

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

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

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

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

Reviewed and updated in April 2024 – newly added resources/updated links in Green

SAFEGUARDING: Some of the resources in the list below are linked to safeguarding (e.g. FGM and Harmful Sexual Behaviours) and may require additional training before delivering lessons. Please speak to your safeguarding lead about further support.

Relationships and Sex Education

Theme	Resource	KS 3	KS 4	KS 5
Families	<p>BBC Teach: PSHE & Modern Studies Free teacher classroom resources suitable for use in PSHE / Modern Studies lessons with secondary school children, topics include seeking refuge, domestic violence, body image, puberty and social media</p> <p>KS3: https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhw</p> <p>KS4: https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6</p> <p>Note this site covers topics across several areas</p>	✓	✓	
	<p>Coram Life Education: The Adoptables Schools Toolkit Address new statutory requirements for Relationships Education by including families of many forms to help ensure that there is no stigmatisation of children that have different support structures, such as looked-after children and those who have been adopted.</p> <p>https://www.coramlifeeducation.org.uk/adoptables/</p>	✓		
	<p>University of Exeter: The Rights Idea? Free-to-access two-part lesson pack from the University of Exeter, helping students to learn about changing relationships and manage the impact of parental separation.</p> <p>https://socialsciences.exeter.ac.uk/law/research/groups/frs/projects/therightsidea/</p>	✓	✓	
	<p>Railway Children: Runaway Prevention Education</p>	✓	✓	

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	Resources to educate young people about the risks of running away. https://www.railwaychildren.org.uk/get-involved/communities/schools-and-youth-groups/			
Respectful relationships, including friendships	NSPCC Resources:			
	Making sense of relationships Lesson plans on personal safety and healthy relationships https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/	✓	✓	
	It's Not OK A teaching resource to help children and young people recognise concerning behaviour and identify characteristics of positive relationship. It includes lesson plans, short film and various activities on topics such as harmful sexual behaviour, child sexual abuse and exploitation, sexting, grooming etc https://learning.nspcc.org.uk/research-resources/schools/its-not-ok	✓	✓	
	Stop, speak, support Aimed at 11-16 year-olds who are 'bystanders' of online bullying – it helps them think about how they respond to it and what they can do to stop it spreading. This school pack contains suggested activities and resources. https://learning.nspcc.org.uk/research-resources/schools/stop-speak-support-school-pack	✓	✓	
	FASTN: 'Commitment: what does it mean?' Using the stimulus of a poem by rapper and spoken word artist Nick Brewer, pupils are given the opportunity to consider their own values and commitments, the benefits of those commitments, and what they would like to commit to in the future. https://www.pshe-association.org.uk/curriculum-and-resources/resources/fastn-ks3-relationships-resource-commitment-what	✓		
Stonewall Resources, including:				
Creating an LGBT-Inclusive Secondary Curriculum Ideas and resources for bringing LGBT inclusion and celebrating difference across the secondary curriculum https://www.stonewall.org.uk/resources/creating-lgbt-inclusive-secondary-curriculum	✓	✓	✓	
LGBT History Month	✓	✓	✓	

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	<p>English Lessons for use during LGBT History Month. Each lesson has its own PowerPoint to assist with whole class teaching. https://www.stonewall.org.uk/resources/lgbt-history-month-activities-secondary-schools-and-colleges</p> <p>There are also lesson plans on this theme for students with SEND/ASN/ASL. https://www.stonewall.org.uk/resources/lgbt-history-month-english-lesson-ideas-sendasnasl-schools-and-colleges</p>			
	<p>Stonewall: Secondary School book list Books recommended age-appropriate titles exploring LGBT issues, or written by LGBT authors. https://www.stonewall.org.uk/education-resources/lgbtq-inclusive-books-children-and-young-people</p>	✓	✓	✓
	<p>The Proud Trust A range of free resources for LGBT+ History Month, LGBT+ Black History Month and Assemblies https://www.theproudsttrust.org/schools-and-training/</p>	✓	✓	✓
	<p>Equaliteach: 'Outside the Box' (Promoting Gender Equality and Tackling Sexism & Sexual Harassment in Schools) A comprehensive tool to address gender equality, sexism and sexual harassment, including lesson plans on gender stereotypes, consent, healthy relationships. https://equaliteach.co.uk/education/classroom-resources/</p>	✓	✓	✓
	<p>Better Health – Every Mind Matters Lesson plans to help support teaching in PSHE across a range of different topics https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview</p>	✓	✓	
	<p>PSHE Association & The Home Office: Disrespect Nobody PSHE education teaching materials are designed to support the Government's campaign to help prevent abusive behaviours within young people's relationships. https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing</p>	✓	✓	✓
	<p>Anti-Bullying Alliance: Anti-bullying week resources Secondary school pack which included lesson plans, activity ideas, cross curricular activities etc. https://www.anti-bullyingalliance.org.uk/anti-bullying-week</p>	✓	✓	
	<p>Stonewall: Anti-bullying Week Assembly An assembly to help students understand the importance of challenging homophobia, biphobia and transphobia.</p>	✓	✓	

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	https://www.stonewall.org.uk/resources/anti-bullying-week-2019-assembly-secondary-schools			
	BullyingUK: Anti bullying week resources Posters, presentations, and activities https://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-resources/	✓	✓	
	Childline: Let's Fight It Together A cyberbullying film resource for 11 to 15 year olds. The film shows ways in which cyberbullying can occur, who it involves, how it can affect different people, and what can be done to prevent it and respond to it. https://www.childnet.com/what-we-do/past-projects-and-resources/lets-fight-it-together/	✓	✓	
	Kidscape: Being Me A free bullying awareness classroom resource that seeks to celebrate difference and promote inclusion by giving young people in Years 7-8 an insight into the potential challenges being faced by their peers. https://www.kidscape.org.uk/resources/	✓		
	Dimensions: #ImWithSam – Anti-disability discrimination resources Resources that aim to raise awareness of people with learning disabilities and autism, including lesson plan and supporting materials https://www.pshe-association.org.uk/curriculum-and-resources/resources/imwithsam---anti-disability-discrimination	✓		
	Remembering Srebrenica This resource for year 9-11 pupils, including 6 lesson plans, explores issues of prejudice, intolerance and community cohesion in the context of the 1995 Srebrenica genocide. http://www.srebrenica.org.uk/resources/education-packs/	✓	✓	
	Red Cross: Identity and Belonging Activities to encourage children and young people to think critically about stigma and migration, and what makes us who we are. https://www.redcross.org.uk/get-involved/teaching-resources/identity-and-belonging	✓		
	AGENDA: A Young People's Guide for Making Positive Relationships Matter Welsh resource, including a range of teaching and learning activity ideas http://agenda.wales/	✓	✓	✓

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	<p>UK Feminista Tips and activities to support teachers to tackle sexism in the classroom https://ukfeminista.org.uk/teachers/</p>	✓	✓	✓
	<p>Beyond Equality - The Imagine Toolkit Activities to engage men and boys in the prevention of violence against women and girls. https://www.beyondequality.org/blog-posts/imagine-toolkit-involving-boys-in-preventing-street-harassment</p>	✓	✓	✓
	<p>Bold Voices: Activities to Start a Conversation About Gender Inequality and Gender Based Violence in the Classroom https://www.boldvoices.co.uk/resources-1</p>	✓	✓	
	<p>Equal Rights, Equal Respect; free online teacher training and education resources to help teach Key Stage 3 students about equality and human rights. https://www.equalityhumanrights.com/en/secondary-education-resources</p>	✓		
	<p>Educate Against Hate Government advice and trusted resources for schools to safeguard students from radicalisation, build resilience to all types of extremism and promote shared values. https://www.educateagainsthate.com/category/teachers/classroom-resources/</p>	✓	✓	✓
	<p>The British Red Cross: Talking to Children and Young People about Race and Racism This resource helps teachers and parents to create a safe space for children and young people to ask questions and discuss race and racism. Through our resources we aim to help learners become more empathetic and resilient through kindness and mutual respect. https://www.redcross.org.uk/get-involved/teaching-resources/talking-with-children-and-young-people-about-race-and-racism</p>	✓	✓	✓
	<p>Mayor of London Office for Policing and Crime and Tender Education and Arts: Ending Gender-Based Violence and Abuse in Young People's Relationships - Teacher's Toolkit Tender has worked in partnership with the Mayor's Office for Policing and Crime (MOPAC), teachers, youth workers and partner organisations, to develop the activities and resources within this toolkit to effectively engage young people on the issues of gender-based abuse, including relationship abuse and sexual violence.</p>	✓	✓	✓

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	https://www.london.gov.uk/VAWGToolkit			
	<p>Changing Faces: Lesson plans on challenging stereotypes around visible differences</p> <p>The teacher guidance (including lesson plan) and accompanying slides will support the delivery of rights-based approaches to learning, as well as statutory RSHE content on respectful friendships/relationships, caring friendships, and online relationships/media</p> <p>https://www.changingfaces.org.uk/a-world-of-difference-resources-for-teaching-about-visible-difference/</p>	✓		
	See also resources under 'Being Safe' that address violence, consent and other unhealthy relationship behaviours			
Online and media	<p>Childnet Resources: A range of resource related to online health and safety, including:</p> <p>Digital Resilience A lesson plan to help young people aged 11-14 manage their lives online and to help others. https://www.childnet.com/resources/digital-resilience</p> <p>Step Up, Speak Up! A practical campaign toolkit to address the issue of online sexual harassment amongst young people aged 13 – 17 years https://www.childnet.com/resources/step-up-speak-up</p> <p>Trust Me The main aim of this resource is to educate young people around inaccurate and pervasive information that they might come across online. https://www.childnet.com/resources/trust-me</p> <p>To stream or not to stream? Livestreaming is the act of transmitting or receiving live video or audio coverage of an event or person. This resource has been produced to support teachers to introduce the topic of livestreaming. https://www.childnet.com/resources/to-stream-or-not-to-stream</p>	✓		
	<p>Picture This (Drama activity about sexting) A practical educational sexting resource that addresses and questions the sensitive issue of sending sexually explicit messages or photos electronically with 11-16 year olds. https://www.childnet.com/resources/picture-this</p>	✓	✓	

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	<p>Crossing the Line A practical online safety PSHE toolkit with films and lesson plans to explore online issues with pupils aged 11-14 years old. https://www.childnet.com/resources/pshe-toolkit/crossing-the-line</p>	✓		
	<p>Think U Know:</p> <p>Thinkuknow Toolkit Toolkit, lessons and activities - an engaging learning resource for young people aged 11 and over. Including: – Develop confident, healthy approaches to sex, relationships and the internet – Identify any negative behaviour they encounter, and respond resiliently – Know where they can access advice and guidance on these issues, in their own time – Know where to go for help if they ever feel anxious or threatened online or in a relationship</p> <p>ThinkUKnow Toolkit</p> <p>#LiveSkills: resources A package of resources for 8-18 year olds focusing on live streaming. It explores the features of live streaming and the specific risks children and young people can face. https://www.thinkuknow.co.uk/professionals/resources/live-streaming/</p>	✓	✓	✓
	<p>Just A Joke – Childnet Lesson plans, quick activities, a quiz and teaching guide designed to explore problematic online sexual behaviour with 9-12 year olds. Just a joke? Childnet</p>	✓		
	<p>Amaze: Sexuality and Tech Lesson plans and supporting resources, including videos https://amaze.org/educators/toolkits/sexuality-and-tech/</p>	✓		
Being safe	<p>Guidance on teaching about consent in PSHE education The second half of the guidance provides eight lesson plans on different elements of consent, including avoiding assumptions relating to consent, the right to withdraw consent, the capacity to consent (including the impact of alcohol on consent) and challenging myths relating to consent https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key</p>	✓	✓	

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	<p>Home Office: 'Something's Not Right' abuse disclosure resources Lessons for key stage 3-5 students, support the 'Something's Not Right' campaign on recognising and making disclosures about different forms of abuse. https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</p>	✓	✓	✓
	<p>Amaze: Consent and Sexual Violence Lesson plans and supporting resources, including videos</p> <p>Consent https://amaze.org/educators/toolkits/consent/ Sexual Violence https://amaze.org/educators/toolkits/sexual-violence/</p>	✓	✓	
	<p>Think U Know: Exploited Film (18 minutes) and supporting resources. Explores issues of emotional and sexual abuse within teenage relationships. https://www.thinkuknow.co.uk/professionals/resources/exploited/</p>		✓	✓
	<p>Fearless Education Resource: County Lines Fearless have developed bespoke County Lines resources for KS3 and KS4, explores supplying drugs, gangs and exploitation https://www.safe4me.co.uk/wp-content/uploads/2019/02/Fearless_CountyLinesResource_18pp_V2_online.pdf</p>	✓	✓	
	<p>Freedom Charity: FGM and Forced Marriage A series of free FGM (Female Genital Mutilation) and forced marriage lesson plans for pupils aged 10 to 18. https://freedomcharity.org.uk/pshe-educational-resources/</p>	✓	✓	✓
	<p>Act for Youth: RUN HIDE TELL</p> <p>The PSHE Association has relaunched <u>Act for Youth</u> in collaboration with DfE and the National Counter Terrorism Security Office.</p> <p>Act for Youth is aimed at 11-16 year olds to teach them about the three recommended actions to take during a marauding terrorist attack – RUN, HIDE and TELL. These are lesson plans that will support those in the sector to mitigate the risk from terrorism and protect their students.</p> <p>https://www.protectuk.police.uk/advice-and-guidance/response/act-youth-run-hide-tell?utm_medium=email&utm_source=govdelivery</p>	✓	✓	
	<p>TrueTube: Extremists Resource to develop students' understanding of extremism and activism and their ability to critically analyse information. https://www.truetube.co.uk/resource/extremists/</p>		✓	

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	<p>Knife crime and gangs lesson plans and resources Our resources explore the real, lived experience of people affected by knife crime and youth violence.</p> <p>These PSHE lesson plans for schools teaching KS2, KS3 and KS4 are based on video testimony from ex-gang members, victims and offenders. The lessons include all the worksheets, activities and film that you need to run a successful lesson. Resources for teachers and practitioners The Ben Kinsella Trust</p>	✓	✓	
	<p>Going Too Far A practical resource for teachers to empower young people to:</p> <ul style="list-style-type: none"> • recognise examples of extremist behaviour and content online • understand actions which could be identified as criminal activity • explore techniques used for persuasion and build resilience through critical thinking • access support from trusted individuals and organisations <p>Going Too Far? (lgfl.org.uk)</p>		✓	
	<p>StayWise – A Blue light initiative to save lives through education StayWise is a library of educational resources created by emergency services and their partners to embed safety messaging into everyday learning, and to support teachers, organisations and families in delivering consistent national guidance. The range of resources covers multiple key stages, subjects and languages, including SEND provision.</p> <p>Find out how to register to StayWise free of charge. Visit the StayWise website to find lesson plans, activities and more.</p>	✓	✓	✓
	<p>FGM Teaching Resources for KS3 and KS4 (Action Aid)</p> <p>These resources focus on dispelling myths around FGM. They also include the powerful stories of those who have been affected by FGM and those who are working to eradicate it.</p> <p>https://www.actionaid.org.uk/school-resources/resource/female-genital-mutilation-fgm-teaching-resources</p>	✓	✓	
	<p>FGM Lesson Plan for KS3 (TES)</p> <p>FGM lesson resources with 1 hour PowerPoint, worksheets, clips, well differentiated, KS3/ KS4. An investigation into what</p>	✓		

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	<p>FGM is, who it affects, why it is practiced and where people can go for help if they know someone who is in danger or are in danger themselves.</p> <p>https://www.tes.com/teaching-resource/fgm-11725938</p>			
	<p>FGM</p> <p>The National FGM Centre and The Eve Appeal have co-designed lesson plans for introducing FGM to young people. These lesson plans will equip schools and teachers with age-appropriate, interactive, specialist designed lesson plans that are easy to use and embed signposting for support with learning about FGM.</p> <p>General 4 – Know Your Body (knowyourbodylessons.org)</p>	✓		
	<p>FGM Lesson Plan for KS3 (Islington Council)</p> <p>This lesson has been written to raise awareness of the practice of FGM and to inform young people of the facts and issues, and how and where to get help if they need to.</p> <p>https://www.gov.uk/government/publications/female-genital-mutilation-lesson-plan-for-key-stage-3-students</p>	✓		
Intimate and sexual relationships, including sexual health	<p>Brook</p> <p>Free resources which can be used to RSE lessons. Including handouts on condoms, contraception, STI's and abortion, and videos on contraception</p> <p>https://www.brook.org.uk/resources/</p> <p>Also have on-line staff training: https://learn.brook.org.uk/</p>	✓	✓	✓
	<p>Better Health – Every Mind Matters</p> <p>Lesson plans to help support teaching in PSHE across a range of different topics</p> <p>https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview</p>	✓	✓	
	<p>Truetube: Screwball</p> <p>Lesson plan and film - ideal for opening up discussion about consent, peer pressure and the internet's influence on relationships.</p> <p>https://www.truetube.co.uk/film/screwball</p>		✓	✓
	<p>BBC Teach: PSHE & Modern Studies</p> <p>Free teacher classroom resources suitable for use in PSHE / Modern Studies lessons with secondary school children, topics include sexuality, relationships, puberty and sexual harassment</p>			

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	<p>KS3: https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhw</p> <p>KS4: https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6</p> <p>Note this site covers topics across several areas</p>	✓	✓	
	<p>New education toolkit to empower students to become the generation that ends HIV stigma Updated toolkit for secondary schools CHIVA Education Settings</p>	✓	✓	✓
	<p>The Mix Resources and support services for young people, covering a range of topics including sex and relationships, mental health, and Drink and Drugs. https://www.themix.org.uk/</p>		✓	✓

Health Education

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Mental Wellbeing	<p>Boing Boing: The Resilient Classroom Ideas for school assemblies and the resilient classroom resource (Tutor Pack easily adapted for KS 1 and 2) https://www.boingboing.org.uk/wp-content/uploads/2020/09/Boingboing-The-Resilient-Classroom-Web.pdf</p>	✓	✓	✓
	<p>Anna Freud: Mentally Healthy Schools In partnership with and funded by the Department for Education, they have collaborated with a range of education and mental health experts to produce this new hub for mental health leads and other education staff. This hub is a comprehensive resource that signposts and showcases practical resources from trusted organisations and training providers - all under one roof. It will enable mental health leads to continue to develop in their role, and embed an effective whole-school or college approach to mental health and wellbeing. https://mentallyhealthyschools.org.uk/resources/</p>	✓	✓	✓
	<p>Anna Freud: We All Have Mental Health An animation and accompanying teacher toolkit aimed at KS3. The animation aims to give young people of this age:</p> <ul style="list-style-type: none"> – Consistent and accessible language to talk about mental health – A better understanding of mental health self-care – To know who to ask for support when it is needed 	✓		

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	https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/			
	Public Health England/NHS: Building Connections A lesson plan, with PowerPoint, to explore the meaning of loneliness and connection. https://campaignresources.phe.gov.uk/schools/resources/building-connections-KS3-KS4-lesson-plan-pack	✓	✓	
	Samaritans: DEAL (Developing Emotional Awareness and Listening) DEAL is designed to help develop resilience in young people. About DEAL and includes lesson plans, activities, hand-outs, DEAL digital resources, teachers' notes and staff training https://www.samaritans.org/how-we-can-help/schools/deal/		✓	✓
	PHE Film clips to help support teaching in PSHE, range of different topics Exam Stress: https://campaignresources.phe.gov.uk/schools/resources/exam-stress-lesson-plan-pack	✓	✓	
	Charlie Waller Memorial Trust: Mental and Emotional Wellbeing Resources - Secondary Free resources for schools, young people and parents, ranging from exam wellbeing, coping with low mood, depression, self harm, mental health problems, and promoting overall wellbeing, available as free downloads. https://charliewaller.org/resources	✓	✓	✓
	Children's Mental Health Week/Place2Be: Find Your Brave Assembly, group activities and resources list https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/	✓	✓	
	Beat: Taking action on body image Guidance, lesson plan and optional activities to explore body image and impact of social media https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/370677/Body_image_final_17.10.14.pdf			✓
	Emotional Wellbeing and the Media from the BBFC (UPDATED) This free to download KS4 lesson pack, including two lesson plans and PowerPoints with supporting classroom activities and teacher guidance. The lessons promote vital and transferable life skills such as self-regulation, independent choice, critical thinking and safeguarding. <u>Key Stage 4 PSHE Resource BBFC</u>		✓	

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	<p>Self-Care Plan – Anna Freud</p> <p>This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.</p> <p>https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/</p>	✓	✓	✓
Internet Safety and Harms	<p>Better Health – Every Mind Matters</p> <p>Social Media Pupils explore the topic of social media and learn actions a person can take to look after their wellbeing online and offline https://campaignresources.phe.gov.uk/schools/resources/social-media-KS3-KS4-lesson-plan-pack</p> <p>Online stress and FOMO Use this lesson plan, PowerPoint and accompanying videos to help students explore how stress may be experienced as a consequence of using social media and how this can affect their daily lives. https://campaignresources.phe.gov.uk/schools/resources/online-stress-fomo-lesson-plan-pack</p> <p>Body image in a digital world Explore with students what body image is, how social media can influence it and how to reduce stress caused by online pressure https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack</p>	✓	✓	
	<p>Media Smart: Media and Digital Literacy Resources Resources focus on topics such as advertising, digital advertising, body image, social media and, influencer marketing and creative careers. https://mediasmart.uk.com/secondary-resources/</p>	✓	✓	
	<p>Dove Self-Esteem Project – NEW LINK Exploring body image and how our personal identity and self-esteem are influenced by the media (five lessons or single session versions) https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html</p>	✓		
	<p>PSHE Association and Gamble Aware: Gambling Three free lesson plans, and a podcast, focus on gambling, with links with drugs, alcohol and other risky behaviours https://www.pshe-association.org.uk/curriculum-and-resources/resources/resources-promoting-resilience-gambling</p>		✓	

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

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	<p>KS3 Resources about healthy eating, cooking, food commodities and where food comes from, healthy sustainable diets, nutritional analysis, activity packs https://www.foodafactoflife.org.uk/11-14-years/</p> <p>KS4 Resources about healthy eating, cooking, food science, consumer awareness and food commodities, healthy sustainable diets, nutritional analysis, activity packs https://www.foodafactoflife.org.uk/14-16-years/</p>		✓	
	<p>BBC Teach: Tips for Healthy Eating (within Design and technology Guidelines for a healthy diet and other clips https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-eight-tips-for-healthy-eating/zby76v4</p>	✓	✓	
	<p>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/zmfn92p</p>	✓		
	<p>Food a Fact of Life: Resources for Pupils with Additional Needs</p> <p>Resources to support teaching and learning about food and nutrition with children and young people with additional needs. The resources have been developed to provide a framework and structure for teaching around the key themes of Healthy eating, Cooking and Where food comes from, recipes and videos, developing skills for independent living https://www.foodafactoflife.org.uk/pupils-with-additional-needs/</p>	✓	✓	✓
	<p>Countryside Classroom: Teacher resources Wider range of resources, including food growing and production, farming, gardening and cooking, composting and food waste https://www.countrysideclassroom.org.uk/resources</p>	✓	✓	✓
Drugs, alcohol and tobacco	<p>PSHE Association: Drug and Alcohol Education Drug and alcohol schemes of work for key stages 3-4 and lesson plans for pupils with SEND, KS2-4</p> <p>Includes lesson plans and resources for each key stage — with knowledge organisers included — as well as a comprehensive teacher guidance document, a briefing on the evidence base underpinning effective drug and alcohol education, and governors' briefing.</p>	✓	✓	

Theme	Resource	KS 3	KS 4	KS 5
	https://www.pshe-association.org.uk/content/drug-and-alcohol-education			
	Drinkaware: Drinkaware for Education Resources discuss emotional health and peer pressure, as well as the harms and risks commonly associated with alcohol. https://resources.drinkaware.co.uk/support-our-campaigns/drinkaware-for-education/	✓		
	Safe4Me: Drugs A toolkit to support teachers to deliver information to pupils specific to the Law, Consequences and Personal Safety https://www.safe4me.co.uk/portfolio/drugs/	✓	✓	✓
	Vaping OHID is producing a new resource pack for schools on vaping, aimed at Years 7 and 8. The activities feature films made with young people in which they will talk in their own words about the issues around vaping, as well as a clear presentation of the latest evidence. As with all OHID's schools' material, the resources are linked to National Curriculum requirements and guidance on delivering PSHE. https://campaignresources.phe.gov.uk/schools/resources/vaping-ks3-form-time-activities	✓		
	The Talk About Trust The TALK ABOUT Trust is a small dedicated youth charity that works across the UK to ensure young people make safer choices around alcohol and other substances such as vaping and cannabis. https://talkabouttrust.org	✓	✓	✓
	Better Health – Every Mind Matters Lesson plans to help support teaching in PSHE across a range of different topics Alcohol - https://campaignresources.phe.gov.uk/schools/resources/alcohol-lesson-plan-pack	✓	✓	
	Thames Valley Police – Drug Education Lesson Pack (Year 9) https://www.pshe-association.org.uk/curriculum-and-resources/resources/thames-valley-police-drug-education-lesson-pack	✓		
Health and prevention	PSHE Association: Health from Here to Where Free to download lesson plans, teacher guidance and a wealth of accompanying materials which focus on the factors that influence our health and wellbeing https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-here-where-resources	✓	✓	

Theme	Resource	KS 3	KS 4	KS 5
	<p>Public Health England: Sleep Explore the benefits of good quality sleep and learn strategies for better quality sleep https://campaignresources.phe.gov.uk/schools/resources/sleep-KS3-KS4-lesson-plan-pack</p>	✓	✓	
	<p>Public Health England: e-Bug Lesson plans and resources support pupils to learn about microbes; hand, respiratory and food hygiene; sexually transmitted infections, vaccination and antibiotics https://www.e-bug.eu/</p>	✓		
	<p>Movember: Happier, healthier, longer Lesson pack from Movember is designed to increase students' understanding of issues relating to men's and boys' health — specifically exploring testicular cancer and mental health https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack</p>	✓	✓	✓
	<p>CoppaFeel School pack helps you to educate your students about breast cancer https://coppafeel.org/our-charity/our-work/at-schools/</p>	✓	✓	
	<p>HPV and cancer/vaccination This lesson is for Y6 - Y7 and covers what HPV is and how it can affect the body, what cancer is and how HPV can increase the risk of certain cancers, and the HPV vaccination and cervical screening programmes. General 4 — Know Your Body (knowyourbodylessons.org)</p>	✓		
	<p>Access Relationships, Sex and Health Education (RSHE) resources to raise awareness of testicular torsion Testicular torsion is a time-critical emergency where a testicle twists, cutting off the blood supply and causing sudden scrotal pain. The testicle can die within six hours without emergency surgery. With torsion occurring in 1 in 1,000 boys aged 10-20 NHS England, through the Getting It Right First Time (GIRFT) programme, is working to raise awareness and improve education among young people, parents/carers and teachers to ensure boys experiencing severe testicular pain and other symptoms of torsion can recognise the signs and understand to act quickly. Teachers can access NHS-endorsed online resources developed by clinicians, including information for teenagers/parents and lesson plans for use in RSHE lessons. In collaboration with NHS England's Youth Board, GIRFT has also developed three posters for display in boys' toilets.</p>	✓	✓	✓

Theme	Resource	KS 3	KS 4	KS 5
	Further information on causes of testicular pain is available on the NHS website .			
	Orchid: Fighting Male Cancer School pack to increase students understanding of testicular cancer https://www.pshe-association.org.uk/curriculum-and-resources/resources/orchid-what-testicular-cancer-%E2%80%94-lesson-plan-ks4-5		✓	✓
Basic first aid	British Red Cross: First Aid Champions Lesson plan, teaching package and videos https://firstaidchampions.redcross.org.uk/secondary/	✓	✓	✓
	St John Ambulance: First Aid Lesson plans and teaching resources (Asthma, basic life support, bleeding and shock) https://www.sja.org.uk/get-advice/first-aid-lesson-plans/	✓	✓	
	BBC Teach: Dr. Emeka's Essential First Aid A series of short films presented by Dr Emeka Okorochoa which explore some key skills for administering first aid. https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-dr-emekas-essential-first-aid/zhtq8hv	✓		
	British Heart Foundation: Call Push Rescue Free lesson plans and CPR kits (including free manikins, kneeling mats, cleaning wipes and replacement parts) https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-schools	✓	✓	✓
Changing adolescent body	Public Health England Film clips to help support teaching in PSHE, range of different topics Puberty Lesson Pack https://campaignresources.phe.gov.uk/schools/resources/puberty-lesson-plan-pack	✓		
	BBC Teach: PSHE & Modern Studies Free teacher classroom resources suitable for use in PSHE / Modern Studies lessons with secondary school children, topics include sexuality, relationships, puberty and sexual harassment KS3: https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jlv KS4: https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6	✓	✓	

Theme	Resource	KS 3	KS 4	KS 5
	Note this site covers topics across several areas			
	Amaze: Puberty Lesson plans and supporting resources, including videos https://amaze.org/educators/toolkits/puberty/	✓		

Free Resources for Non-Statutory PSHE

British Red Cross

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

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

Young Money (formerly pfeg), part of Young Enterprise

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

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

NatWest: Money Sense

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

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

Bank of England: Education resources

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

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

MY Bank

Providing a range of financial education workshops and tools for 5-25 year olds with schools and youth organisations – Ideal for PSHE, Citizenship and Maths students, independent living and work programmes, home learning and young adults – Available directly, virtually or online

[MyBnk - Our work - Financial education programmes for young people in schools and youth organisations](#)

Unicef: Rights Respecting Schools

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

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

Department for Transport THINK! Campaign resources

Lesson packs on a range of road safety topics

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

CAFOD: Resources for Teachers

Assemblies and Lesson Plans to support global learning

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

Go-Givers: Awareness Days Calendar (FREE)

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

Electoral Commission

This six-week scheme of work explores different elements of democracy and politics, including how to register to vote and to what to expect on polling day. Young people will have the chance to design and implement their own campaign. [Resources for Educators | Electoral Commission](#)

Young Citizens - Climate Action: Circular Economies

The fashion industry employs over 300 million people globally and is responsible for 10% of global carbon emissions. In this lesson students consider what changes are needed to make the industry more sustainable. [Climate Action: Circular Economies](#) - a free resource pack for students aged 11-18 (KS3-KS5).

A Selection of Purchased Resources

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

PSHE Association – Membership

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

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

Jigsaw

A complete Scheme of Work:

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

Mindfulness in Schools Programme: MISP

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

<https://mindfulnessinschools.org/>

Barnardos Real Love Rocks

Health Education Partnership: PSHE Resources for Secondary Schools

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

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

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