

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCES

4 - RELATIONSHIPS EDUCATION, SEX EDUCATION and PSHE

The resources, training and sources of support listed below are all produced by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for their pupils and/or staff.

ALL TRAINING, RESOURCES AND SUPPORT ARE FREE UNLESS SPECIFICALLY STATED.

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

Susan

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GUIDANCE for SCHOOLS

DEPARTMENT FOR EDUCATION

[Relationships Education, Relationships & Sex Education \(RSE\) and Health Education](#)

[Relationships Education, RSE and Health Education FAQs](#)

[Understanding relationships and health education in your child's school - a guide for parents \(primary\)](#)

[Understanding relationships, sex and health education at your child's school - information for parents \(secondary\)](#)

[Engaging parents with relationship education policy](#)

[Pastoral care in the curriculum](#)

[Free period products for education providers scheme](#)

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CHURCH OF ENGLAND EDUCATION OFFICE

[Information, guidance and resources including policy templates for developing RSHE in a CofE school](#)

CATHOLIC EDUCATION SERVICE

[Information, guidance and resources including policy templates for developing RSHE in a catholic school](#)

DO...

[Guidance and resources for school leaders and RSE/PSHE Leads](#)

EDUCATION OFFICE NORTHERN IRELAND

[Guidance on supporting transgender young people](#)

GOVERNMENT EQUALITIES OFFICE

[Homo-phobic, bi-phobic and trans-phobic anti bullying project](#)

NSPCC

[How to have difficult conversations with children – guidance for school staff , parents & carers](#)

PSHE ASSOCIATION

[PSHE programme of study 2020 for KS1-5](#)

[PSHE planning framework for pupils with SEND](#)

[Guidance on teaching about consent](#)

SEX EDUCATION FORUM
RSE curriculum design tool

STONEWALL
LGBT guidance and best practice toolkits for schools
Guidance for supporting LGBT children and young people
Next steps for inclusive education- guidance

TEACHING RESOURCES and MATERIALS - primary -

BETTY FOR SCHOOLS
Periods education resources for 8-11 year olds

BRITISH BOARD OF FILM CENSORS
Let's Watch a Film! Making choices about what to watch – scheme of work and teaching resources for KS2 to equip students with the skills they need to make informed choices about what to watch

FAMILY PLANNING ASSOCIATION
Growing up with Yasmine and Tom - free sample materials

KAPOW PRIMARY RESOURCES
Free trial of RSHE resources

PSHE ASSOCIATION
Home learning lessons on puberty for KS2-3

PUBLIC HEALTH ENGLAND
Rise Above: Puberty resources

NSPCC
Pants (the underwear rule) teaching resources and guide
Making Sense of Relationships resources for KS2, 3 and 4

SEX EDUCATION FORUM
Resources for schools - some are free, others require membership

STONEWALL
LGBT inclusive home learning packs for primary, secondary and SEND
Different families home learning packs for primary, secondary and SEND

TEACHING RESOURCES and MATERIALS - secondary -

BETTY FOR SCHOOLS
Periods education resources for 11-12 year olds

BRITISH BOARD OF FILM CENSORS
Making Choices: Sex, Relationships and BBFC Age Ratings – scheme of work and resources for KS3 to equip students with the skills needed to make considered and informed choices about the content they watch.

BROOK
Resources to support RSE lessons

CHILDNET

[Myth v Reality - lesson plans, films and teaching resources about online body image, online pornography and healthy online relationships for KS3](#)

DO...

[Relationships and sex education teaching resources](#)

eBUG

[Sexual health lesson plans for KS3 and 4](#)

FAMILY PLANNING ASSOCIATION

[Resources for teaching about consent in relationships](#)

[Online shop for PURCHASING resources to support RSE teaching](#)

LONDON METROPOLITAN UNIVERSITY

[Give & Get Consent - resources for KS3 and 4 for teaching about consent in sexual relationships](#)

NSPCC

[Making Sense of Relationships - resources for KS2, 3 and 4](#)

[Love Life - resources for pupils with SEND aged 11-25 \(accompanying training podcast for staff\)](#)

[It's Not OK - teaching resources about positive relationships](#)

PSHE ASSOCIATION

[Home learning lessons on puberty for KS2-3](#)

[Family Life: lesson plans and resources for KS4 on relationships, marriage and parenting](#)

PUBLIC HEALTH ENGLAND

[Rise Above - lesson plans and teaching resources for KS3](#)

[Rise Above – poster advertising the young people's Rise Above information website](#)

SEX EDUCATION FORUM

[Resources for schools - some are free, others require membership](#)

STONEWALL

[LGBT inclusive home learning packs for primary, secondary and SEND](#)

[Different families home learning packs for primary, secondary and SEND](#)

TRAINING OPPORTUNITIES for STAFF

BROOK LEARNING

[ONLINE COURSES: Relationships and sex education topics](#)

[PODCAST: Sex Ed Diaries - Relationships and Sex Education in schools](#)

CONTEXTUAL SAFEGUARDING NETWORK

[VIDEO: Responding to sexting in schools](#)

FAMILY PLANNING ASSOCIATION

[WEBSITE: Sexwise- up to date information about contraception](#)

FUTURE LEARN

[ONLINE COURSE: Relationships, Sex & Health Education - statutory requirements and effective teaching](#)

LEARNING POSITIVE

[VIDEO TUTORIALS: Teaching about HIV](#)

MERMAIDS

[Information, CPD and training on gender diversity and supporting gender diverse children and young people](#)

PSHE ASSOCIATION

[VIDEO SERIES: Ask a subject specialist \(can be accessed by non-members\)](#)

NSPCC LEARNING

[PODCAST: Harmful sexual behaviour in schools](#)

[PODCAST: Supporting young people with SEND using the Love Life resources](#)

SERVICES FOR EDUCATION

[WEBINAR SERIES: Developing RHE at primary and RSHE at secondary](#)

INFORMATION, SUPPORT and SERVICES
for YOUNG PEOPLE

[KOOTH: Free, confidential ONLINE counselling for young people](#)

[NUMBER 22: Free, confidential counselling for young people](#)

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BROOK

[Sexual health help and advice for young people](#)

CHILDLINE

[Report & Remove website - If you're under 18 and a nude image or video of you has been shared online, you can report it and get it removed from the internet](#)

DISRESPECT NOBODY

[A Home Office sponsored website for young people offering information and advice about positive relationships including consent, pornography, sexting, relationship abuse and rape. It also includes information about where to get help.](#)

DO...

[Relationships and sexual health information for young people](#)

FAMILY PLANNING ASSOCIATION

[Sexwise website - up to date information about contraception](#)

MERMAIDS

[Support and information for gender diverse young people](#)

PUBLIC HEALTH ENGLAND

[Rise Above website for young people on a variety of issues including self care, relationships and sexual health](#)

PUBLIC HEALTH SLOUGH

[Information, advice and sexual health services in Slough](#)

SAFE SEX BERKSHIRE

[Information, advice and sexual health services in Slough](#)

THE MIX

[Website offering information and advice to young people aged 14-25 on a range of issues including relationships, sex and sexuality](#)

YOUNG STONEWALL

[Information and support for LGBT young people](#)

INFORMATION for PARENTS and CARERS

DEPARTMENT FOR EDUCATION

[Understanding relationships and health education in your child's school - a guide for parents \(primary\)](#)

[Understanding relationships, sex and health education at your child's school - information for parents \(secondary\)](#)

[Relationships Education, RSE and Health Education FAQs](#)

DO..

[Information and advice for parents and carers about supporting their children](#)

MERMAIDS

[Support and information for the parents, carers and families of gender diverse young people](#)

Parent & carer helpline 0808 801 0400 (Monday – Friday; 9am – 9pm)

NSPCC

[How to have difficult conversations with children – guidance for school staff , parents & carers](#)

PARENT INFO (CEOP and PARENT ZONE)

[Advice and information for parents and carers about relationships, sex and talking to children & young people about sensitive issues](#)