

PSHE and RSHE

These websites offer a wealth of lessons and resources to help deliver engaging Personal, Social, Health & Economic education (PSHEe) and Relationships, Sex & Health Education (RSHE) lessons.

BBC Teach: PSHE & Modern Studies

Free teacher classroom resources suitable for use in PSHE with primary and secondary school children, topics include seeking refuge, domestic violence, body image, puberty, and social media

KS2: [Primary PSHE teaching resources](#)

KS3: <https://www.bbc.co.uk/teach/ks3-pshe-modernstudies/zdt3jhw>

KS4: <https://www.bbc.co.uk/teach/gcse-national-5-pshemodern-studies/zfwtrj6>

RSHE: Oak National Academy [RSHE KS1-4 - Oak National Academy](#)

Several resources for various RSHE topics

Equaliteach: <https://equaliteach.co.uk/education/classroom-resources/>

A comprehensive tool to address gender equality, sexism, and sexual harassment, including lesson plans on gender stereotypes, consent, healthy relationships.

Young Minds: <https://www.youngminds.org.uk>

Provides information and resources focused on mental health and well-being for young people.

Childline: <https://www.childline.org.uk>

Offers resources and support for various issues affecting young people, including bullying, mental health, and online safety.

NSPCC Learning: <https://learning.nspcc.org.uk>

Provides resources and training materials on safeguarding and child protection, which are crucial components of PSHE.

NSPCC: Making sense of relationships: <https://learning.nspcc.org.uk/researchresources/schools/making-sense-relationships/>

Lesson plans on personal safety and healthy relationships

NSPCC It's Not OK: <https://learning.nspcc.org.uk/research-resources/schools/itsnot-ok>

A resource to help children and young people recognise concerning behaviour and identify characteristics of positive relationship. Topics include harmful sexual behaviour, child sexual abuse and exploitation, sexting, grooming etc

NSPCC PANTS: [NSPCC - PANTS \(underwear rule\) Keeping Children Safe](#)

Talking to children about staying safe, resources for parents (KS1/KS2)

NSPCC for pupils with SEND/ASN/ALN: [NSPCC - for Pupils with SEND/ASN/ALN](#)

Various activities, resources and videos for SEND pupils including Puberty, Staying Safe (PANTS rules) and Online safety

Learning for Life: [Learning for Life - RSHE for SEND pupils](#)

RSHE videos and resources for young people with Down's and SEND

FGM Honour Based Violence and FGM: [Honour Based Violence and FGM- Oak Academy](#)

FGM (Female Genital Mutilation) and Honour Based lesson slides and activities for pupils aged 10 to 18.

My body, My rules: FGM awareness short film (KS2) [My body, My - FGM \(KS2\)](#)

Anti-Bullying Alliance: [Anti-Bullying Alliance - Advice for parents and carers](#)

MindEd: <https://www.minded.org.uk>

Offers free educational resources on children and young people's mental health for professionals and parents.

Place2B: [Place2Be - Advice parents and carers](#)

Advice and resources supporting children's and young people's wellbeing and mental health

Rise Above: <https://riseabove.org.uk>

A Public Health England initiative that provides resources and activities to help young people build resilience and cope with life's challenges.

TES Teaching resources: [List of websites of PSHE resources | Teaching Resources](#)

A collection of useful websites linked to PSHE topics – Mental health, smoking and alcohol, along with schemes of work for different year groups

CEOP Thinkuknow: <https://www.thinkuknow.co.uk>

An education program from the National Crime Agency's CEOP Command, providing resources on online safety and digital literacy.

[CEOP- Protecting your Child - Advice for Parents](#)

Childnet: [Childnet -Advice for Parents and Carers](#)

Support, guidance and advice on a wide range of online safety issues and topics

Step Up, Speak Up! <https://www.childnet.com/resources/step-up-speak-up>

A practical campaign toolkit to address the issue of online sexual harassment amongst young people aged 13 – 17 years

Dimensions: #ImWithSam – Anti-disability discrimination resources

<https://www.pshe-association.org.uk/curriculum-andresources/resources/imwithsam---anti-disabilitydiscrimination>

Resources that aim to raise awareness of people with learning disabilities and autism, including lesson plan and supporting materials

Knife crime and gangs lesson plans and resources KS2-4: [Resources for teachers and practitioners | The Ben Kinsella Trust](#)

Resources explore the real, lived experience of people affected by knife crime and youth violence. There are based on video testimonies from ex-gang members, victims and offenders.

PSHE Association: What is PSHE education?

[PSHE Association - What PSHE education covers and why it works KS1-2](#)

[PSHE Association - What PSHE education covers and why it works KS3-4](#)

Information that outlines what is PSHE education and the various topics covered with supporting evidence and research.