

## UPDATE NO. 2

4th December 2019

## SECONDARY

New this week:

### 1. **SAVE THE DATES**

#### **Young Carers Awareness Day 2020**

30th January 2020, download your FREE resources here:

<https://carers.org/young-carers-awareness-day-2020>

#### **Children's Mental Health Week 2020**

3rd-9th February 2020, this year's theme: Find Your Brave.

Download your FREE resources here: [Children's Mental Health Week resources](#)

#### **Safer Internet Day 2020**

11th February 2020, this year's theme: Together for a Safer Internet.

Download your FREE resources here: [Safer Internet Day 2020 resources](#)

### 2. **HOW TO HAVE DIFFICULT CONVERSATIONS WITH CHILDREN**

Guidance for school staff, parents & carers from the NSPCC. Access the guidance here: [Guidance: how to have difficult conversations with children](#)

### 3. **NATIONAL ONLINE SAFETY.com**

A FREE poster of online safety tips for children.

Download your copy here:



Online Safety Tips  
for Children

### 4. **NATIONAL BLOOD & ORGAN TRANSPLANT SERVICE**

FREE resources and lesson plans for KS 3 & 4 linked to science and PSHE.

Download your resources here: [Blood & Organ Donation teaching resources](#)

### 5. **BRITISH HEART FOUNDATION**

FREE first aid and CPR teaching resources for secondary schools.

Download your resources here: [First Aid & CPR teaching resources](#)

### 6. **PSHE ASSOCIATION**

Three lesson plans and resources for KS4 on different types of family relationships and marriage. Download your lesson plans below:

[Family Life lesson plans](#)

continued

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**7. SCHOOL HEALTH & WELLBEING RESOURCES DIRECTORY**

Find all these resources, and more, in the School Health & Wellbeing resources directory: [School Health & Wellbeing resource directory](#)

**Please get in touch if you would like further information about anything in this update or to discuss support for your school.**

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