then those laws must stay in place.

Article 42
Governments should make the Convention known to children and adults.

The Convention has 54 articles in total. Articles 43-54 are about how adults and governments work together to make sure that all children get all their rights.

Citizenship & British Values

DfE's guidance: This guidance relates specifically to the requirements to actively promote fundamental British values in schools and explains how this can be met through the general requirement in the 2002 Act. Schools should promote the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

<https://www.gov.uk/government/publications/promoting-fundamental-british-values-through-smisc>

EU Project: Positive Messengers

This project tackles the issue of hate speech - online hate speech in particular, targeted against migrants, refugees and asylum seekers in the 7 EU countries. It addresses the need for more effective civil society response to online hate speech through sharing and disseminating best practices. The initiative asks pupils to create an image or video clip to share on social media to make the Internet a more welcoming place for all.

<https://www.positivemessengers.net/en/>



Young Citizens Young Citizens have developed a range of resources for primary schools with different partners to help schools educate, inspire and motivate their students to become active citizens. Their 'GoGivers' resources support students SMSC learning and help primaryschool children become caring, concerned citizens. The MySociety resource helps students to understand our democratic system and other political structures and how they can become involved and affect positive change in their communities.

<https://www.youngcitizens.org/>

Counter Extremist Narratives

Extremism is not a new topic in education, but schools have a relatively new statutory duty to pay "due regard to the need to prevent people from being drawn into terrorism". In response to this challenging and serious new responsibility, LGfL has worked with leading extremism experts specialising in ISIS and the far right to provide information, insights and advice to help schools navigate this difficult area.

<http://counterextremism.lgfl.org.uk/>

Extreme Dialogue

The Extreme Dialogue educational resources aim to build young people's resilience to violent extremism through active discussion and enhanced critical thinking, via a series of short emotive films, classroom activities and group exercises that can be used with young people aged approximately 14-18. Their free educational resources consist of a Prezi presentation and a resource pack, and are also intended to increase the confidence of teachers and those working with young people in exploring what can be a difficult but vital and contemporary topic in a safe and constructive way. <http://extremedialogue.org/educational-resources/>

Generation Global

With Generation Global, teachers can transport their classes across the world in a single afternoon. Online and through video conferences, students interact directly with their peers around the world, engaging in dialogue around issues of culture, identity, beliefs, values and attitudes.

www.generation.global

Heroic Imagination Project

Inspired by Plutarch's philosophy, the Heroic Imagination Project provides resources and information to support us learn from our heroes and role models. www.heroicimagination.org

Moral Heroes - An online archive of inspirational men and women.

www.moralheroes.org



Eco Schools

Eco Schools is an international award programme that supports schools in developing a framework to help embed sustainable principles and practice in school life. The website has lots of information for schools, including how to get involved, competition and case studies of inspiring practice.

<https://www.ecoschools.global/>

Schools Linking Network

The Schools Linking Network facilitates links between schools in England to help pupils and young people explore their identity, celebrate diversity and develop dialogue. On this website you will find details of training for staff, case studies and resources for primary schools.

www.schoolslinkingnetwork.org.uk

Schools Online

Formerly, Global Gateway, Schools Online is a wonderful citizenship resource to encourage students to develop an awareness of their role as global citizens, including lesson plans for primary schools.

<https://schoolsonline.britishcouncil.org/>

SEAL and the Global Dimension

Seal and the Global Dimension provides pathways and appropriate resources for embedding the Global Dimension within the SEAL programme, engaging school students in global and development issues.

There are a number of resources to download to support teaching about the global community and our role within it. [SEAL & The Global Dimension | DECSY](#)

Sustainable Schools Alliance

The Sustainable Schools Alliance aims to provide support to all schools in the UK to enable them to put sustainability at the heart of what they do. It's Working Group is composed of NCB, SEEd and Think Global. They link agendas around education for sustainable development, development

education and health and wellbeing. The site has a wealth of information and useful links to explore. www.sustainable-schools-alliance.org.uk



Think Global

Think Global is a membership-based charity that works to educate the public on global issues. The site has a section devoted to schools which includes information on curriculum development. <https://think-global.org.uk/>

UK Parliament

Online Workshops delivered by staff from the UK Parliament are available for Primary Schools. Additionally, there are teaching videos, a 360 tour of the Houses of Parliament and you can book a lesson with a Lord from Parliament.

<https://learning.parliament.uk/en/schools-and-colleges/>

TOOLKIT	TOOLKIT
 <p>(KS1)</p> <ul style="list-style-type: none"> Africa (4) Be a goodwill ambassador (1) All about me (1) Caring for our community (4) Caring for pets (3) Christmas with the Go-Givers (7) Expedition to Planet Blueball (5) Exploring our community (4) Go-Givers bear hunt (3) Our rules (2) Recipe (1) Rio meets Callum (3) Save our Jack (3, 4) Saving energy (5) Everybody, somebody, anybody, nobody (3) The golden statue (7) The picnic (3, 5) To give is to receive (6) Vote for the Go-Givers (1, 2) <p>(KS2)</p> <ul style="list-style-type: none"> Ballot Box activity (1) Belonging to groups (6) Brexit (9, 11) Charitable giving through history (10) Child slavery: All for profit (3,4) Cleaning up our air (2) Where do you stand? (1) Why do we pay taxes? (14) 	 <p>(KS2)</p> <ul style="list-style-type: none"> Climate and farming (12) Creature kindness (7) Culture (11) Democracy (7) Equal opportunities (6,15) EU Referendum (2, 8, 9) Fairtrade: Have a banana (13) Getting the balance right (2, 7) Global quiz (12) Hard times (14,15) Immigration: Coming to Britain (1) Mali (9) Network (16) Oil disaster in the Gulf of Mexi Our interconnected world (15) Rights & responsibilities (3) Riots of summer 2011 (1) Roots and wings (3,9) Should adults be allowed to smack c Strong societies (9) Sustainable development (15) Terrorism (1) The Benefits System (15) The Earth in our hands (15) The food shortage (15) The GAP exposed (15) The immigration debate (1) The right to education (15) There's no place like home (3) Topics for discussion: Mind maze (1) Tricky topics (1) Using statistics to understand our world (1) Water: Our most precious resource (15) What kind of farming? (1) When is enough enough? (1) 7

Difference, Diversity & Equality Inc. LGBTQI+

Brook - Support for sexual health and wellbeing. www.brook.org.uk

Diversity Role Models actively seeks to prevent homophobic and transphobic bullying in UK schools. Stopping bullying before it happens by educating young people about difference, challenging stereotypes and addressing the misuse of language. Phone: 020 3795 920 www.diversityrolemodels.org/



The Gender Trust National Helpline - Dedicated to helping anyone affected by gender identity issues. www.gendertrust.org.uk

IMAAAN - A national group supporting LGBT Muslim people, their families and friends <https://imaanlondon.wordpress.com/>

EACH - Educational Action Challenging Homophobia (EACH) is a charity providing training, resources and support services to affirm the lives of lesbian, gay, bisexual, trans or questioning (LGBT+) people. www.each.education

#imwithsam The free resource asks pupils to reflect on the impact of ways in which people with learning disabilities and autism are perceived, judged, described and treated. <https://dimensions-uk.org/dimensions-campaigns/about-imwithsam-campaign/about-the-campaign/>

National LGBT Domestic Abuse Helpline providing support and information on domestic violence and abuse. Phone: 0800 999 5428 (FREEPHONE)

Regard is a group aiming to raise awareness of disability issues within LGBT communities and to raise awareness of sexual issues within the disabled communities. www.regard.org.uk

Sesame Street Racism Video- Accessible Video to begin discussions around racism with EYFS/KS1 <https://edition.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-iune-6-2020->

Trans Support aims to provide practical support to all trans people, their families and friends. It is a source for information and guidance. www.trans-support.org

Mermaids supports young people who feel at odds with their birth gender to achieve a happier life in the face of great adversity. www.mermaidsuk.org.uk

Stonewall - Help, guidance, information, resources (suitable for classroom use) and support for LGBT communities and their allies. Information service: 08000 50 20 20 www.stonewall.org.uk/our-work/education-resources

Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Call free on 0808 808 4994. <http://www.getconnected.org.uk>


GIRES purpose is to improve the lives of trans and gender non-conforming people, including those who are non-binary and non-binary trans. <http://gires.org.uk/>

London Lesbian and Gay Switchboard (L) helplines and instant messaging support and information to transgendered communities. Open from 10am to 10pm. Call FREE on: 0300 330 0630 <http://switchboard.org.uk>

Show Racism the Red Card is the UK's anti-racism educational charity and was established in January 1996. The majority of the campaign's output is the delivery of education to young people and adults in their schools, their workplaces and at events held in football stadiums. Across Britain, Show Racism the Red Card delivers training to more than 50,000 individuals per year. <https://www.theredcard.org/>

The Black Curriculum- Resources and videos to support teaching black history. Additional resources around

TOOLKIT



- HSP's Christopher Winter Project (CWP)-
- NSPCC underwear rules resources
- NSPCC Share Aware resources
- Home Office 'This is Abuse' guide
- Expect Respect resources by Woman's Aid
- Really? Film and Resource Pack
- Body image in the Primary School

Domestic Violence and Abuse

Action Against Violence (AVA)

AVA (Action Against Violence) has created the Prevention Platform Toolkit, which is the first comprehensive teaching resource on violence against women and girls (VAWG) that covers the following issues:

- domestic violence
- teenage relationship abuse
- sexual violence
- sexual harassment and bullying
- sexual exploitation
- forced marriage (FM)
- female genital mutilation (FGM)
- honour based violence (HBV)
- sex trafficking prostitution

The toolkit is designed to support education practitioners across the UK to develop and deliver a programme to prevent violence against women and girls. It includes resources for understanding each VAWG issue including e-learning, support for teachers to develop a programme of learning based on prevention which is underpinned by Safeguarding policies and duties.

The toolkit also includes lesson plans appropriate for each school year.

[Toolkit – ask AVA \(ask-ava.org.uk\)](http://ask-ava.org.uk)

Kidscape www.kidscape.org.uk/

Kidscape is committed to keeping pupils safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting pupils from harm is key. Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep pupils safe from harm. Kidscape staff and trainers equip vulnerable pupils with practical non-threatening knowledge and skills in how to

keep themselves safe and reduce the likelihood of future harm. Kidscape works with pupils and young people under the age of 16, their parents/carers, and those who work with them. Kidscape provides:

- A Helpline offering support and advice to parents of bullied pupils.
- Confidence building sessions for pupils who are bullied.
- Advice for Parents & Carers, Professionals and Young People themselves.
- A national comprehensive training programme on child safety and behaviour management issues.
- Booklets, literature, posters, training guides and educational videos on bullying, child protection, and parenting.

The Hideout (Domestic Violence) *“Women’s Aid have created this space to help pupils and young people to understand domestic abuse, and how to take positive action if it’s happening to you.”* www.thehideout.org.uk

Safer Futures is a national project that aims to build networks between local schools, specialist domestic violence services and Local Authorities to ensure that healthy relationships education is delivered responsibly and effectively. The project will train a nationwide network of domestic violence professionals to work as Women’s Aid Schools Advocates to provide in-school support for teachers to deliver lessons using the Expect Respect Education Toolkit.

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

Victim Support has produced an Education Resource Pack: Key Stage 2

Personal Safety (including bullying, healthy relationships, street crime and hate crimes) <https://www.victimsupport.org.uk>

Eating Disorders

The PSHE Association has produced guidance on teaching about body image as part of the PSHE curriculum.

Teacher guidance: Key standards in teaching about body image - [Key Standards in Teaching about Body Image.pdf \(ghll.org.uk\)](#)

Public Health England - Body image in a digital world plan pack - Explore with students what body image is, how social media can influence it and how to reduce stress caused by online pressure

[Body image in a digital world lesson plan pack | PHE School Zone](#)

The notes/resources provided deliberately do not spell out details of “eating disorders.” An eating disorder is usually a symptom of an underlying psychological problem. You are teachers, not psychologist, psychotherapists or psychiatrists. It is therefore suggested that ‘eating disorders’ should be mentioned as part of an appropriate PSHE lesson – but that you do NOT deliver a lesson about them per se.

The three commonest disorders are:

- Anorexia- an obsessive desire to lose weight or stay thin by not eating.
- Bulimia - eating a large quantity of food and then inducing vomiting or using large numbers of laxatives to get rid of it.
- Binge (or Compulsive) eating is Bulimia without the purging and vomiting - which results in rapid weight gain.

It's hard to understand what happens but people develop these disorders when they have deep emotional issues, together with very low self-esteem and a loss of sense of control. You can't fix their problems but you can

empower people by being there for them, by listening to them tell you how they feel.

Some young people have reported feeling judged by their teachers and therefore discounted them as a source of help. Eating disorders may become life threatening, the sooner the person gets some professional help, the sooner he/she will recover. Suggest the person concerned speaks to someone like the school nurse or counselor.

Sources of Help

MindEd Feeding and Eating Disorders Hub - [Feeding or Eating Disorders | MindEd Tips and Resources Hub \(mindedhub.org.uk\)](#)

Royal College of Psychiatrists – Reports and Resources - [Eating disorders faculty reports and resources | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)



to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it. There are a range of resources available on the website including webinars for schools, booklets on depression, information about asking for help and more. <https://www.cwmt.org.uk/resources>

Islington Healthy Choices and Body Image scheme of work - A series of four lessons and accompanying notes, activity sheets and images for use with pupils in key stage 3. This is a PSHE Association quality assured resource. Contact healthandwellbeing@islington.gov.uk to order a copy.

Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Their aim is to increase staff awareness, knowledge and confidence to help support your pupils. The site contains a comprehensive range of resources. <https://www.mentallyhealthyschools.org.uk/>

National Children's Bureau (NCB) - Advice covering two overlapping areas of school practice is provided by NCB: promoting positive social and emotional wellbeing for all in schools, and tackling the mental health problems of pupils in more serious difficulty. It is designed to support schools, in particular, school leaders, in the delivery of their work on these two areas. [Emotional wellbeing | National Children's Bureau \(ncb.org.uk\)](https://www.ncb.org.uk/emotional-wellbeing)

Emotional Wellbeing & Mental Health (EWMH)

Anna Freud – Schools in Mind is a free network for school staff and allied professionals which shares academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. The network provides a source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care. All of their materials are evidence based and have been evaluated in schools. By signing up to the network education professionals can access a range of events, resources, training and consultation.

[Schools in Mind | Anna Freud](https://www.schoolsinmind.org.uk/)

Charlie Waller Memorial Trust – their vision is of a world where people understand and talk openly about depression, where young people know how

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

Yale Center for Emotional Intelligence

RULER is an evidence-based approach for integrating social and emotional learning into schools, developed at the Yale Center for Emotional Intelligence. RULER applies “hard science” to the teaching of what have historically been called “soft skills.” RULER teaches the skills of emotional intelligence — those associated with Recognizing, Understanding, Labelling, Expressing, and Regulating emotion. Decades of research show that these skills are essential to effective teaching and learning, sound decision making, physical and mental health, and success in school and beyond. - [RULER Approach](#)
[RULER < Child Study Center \(yale.edu\)](#)

Samaritans

DEAL (Developing Emotional Awareness and Listening) teaching resources

- Samaritans' teaching resources help schools develop the skills that young people need to cope with life's challenges. DEAL (Developing Emotional Awareness and Listening) aims to:
- raise awareness of emotional health and the importance of recognising when you need help
- develop positive coping strategies
- reduce stigma and break down barriers around talking about emotional health.
- developing communication skills
- developing supportive and help-seeking behaviour in young people

[DEAL: Developing Emotional Awareness and Listening | Samaritans](#)



SLAM –South London and Maudsley NHS Trust - provides a wide range of NHS mental health services, including substance misuse services for those addicted to drugs and alcohol. SLAM provides more than 50 specialist services for children and adults across the UK including: Perinatal services, eating disorders, psychosis and autism.
<http://www.slam.nhs.uk/>

Southwark Partners - The Full Circle – Raising Self Esteem in Girls - A 6 or 12 week evidence based programme for up to 12 girls at a time. Lessons focus on authenticity, assertiveness, consent, being female, body image, peer pressure, boundaries, puberty, menstrual education and setting goals for the future. Developed by Melonie Syrett and Lorraine Keene - the free session breakdown is available on the link below for schools. Training and session delivery can be provided.

Together is a service providing information and support to anyone living in Southwark who is worried about their wellbeing, or that of someone close to them. Finding the right support can seem complicated and overwhelming. Our job is to make the process simpler, click the Southwark Wellbeing Hub: [Southwark Wellbeing Hub - Together for Mental Wellbeing \(together-uk.org\)](#)



Young Minds - 850,000 pupils and young people in the UK have a mental health problem - and that's just the ones who have been diagnosed. The Young Minds website offers information to young people and pupils about mental health and emotional wellbeing.
<http://www.youngminds.org.uk/>

There is information on what works in promoting social and emotional wellbeing and responding to mental health problems in schools:

[Social and emotional learning | EEF
\(educationendowmentfoundation.org.uk\)](https://www.educationendowmentfoundation.org.uk)

www.schools.southwark.gov.uk/pshe-healthy-schools/mental-health-wellbeing

is focused not only on awareness but also the role that everyone can play in supporting girls and ending the practice. Pupils are equipped to be able to support themselves, their peers and their siblings who may be at risk of or affected by FGM.

[FORWARD \(forwarduk.org.uk\)](https://www.forwarduk.org.uk)

Human Rights - A two minute video which beautifully explains what you need to know about human rights – and, why they matter.

<https://www.youtube.com/watch?v=pRGhrYmUjU4>

Female Genital Mutilation (FGM)

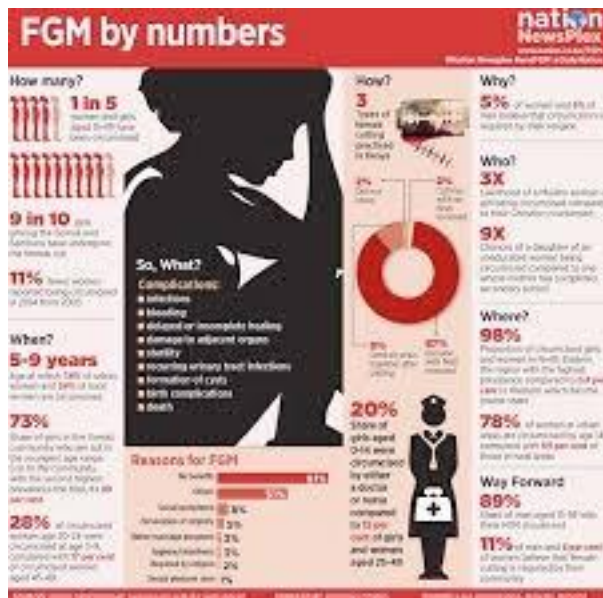
It is essential that schools raise awareness of the facts and issues around FGM. Including providing information on how and where to get help. In order to inform and facilitate the exploration of attitudes around FGM, it is important for young men as well as young women to take part in these lessons.

A lesson plan covering this topic for Key Stage 3 may be found at: [Layout 1
\(london.gov.uk\)](https://www.london.gov.uk)

Multi-Agency Practice Guidelines are available from: [Multi-agency statutory guidance on female genital mutilation - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Forward UK - FORWARD's Schools Programme offers a comprehensive and wide range of services for schools. All of their schools services are delivered in a sensitive and age appropriate way by experienced FORWARD facilitators. Their schools services are flexible and tailored to meet the needs of each school and target audience. FORWARD believes that schools play a vital role in protecting and supporting girls at risk of or affected by FGM. They also believe that young people should be engaged and empowered to know about issues that affect them, their peers and their communities. Work with schools

UN Human Rights video (just under 2 mins):
<https://www.youtube.com/watch?v=JpY9s1Aqbsw>



Mindfulness

MindUP™ (The Hawk Foundation UK) - The Hawk Foundation UK, established by the actress Goldie Hawk well known for her advocacy of mindfulness in schools, provides a whole school SEL programme (4-13yrs) with a 1yr implementation model of training and support, including a parent

TOOLKIT



NSPCC Underwear Rules resources

Freedom Charity FGM lessons, FORWARD schools resource pack

CEOP 'exploited' film and resource pack

Stop Stigma by Cornwall Healthy Schools

Really? Film and Resource Pack

Taking action on body image

Healthy Heroes – Lancashire County Council

Body Image in the Primary School

Keys to happier living

Rise above

workshop. The evidenced based MindUP™ Curriculum provides a framework for teaching SEL based in neuroscience, positive psychology and mindful awareness training. <http://www.thehawkfoundation.co.uk/>

The Mindfulness in Schools Project (MISP) - Includes research on the benefits of mindfulness for pupils and young people. Offers a teachers' training programme to enable teachers to teach an eightweek mindfulness curriculum called .b (stop, breath and be). Teachers' own established mindfulness practice and completion of an eight-week course is a pre-requisite for the training. Has now launched a primary schools project called paws .b. [Mindfulness in Schools Project \(MiSP\) - Bringing Mindfulness to Schools](#)

Mindful is an initiative that celebrates being mindful in all aspects of daily living - through a magazine, website and social media. Lots of background

articles, the latest research on how mindfulness works and links to helpful resources. www.mindful.org/

Mindful Schools - Based in the US, Mindful Schools provides online courses to learn mindfulness and to move onto learning to teach pupils. They also offer regular training courses in the UK. It has a very informative website in mindfulness for pupils. Currently there is also a link to a 40 minute film called Healthy Habits of Mind, looking at how mindfulness has been integrated into a primary schools in California which is really worth a watch. www.mindfulschools.org

Susan Kaiser Greenland - Again, based in the US, but full of inspiration and relevant information, author of The Mindful Child, Susan Kaiser Greenland has established the Inner Kids Foundation which teaches mindfulness skills to pupils in deprived schools and neighbourhoods in Los Angeles. Her website is full of information on recent research on mindfulness with pupils. www.susankaisergreenland.com

Stressed Teens - Great website introducing the rationale of mindfulness practice for teens www.stressedteens.com

Physical Education & Sport

All of these free resources have been produced by third parties, but all have been reviewed and recommended by the Southwark Prevent team to ensure that all of our borough's schools have access to a range of highquality, relevant resources that can be easily integrated into lessons, tutorials, or assemblies. **For up-to-date information on what's available visit the Southwark Schools website:**
<https://schools.southwark.gov.uk/pshe-healthy-schools/healthy-eating>

Association for Physical Education - AfPE are the only representative PE subject association in the UK. They aim to promote and maintain high standards and safe practice in all aspects and at all levels of physical education, school sport and physical activity influencing developments at national and local levels that will impact on pupils' physical health and

emotional well-being. They provide quality assured services and resources and professional support for members and the physical education, school sport and physical activity profession. <http://www.afpe.org.uk/>

Fitt-In provides an online solution to help reduce pupil sedentary time, without the need to leave the classroom. On screen graphics, music and choreographed routines, immediately engage pupils. With videos regularly added to the play list, this is a tool that schools can use for years. Weekly reports highlight levels of activity and evidence impact. Schools purchase an annual Fitt-in license and teachers use their school email address to access videos. www.fitt-in.co.uk

GymRun Colours - A simple, manageable and sustainable fitness framework for all 7-11 year olds. Children complete five core fitness challenges - all in under one hour. Each child's overall score matches one of eight fitness badges from red to pink. The scheme tracks fitness progression and provides exercise motivation for all children while developing a school culture for health and fitness.

[Gymrun | Building Fitter Futures](#)

Southwark Partners – Healthy School's Champions London Sport has a vision for London to be the world's most physically active city! They aim to support pupils in making physical activity and sport a part of their everyday lives. These activities include running based initiatives such as: The Golden Mile, The Daily Mile, London Youth Games Schools Run, Kids Marathon and INEOS GO Run for Fun. These can be found on the Southwark Schools Website.
<https://londonsport.org/>



Active Movement - This initiative creatively integrates non-sedentary behaviour and low-level activity into daily routine in school and at home from Early Years to Secondary school. It is a comprehensive 12-month programme of activity and communication, backed by evaluation and support. It is delivered throughout the school without classroom disruption or compromising teaching time. Current Research Project Led by Rye Oak Primary School.

<https://www.activemovement.co.uk/active-movement-for-schools>



This Girl Can is a celebration of active women. Funded by The National Lottery and developed by Sport England, This Girl Can wants to help women overcome the fear of judgment that stops too many women and girls from joining in. The website includes stories of active girls, activities and inspirational real life stories. <http://www.thisgirlcan.co.uk/>

Personal, Social, Health and Economic (PSHE)

For up-to-date information on what's available visit the Southwark Schools website: <https://schools.southwark.gov.uk/pshe-healthyschools/healthy-eating>

Children's Food Trust is made up of experts in children's food including: nutritionists, cooks, caterers, food technologists and specialists in early years and school food. They offer support, training and advice to anyone responsible for providing food to children. The website has a range of resources from individual lesson activities through to whole school change strategies. <http://www.childrensfoodtrust.org.uk/>

Change4Life - An NHS website full of activities, recipes and facts around healthy eating and making healthier food choices, <https://www.nhs.uk/change4life>

National Children's Bureau - The National Children's Bureau website has a variety of useful free resources relation to PSHE delivery. www.ncb.org.uk

Young Enterprise is the UK's leading financial education charity. It provides resources and lesson plans, help and advice to anyone teaching pupils and young people about money. Young Enterprise organizes training (often free to schools) and events such as "My money week". For full details visit their website. [Young Enterprise | Leading UK Charity | Empowering Young People \(young-enterprise.org.uk\)](http://www.youngenterprise.org.uk)


Raising Aspirations, Inspiring Futures - A Key Stage 2 teaching resource, developed by the PSHE Association in partnership with Siemens, enabling primary teachers to enhance pupils' understanding of potential career choices, while challenging gender stereotypes. [Siemens inspiring futures, raising aspirations – Girls in STEM](http://www.siemens.co.uk/inspiring-futures)

TES Connect - Hundreds of downloadable PSHE lesson plans for primary schools. www.tes.co.uk/teaching-resources/

Teaching Ideas - This is a web site that informs readers of significant dates/events across the Year. It is a mix of religious, social, cultural and special interest events. It is fairly thorough and is a good place to look for ideas to link school events to. www.teachingideas.co.uk/events/

Upgrade 7 - Transport for London have worked in partnership with a number of London boroughs and created a variety of transition

TOOLKIT



(KS1)
I'm no good at that (3)
Bouncing back (3)
How do you feel today? (4,13)
Rules: You can't do that here (12)
(KS2)
Stressed out (6)
The green-eyed monster (6)
Conscience Corridor (2)
Making decisions (Pupils's Toolkit) (2)
Peer pressure: It's your choice (13)
Secondary transfer: from the biggest to the smallest (8)
Turning problems around (1,5)
Mediation: resolving conflict (12)

resources, including lesson plans and travel guides. [TfL Citizens - Transport for London](#)

TOOLKIT

Young Gamblers education trust – In the know resources

LifeSkills Barclays website

NSPCC underwear rules resources

Department for Transport ‘Think’ Campaign resources

‘What is cancer?’ Teenage Cancer Trust

Really? Film and Resource Pack

1decision PSHE resource pack

Healthy Heroes – Lancashire County Council

Talking Jobs – Careers Education

Philosophy



Philosophy for Children

P4C.com is an online resource for primary schools. There are a number of free resources relating Philosophy for Pupils enquiries to different subject areas, including SEAL and PSHE. There is also opportunity to subscribe for greater access. www.P4C.com

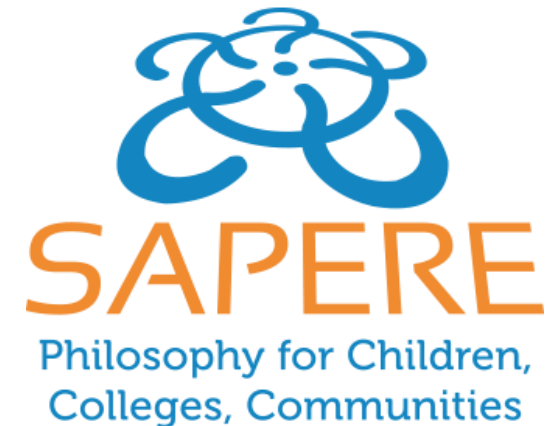
Epicurus - Both sites are a good source of information on Epicurus and Epicurean philosophy. [Epicurus](#) | [Internet Encyclopedia of Philosophy \(utm.edu\)](#)

Mark Vernon - The site of writer and journalist Mark Vernon containing various sources of information on ancient philosophy, including a number of useful articles and interactive quizzes which could be used in the classroom. www.markvernon.com

Philosophy Bites - A wide range of philosophical podcasts [Philosophy Bites \(libsyn.com\)](#)

Philosophy for Life

Jules Evans' excellent website which clearly outlines and contemporary relevance of ancient philosophy. www.philosophyforlife.org



Society for Advancing Philosophical Enquiry and Reflection in Education - There are currently three levels of P4C courses validated by the Society for Advancing Philosophical Enquiry and Reflection in Education (SAPERRE) with analogous handbooks published as a guide for each level. For more information on P4C and SAPERRE courses visit either of these websites www.sapere.org.uk

Socratic Cafes

A good source of information to inspire you to set up a Socrates Café in your classroom or school. www.philosopher.org

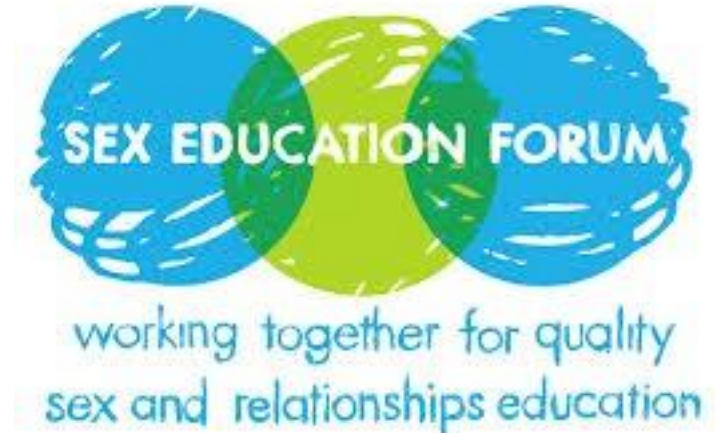
The Philosophy Man

Sign up to this site to receive great free resources and ideas to support your classroom enquiries. www.thephilosophyman.com


Pornography, Grooming and Online Safety

In a survey carried out by independent market research organisation Research Now, on behalf of NAHT (National Association of Head Teachers), the vast majority of parents (88 per cent) said sex education and lessons on adult and peer relationships should be mandatory in schools. More than four in five parents want schools to include issues surrounding the dangers of pornography as part of sex education. 83 per cent had sufficient confidence in schools' ability to help their pupils understand the dangers specifically associated with pornography that they believed teachers were as important as parents in handling the issue. The Sex Education Forum who represent a group of organisations and individuals committed to improving sex and relationships education (SRE) for pupils and young people have produced a magazine information to help teachers work with this issue:


sexeducationforum.org.uk | [Working together for quality relationships and sex education](#)



TOOLKIT



(KS2)
Puberty: Don't make your best friend have to tell you (12)



NSPCC underwear rules resources

Trust me by Childnet

Crossing the Line by Childnet

We are committed to relationships and sex education, which:

1. Is an identifiable part of a personal, social, health and economic (PSHE) education curriculum, which has planned, timetabled lessons across all the Key Stages
2. Is taught by staff regularly trained in RSE and PSHE (with expert visitors invited in to enhance and supplement the programme where appropriate)
3. Works in partnership with parents and carers, informing them about what their children will be learning and about how they can contribute at home
4. Delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills
5. Is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion
6. Promotes safe, equal, caring and enjoyable relationships and discusses real-life issues appropriate to the age and stage of pupils, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships online
7. Gives a positive view of human sexuality, with honest and medically accurate information, so that pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity
8. Gives pupils opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views
9. Includes learning about how to get help and treatment from sources such as the school nurse and other health and advice services, including reliable information online
10. Fosters gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination in RSE lessons and in every-day school life
11. Meets the needs of all pupils with their diverse experiences - including those with special educational needs and disabilities
12. Seeks pupils' views about RSE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change

Notes: 12 points express what is needed for good quality RSE. This is based on research evidence and is intended to be a minimum requirement. The extent of that to be taught should vary according to the school, locality and nation, as they grow up and in their final year. RSE must access for all children to the same age and stage of development in an intended and appropriate way. The content of the September 2015 Relationships and Sex Education (RSE) is taught in all secondary schools in England, and the relationships education is taught in all primary schools in England, in addition to 'basic' Relationships Education. *RSE to be taught in maintained schools includes some elements of sex education.

Resilience

Action for Happiness - A good website for resources and information to support lesson planning. <http://www.actionforhappiness.org/>

Anxiety BC - Good website introducing anxiety and suggesting ways to talk about it with young people. It has an informative interactive zone for young people. <http://www.anxietybc.com/>

Strengths Gym

Strengths Gym provides an educational course that enables students and teachers to work together to learn about, recognise, build upon, and use their strengths more in the classroom, at home, and in life.

<http://www.strengthsgym.co.uk/>

The Flow Genome Project

This is an organisation dedicated to researching and cultivating flow – or peak – experiences, to help us maximise our engagement with and experience of life. The website contains a lot of inspirational video, which would be good for classroom life. <http://www.flowgenomeproject.com/>

GET Self Help

Numerous free and downloadable cognitive behaviour therapybased worksheets and resources. <http://www.getselfhelp.co.uk/>

Hands on Scotland

An excellent site full of information on EHWP and flourishing.

<http://www.handsonscotland.co.uk/>

Equaliteach

Equaliteach offers a range of free classroom resources for primary schools which help you to explore issues like

democracy, diversity and inclusion and help you to develop critical thinking skills and an understanding of British values in your students. The resources “All inclusive” and “Faith in Us” also address challenging issues like discrimination against disabled students and Islamophobia. You can access a range of different lesson plans, activity sheets and presentations for lessons and assemblies.



[EqualiTeach Equality Training & Workshops](#)

Be Internet Legends

The Be Internet Legends curriculum is a free internet safety educational resource for pupils aged 7-11 years-old. It includes PSHE accredited

lesson plans and activities delivering important internet safety messages and developing pupils digital literacy skills. With an interactive game called Interland to support fun and engaging ways to learn, the Be Internet Legends programme is a great internet safety resource for your school that offers a fun and comprehensive way for your students to learn and build resilience.



[Be Internet Legends - A Program to Teach Children Internet Safety \(beinternetawesome.withgoogle.com\)](http://beinternetawesome.withgoogle.com)

Young Citizens Young Citizens have developed a range of resources for primary schools with different partners to help schools educate, inspire and motivate their students to become active citizens. Their 'Go-Givers' resources support students SMSC learning and help primary-school children become caring, concerned citizens. The MySociety resource helps students to understand our democratic system and other political structures and how they can become involved and affect positive change in their communities. [Home - Young Citizens](#)



Kidspace - Separation

Kidspace focuses on helping pupils and young people understand their feelings and learn how to manage them as well as help pupils cope, and adjust to the changes in their family. They conditionally offer a confidential space for the child/young person to work through their feelings and express the impact the separation of their family is having on them. <http://akidspace.co.uk/>

Mind with Heart

Mind with Heart is a charity dedicated to equipping young people with the social and emotional skills necessary to their well-being and to a sustainable society. It offers a secondary school curriculum consisting of three modules: mindfulness & awareness, empathy and compassion and universal responsibility & sustainability. [Mind with Heart](#)

Penn Resiliency Project

Overview and structure of the Penn Resilience Programme Curriculum. [Penn Resilience Program and PERMA™ Workshops | Positive Psychology Center \(upenn.edu\)](#)

[Resilience in Children | Positive Psychology Center \(upenn.edu\)](#)

Relate - Divorce

Pupils and young people will need to adjust to many changes if their other parent separate. Some of that adjustment can be difficult and painful. It may leave the child/ young person feeling many things, including angry or sad or confused. The Relate website offers useful help and support.

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

Trust Me (Childnet)

This resource, produced in partnership with the London Grid for Learning and Safeguarding Board, aims to educate young people about inaccurate information and propaganda online through the promotion of digital awareness and critical-thinking. Lesson plans and presentations enable educators to discuss issues around content, contact, and propaganda whilst providing a guide to relevant laws and definitions in this area.



Wellington College

Visit Wellington College's intranet wellbeing pages for an overview of their wellbeing lessons and a multitude of valuable ideas and resources.

<https://www.wellingtoncollege.org.uk/pastoral-care/well-being/>

Young Minds - The Resilient Classroom

There are many school resilience programmes, which aim to narrow the gap between pupils who do well academically and those who don't. A lot of them are very useful, so why have we put this information together? Resilience programmes can be expensive - we wanted to offer something everyone could access for free. Pupils who experience multiple disadvantages face greater challenges in school than most so we need a programme that really helps them. Academic Resilience supports schools to step up the things they do so there is greater impact on the achievements of their most vulnerable or disadvantaged pupils.

[Beano resilience lesson plans | Resources | YoungMinds](#)

Mentally Healthy Schools – The Resilient Classroom resources

[Boingboing The Resilient Classroom Web.pdf](#)
(mentallyhealthyschools.org.uk)

Safety and Safeguarding

The Department for Education and Home Office have published the following related documents:

Keeping Pupils Safe in Education 2023

[Keeping children safe in education - GOV.UK \(www.gov.uk\)](#)

Protecting Pupils from Radicalisation: The Prevent Duty – (updated 7th September 2023)

[The Prevent duty: safeguarding learners vulnerable to radicalisation - GOV.UK \(www.gov.uk\)](#)

The Use of Social Media for Online Radicalisation – DfE updated 1st July 2015

[The use of social media for online radicalisation - GOV.UK \(www.gov.uk\)](#)

Dealing with child sexual exploitation –Home Office - 3rd March 2015

[Dealing with child sexual exploitation - GOV.UK \(www.gov.uk\)](#)

Working together to Safeguard Children – (updated 15th December 2023)

[Working together to safeguard children - GOV.UK \(www.gov.uk\)](#)

British Red Cross: Life: Live it resources

This online resource, aimed at 6-11 year olds, has four areas:

- What is First Aid? & Stay safe
- Help save lives & Emergency

Action

www.redcross.org.uk

CEOP - Child Exploitation & Online Protection Centre CEOP works with child protection partners across the UK and overseas to identify the main threats to pupils and coordinates activity against these threats to bring offenders to account. We protect pupils from harm online and offline, directly through NCA led operations and in partnership with local and international agencies. CEOP's Thinkuknow programme provides a range of free educational resources - films, lesson plans, presentations, practitioner guidance, games and posters - to professionals working with pupils and young people. Through the use of our educational materials you can help to empower and protect young people from the harm of sexual abuse and exploitation, both online and off. www.ceop.police.uk
<http://www.thinkuknow.co.uk>

Call, Push, Rescue – British Heart Foundation

Lesson plans for schools to accompany the detailed first aid DVD and online video resources. Together with the Call Push Rescue training equipment, these resources provide everything needed to learn the important life-saving skill of cardiopulmonary resuscitation (CPR). The lesson pack is designed for delivery from key stage 3 upwards and can be used with the 'Call Push Rescue' training equipment, which is also free to eligible secondary schools. Download the free resources and request your free CPR kit.

[CPR training resources - BHF](#)

[Teach CPR in your school for free with Classroom RevivR - BHF](#)

Sleeping Lions Film and Resources on Child Sexual Exploitation

(CSE) - The film focuses on Mia, a pupil in a secondary school. Her younger sister attends the local primary school. Mia's mother is shortly to marry her partner of 8 years. Unknown to her mother, her partner sexually

Southwark Partners - Knife Crime and Carrying

Two assembly plans address knife carrying and the law, peer pressure and how to get support, and resources developed for Years 5 and 6 to including from the police.

<https://schools.southwark.gov.uk/pshe-healthy-schools>

Words4weapons - A London wide initiative where weapons, including knives, can be anonymously surrendered in purpose made drop off bins; the website includes the ability to search for your nearest bin.

<http://www.word4weapons.co.uk/>

abused Mia when she was younger. It becomes clear that he is likely to abuse her younger sister. There is an opportunity for pupils to explore Mia's dilemma on whether to tell her mother.

<http://www.bbc.co.uk/programmes/p02xvjgl>

TOOLKIT



(KS1)

Family break up: My mum doesn't live here anymore (5,13)
Get better soon (7, 11)
Good Neighbours (13,14)

(KS2)

Family break up: My mum doesn't live here any more (8)



Premier League Primary Stars

Keys to happier living

Rise above

TOOLKIT



(KS1)

The stranger (8)
Save our Jack (12)

(KS2)

Keeping safe in cyberspace (13)
Internet deceivers (2, 9)

Social and Emotional Aspects of Learning (SEAL)

SEAL

This is a body of work that was first published in 2005, with a range of materials for primary schools. It

was available free of charge to all primary schools. It consists of booklets for each year group on each of the seven themes, as well as sets of photographs, booklets for family work and small group work. Most schools have a copy of this, either as the CD ROM, Box File or both. If not, it can be found at: [National resources | The SEAL Community](#)

The SEAL Community

Set up and supported by leading experts in the field, the SEAL Community is a not-for-profit organisation offering education professionals with an interest in SEAL the opportunity to join a network of like-minded individuals, schools and organisations. Schools in Southwark to register for free : [Home | The SEAL Community](#)



Values, SMSC, RE & 'The Arts'

Sing up

Sing Up's mission is for every school in England to become a singing school, which puts singing at the heart of school life. Visit their website to find out about their award scheme for schools, teacher training and download free songs and resources.

www.singup.org



Anglican Diocese of Southwark – The

Anglican Diocesan Syllabus for Religious Education is available for download on the website. [Religious Education - Southwark Diocesan Board of Education \(anglican.org\)](http://www.anglican.org)

Catholic Education Service - The Religious Education Curriculum Directory (3-19) for Catholic Schools and Colleges is designed to provide guidance for the RE classroom curriculum in Catholic schools. The directory is free to download from the website.

<http://www.catholiceducation.org.uk/schools/religiouseducation/item/1000034-religious-education-curriculum-directory>

SACRE -The Standing Advisory Council for Religious Education

Every Local Authority (LA) is required by law to have a SACRE. Its origins go back to the Education Act of 1944, but the Education Reform Act 1988 and the Education Act 1996 strengthened its place in LAs. The responsibilities of SACRE are:

- to provide advice to the LA on all aspects of its provision for Religious Education (RE) in its schools (this does not include Voluntary Aided Schools)
- to decide whether the LA's Agreed Syllabus for RE needs to be reviewed and to require that the LA does so

- to provide advice to the LA on Collective Worship in its schools (this does not include Voluntary Aided or Voluntary Controlled Schools)
- to consider any requests from Head teachers to hold Collective Worship that is not of a broadly Christian character

At the time of writing (March '18) the Religious Education syllabus for Southwark was under review but is to be available soon.

<http://schools.southwark.gov.uk/assessmentcurriculum/curriculum/standing-advisory-council-on-religious-educationsacre>

The Association for Pupils' Spirituality - The Association for Pupils' Spirituality seeks to promote and support research and practice in relation to pupils's spirituality within education and wider contexts of pupils's care and wellbeing. A good source of information, including a poems & quotes page. www.pupilsspirituality.org
[International Association for Children's Spirituality | International Association for Children's Spirituality \(childrenspirituality.org\)](http://www.internationalassociationforchildrenspirituality.org)

Unboxd –an introduction to values and careers - A set of careers education lesson plans for key stages 3 and 4. An Introduction to Values and Careers' is a careers education resource from Unboxd for key stages 3 and 4 that focuses on the importance of considering values when choosing a career path. It is designed to help students to identify and explore career choices based on their values and strengths and help them to create a feasible action plan for following up on these choices.

<http://unboxd.wixsite.com/unboxd/resources>

Creative Partnerships - This is an organisation, which brings together artists of different genres and backgrounds to work in schools and inspire pupils through the arts. www.creative-partnerships.com
[Creative Partnerships - Creativity, Culture & Education \(creativitycultureeducation.org\)](http://www.creativitycultureeducation.org)

Random Acts of Kindness

This website has some inspiring arts and crafts lesson plans to develop acts of kindness through creativity. www.randomactsofkindness.org