

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

School Health & Wellbeing Project Officer 07753 316916 susan.dyer@slough.gov.uk

GUIDANCE for SCHOOLS

DEPARTMENT FOR EDUCATION

[RSHE Support webpage](#)

[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](#)

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](#)

OFSTED

[Inspecting the teaching of the protected characteristics in schools](#)

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](#)

[Monitoring RSE - the basics](#)

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](#)

EARLY INTERVENTION FOUNDATION

[Supporting children's social and emotional learning](#)

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 \(members only\)](#)

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

[Back to School Support Packs KS 1-5](#)

[Drug & Alcohol Education - resource packs KS 1-4](#)

[Sleep factor lesson plans \(member only\)](#)

PUBLIC HEALTH ENGLAND

PSHE teaching resources and power points for upper KS2, 3 & 4 on a variety of topics:

[What to do about worry](#)

[Social media](#)

[Sleep](#)

[Dealing with change](#)

[Transition to secondary school](#)

[Puberty](#)

[Bullying and cyberbullying](#)

[Smoking](#)

[Online stress and FOMO](#)

[Alcohol](#)

[Exam stress](#)
[Body image in a digital world](#)
[Forming positive relationships](#)

NSPCC

[Speak Out- Stay Safe assembly and workshop programme](#)
[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](#)
[Monitoring, Evaluating and Assessing RSE - the basics](#)

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](#)

EARLY INTERVENTION FOUNDATION

[Supporting children's social and emotional learning](#)

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](#)

LEARNING POSITIVE – TEACHER ZONE

[Resources for teaching about HIV](#)

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

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[Exam stress](#)

[Body image in a digital world](#)

[Forming positive relationships](#)

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

SEX EDUCATION FORUM

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STONEWALL

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

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

UNIVERSITY OF EXETER

[Working out Relationships – lesson plans for KS4](#)

TRAINING and CPD
-RSHE and PSHE -

REGIONAL RSHE HUB—SUBJECT FACILITATOR TRAINING

As part of the Department for Education support for schools with the implementation of compulsory Relationships, Sex and Health Education, Regional RHSE Hubs have been created. The Hubs are lead by selected National Teaching Schools and have been appointed to deliver the RSHE subject facilitator training programmes. Slough comes under the North West London & South Central England Hub.

Primary and Secondary Funded Subject Facilitator Training is now available. Please contact Susan Dyer for further information or see the [Slough School Health & Wellbeing Project training page](#)

HELPING CHILDREN NAVIGATE A COMPLEX WORLD—PSHE TRAINING

This free online course from the PSHE Association and Future Learn covers the historic and international picture of PSHE education, how the subject has developed or is approached differently in different countries, safe practice principles in PSHE education, how to teach PSHE education safely for all pupils and effective lesson planning for PSHE education, including assessment. You can access the course [HERE](#)

TRAINING and CPD

- Relationships & Sex Education -

BROOK LEARNING

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

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

CONTEXTUAL SAFEGUARDING NETWORK

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

DEPARTMENT FOR EDUCATION

[WEBINAR: Relationships, Sex & Health Education for pupils with SEND](#)

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](#)

NSPCC LEARNING

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

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

[INFORMATION: Healthy sexual development of children and young people](#)

SERVICES FOR EDUCATION

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

TRAINING and CPD

- Online Safety -

CONTEXTUAL SAFEGUARDING NETWORK

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

TRAINING and CPD

- Hygiene, Infections & Prevention -

eBUG

[ONLINE TRAINING: eBug resources and lesson activities](#)

[ONLINE HEALTH EDUCATOR TRAINING : eBUG](#)

TRAINING and CPD

- Managing Medical Conditions -

ALLERGY WISE (ANAPHYLAXIS CAMPAIGN)

[ONLINE TRAINING: Allergy awareness for schools](#)

VIRTUAL COLLEGE

[ONLINE TRAINING: Type-1 diabetes awareness](#)