

RELATIONSHIPS EDUCATION, SEX EDUCATION and PSHE

The resources, training and CPD opportunities, listed below are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

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](#)

Sexual Violence and Sexual Harassment between Children in Schools and Colleges updated guidance for schools and colleges on how to prevent and respond to reports of sexual violence and harassment between children published by the Department for Education. The guidance is for: governing bodies of maintained schools and colleges; proprietors of independent schools (including academies, free schools and alternative provision academies) and non-maintained special schools; management committees of pupil referral units; headteachers, principals, senior leadership teams and designated safeguarding leads. It covers: what sexual violence and harassment is; legal responsibilities; a whole school or college approach to safeguarding and child protection; how to respond to reports of sexual violence and sexual harassment. Download the guidance [HERE](#)

This updated guidance comes into force on 1st September 2021.

Anti-Bullying Alliance

A new **sexual bullying** guidance document and free online training for schools and other education settings to support anti-sexual bullying work. The training topics include: definitions of sexual bullying; investigating and responding to sexual bullying; preventing sexual bullying.

Access the guidance document and training here: [Sexual Bullying Prevention](#)

Brook

Brook's nationally recognised **Sexual Behaviours Traffic Light Tool** and training provides a highly visible, multi-agency response that helps professionals to identify, understand and respond appropriately to sexual behaviours in young people. The training must be completed to gain access to the tool and will equip professionals

to make consistent and informed decisions that neither stigmatise nor criminalise young people. There is a charge for attending the training. Further information can be accessed [HERE](#)

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](#)

Contextual Safeguarding Network

Beyond Referrals resources for schools, multi-agency partnerships and inspectorates for tackling harmful sexual behaviour in schools. The webpage provides all the resources for schools to assess their own response to harmful sexual behaviour. This includes guidance to a traffic-light tool for self-assessment, an example completed self-assessment, a range of resources to help schools complete their self-assessment and an online scorecard where you can enter your scores and print tailored reports. Access the resources [HERE](#)

Do...Sex Education

[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](#)

Lucy Faithful Foundation

Stop It Now! – Preventing Harmful Sexual Behaviour toolkit, produced by the Lucy Faithful Foundation, is for parents, carers and professionals to raise their awareness of the risks of harmful sexual behaviour in children and young people and measures to prevent it. The toolkit contains support, advice and information, plus resources and links to useful organisations. Access the toolkit [HERE](#)

National Governance Association (NGA) and PSHE Association

PSHE-A Guide for Governors is a guide produced by the NGA and PSHE Association to support discussions between governing boards and school leaders about the planning, teaching and monitoring of PSHE:

[PSHE - A Guide for Governors](#)

NSPCC

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

Ofsted

Guidance on the Inspection of the Protected Characteristics Including RSHE Teaching is updated guidance explaining Ofsted's approach on inspection to evaluating how schools go about meeting their duties. It applies to all types of academy, maintained, non-maintained special and non-association independent schools and includes reference to the expectations for implementation of the compulsory curriculum in the light of the Covid 19 pandemic:

[Inspection of the Protected Characteristics Including RSHE Teaching](#)

PSHE Association

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

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

[Guidance on teaching about consent](#)

[Working with External Contributors to PSHE Education](#)

Preventing Sexual Harassment in Schools: The Role of PSHE: a briefing from the PSHE Association on how PSHE can help address harmful sexual behaviour in schools. Download the briefing document: [HERE](#)

Addressing Pornography Through PSHE a research report about the potential impact of pornography on young people and a teacher briefing produced by the PSHE Association. The teacher briefing includes why and how to teach about it and how to build this learning into the wider PSHE curriculum. Access the research and teacher briefing [HERE](#)

Sex Education Forum

[RSE curriculum design tool](#)

[Whole School Approach RSE Audit Tool](#)

[Monitoring RSE - the basics](#)

RSE for Pupils with SEND is a short guide produced by the Sex Education Forum with their partners Image in Action and Mencap. It is designed as a starting point for schools wanting to review their RSE provision for pupils with SEND to ensure accessibility and quality. It includes answers to frequently asked questions, practical tips and provides signposting to further resources.

The guide can be downloaded here: [RSE Curriculum review guide for pupils with SEND](#)

Guidance on the Use of External Agencies for RSE Teaching is a guide produced by the Sex Education Forum which aims to help schools consider how external agencies can best contribute to Relationships and Sex Education (RSE). It is also relevant to RSHE and broader PSHE education and includes checklists to check the credibility of external agencies and to quality assure their contribution to RSE. Download the guide [HERE](#)

The Features of Effective, High Quality RSE this article from the Sex Education Forum considers the features of effective, high-quality RSE provision in primary schools. Read the article here [Effective, High Quality RSE](#)

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 -

AGENDA (primary)

A resource for educational practitioners who want to support children aged 7-11 to make positive relationships matter in their school and community. It contains background information for teachers and activity ideas to use as part of Relationships Education. Topics include: feelings and emotions; friendships and relationships; body image; consent; gender and sexuality; equality and equity. Download the toolkit here: [Primary AGENDA toolkit](#)

Betty for Schools

[Periods education resources for 8-11 year olds](#)

Brook

Puberty Education lesson plans and teaching materials produced by Brook and Lil-lets for years 4 – 9.

Download the resources here: [Puberty Education teaching resources](#)

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](#)

Camp Island—health & wellbeing app for children

Camp Island is an evidence based game designed to teach children between the ages of 5 and 10 about healthy eating, physical exercise, good hygiene, sleep and positive wellbeing in a fun and engaging format. It can be downloaded through Apple App Store or Google Play. Further information can be found [HERE](#)

Early Intervention Foundation

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

Expect Respect—Healthy Relationships toolkit

Expect Respect is a set of resources produced by Women's Aid to help lead sessions on healthy and unhealthy relationships for pupils aged 4-18. It contains age appropriate activities that can be used in a range of ways. The sessions are designed to be active, fun and engaging but also challenging. The toolkit can be accessed [HERE](#)

Let's Get Going! – weight management and healthy lifestyle programme

A FREE healthy lifestyle programme, run by Health & Wellbeing Slough (HWS), for children in school years 3-6 and their families which aims to engage, inspire and enable children and their families to lead a healthy lifestyle. The programme covers: the benefits of healthy eating and physical activity; sugary drinks; family and food; cravings plus a range of fun exercise sessions for parents/carers and children.

Find out more here: [Let's Get Going!](#)

Oral Health videos

Two oral health videos featuring tv's Dr Ranj and Supertooth, one for pupils aged 3-6 and one for pupils 7 years +.

The videos can be accessed here: [AGE 3-6](#) [AGE 7+](#)

Slough Oral Health Video for KS1

The aim of the video is to improve the oral health of children in the borough. It features clips from local children, parents and carers, encouraging children to brush their teeth, visit the dentist and make healthy food and drink choices. The video also lasts for exactly two minutes, so that children can watch and brush for the recommended time! The song/video will also be advertised on social media and via a digital advert from this week. You can download the video [HERE](#)

PSHE Association

Drug and Alcohol Education schemes of work for key stages 1-4 have been developed for Public Health England. The resource pack includes lesson plans and resources for each key stage, as well as a comprehensive teacher guidance document, knowledge organisers and an evidence review of effective drug and alcohol education practice. These materials explore the facts, laws, risks and consequences associated with drug and alcohol use, as well as the dangers of household products and prescribed medications. They will equip pupils to manage influences and pressure, and provide them with the knowledge, understanding, attributes, and strategies to keep themselves healthy and safe.

Download the resources and teacher guidance [HERE](#)

Drug and Alcohol Education for pupils with SEND KS2 – 4 lesson plans and resources, produced by the PSHE Association, suitable for pupils with SEND in both special and mainstream settings. The resources explore the facts, laws, risks and consequences associated with drug and alcohol use, as well as the dangers of household products and prescribed medications. Download the lesson plans, resources and teacher guidance [HERE](#)

Water Safety a new, free-to-download pack of guidance, lesson plans and resource for KS2, produced in partnership with the Environment Agency, exploring water safety in relation to floods, canals and rivers. Both lessons in the pack provide an age-appropriate understanding of potential hazards, how to manage emergency situations and keep safe:

[Water Safety](#)

Public Health England

Every Mind Matters PSHE teaching resources are curriculum-linked lesson plans and classroom materials on a variety of topics for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films.

[Physical and mental Wellbeing](#)

[Unhelpful Thoughts](#)

[Worry](#)

[Social media](#)

[Building Connections](#)

[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](#)

Eat Well Guide has been updated by Public Health England for KS1 and KS2 pupils to highlight the different types of food that make up our diet, and help children learn the proportions we should eat to have a healthier and more balanced diet. Download a copy of the guide [HERE](#)

Keeping Our Teeth Healthy are curriculum-linked science lesson plans, in the form of Power Point presentations, for KS1 and KS2 produced by Public Health England exploring dental hygiene. The resource introduces your pupils to Tilly, a mighty molar who has turned into a troubled tooth and needs help making healthier dental choices. They also include a simple, fun science experiment which pupils can try at school or at home with their families:

[Keeping Our Teeth Healthy](#)

10 Minute Shake Up new activities for primary aged children from Public Health England. Inspired by characters from Disney Frozen, Disney and Pixar Toy Story and Marvel's The Avengers, the toolkit contains fun and flexible bite-sized activities to help pupils enjoy getting active in the lead up to the summer holidays. The 10 minute activities can be used at any point in the school day to encourage pupils to get the recommended level of daily physical activity:

[10 Minute Shake Up](#)

NSPCC

Speak Out Stay Safe safeguarding programme from the NSPCC for children aged 5-11 years-old available to all primary schools in the UK. The programme helps children understand: abuse in all its forms and how to recognise signs of abuse; that abuse is never a child's fault and that they have the right to be safe, where to get help and the sources of help available to them. Find more information [HERE](#)

Pants (the underwear rule) safeguarding programme from the NSPCC. Free resources including a lesson plan, slide presentation, curriculum links, classroom activities and more. Access the resources [HERE](#)

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

Sex Education Forum

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

[Monitoring, Evaluating and Assessing RSE - the basics](#)

National Schools Partnership

Soaper Heroes lesson plans, power point presentations, teaching materials, stickers posters and take-home materials for KS1 and KS2 from the National Schools Partnership and Lifebuoy. Lifebuoy Soaper Heroes. The resources are curriculum-linked to support teaching about the basics of handwashing, micro-organisms and our responsibilities to others: [Soaper Heroes](#)

Wrap, Splat, Hat resources about sun safety for KS1 and KS2 from the National Schools Partnership, British Skin Foundation and Garnier including an assembly video, lesson guides and activity sheets and a family pack:

[Wrap, Splat, Hat](#)

St John Ambulance

First Aid lesson plans, teacher guidance and teaching materials from St John Ambulance for key stages 2, 3 and 4 to help young people to recognise and respond to common first aid situations and support schools to meet the statutory Health Education requirements to cover first aid: [First Aid](#)

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 -

AGENDA

A resource for educational practitioners who want to provide opportunities for young people to gain awareness of gender-based and sexual violence impacts upon their lives and the lives of others. Issues covered include: addressing gender discrimination; consent; LGBTQ+ rights; bullying; street harassment; female genital mutilation (FGM); sexual exploitation; relationship violence. Download the toolkit here: [AGENDA toolkit](#)

Betty For Schools

[Periods education resources for 11-12 year olds](#)

Beyond Equality

Beyond Equality aim to work with men and boys towards gender equality, inclusive communities, and healthier relationships. They offer teacher training, online assemblies and face to face or online workshops for pupils to provide opportunities for young men and boys to explore what they could be beyond stereotypes, how they can build healthier relationships and how they can contribute to gender equality. There is a charge for this work.

Further information can be found on their website here: [Beyond Equality schools programmes](#)

Beyond Equality – Imagine Toolkit

The Imagine Toolkit is free to download and provides resources for engaging boys and young men to prevent sexual harassment and sexual violence against women and girls. The toolkit contains advice and interventions for use by anyone working with boys and young men on this issue. Download the toolkit here: [Imagine Toolkit](#)

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 RSE Teaching Resources

Free downloadable resources which can be used to supplement relationship and sex education (RSE) lessons. Topics include contraception, puberty, sexually transmitted infections, pornography, LGBT terminology, abortion and condom use: [Brook RSHE Teaching Resources](#)

Puberty Education lesson plans and teaching materials produced by Brook and Lil-lets for years 4 – 9.

Download the resources here: [Puberty Education teaching resources](#)

Childline

Something's Not Right free to download lesson plans and resources from the Home Office, for Key Stage 3-5 students, to support the '[Something's Not Right](#)' campaign on recognising and making disclosures about different forms of abuse. Download the resources here [HERE](#)

ChildNet

Myth v Reality - Healthy Relationships Online lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explore the topic of healthy relationships online. Through the toolkit activities, students will define what makes a healthy relationship online and learn to spot the signs of unhealthy behaviours. They will consider what unwritten rules have become part of our relationships online and develop strategies for managing these. In addition to this there is clear signposting to advice and support on what to do if they are ever worried about behaviour/s in their own relationships or those of their friends, peers and families. Access the resources [HERE](#)

Myth v Reality - Online Pornography lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explore the topic of online pornography. Through the toolkit activities, students will consider what myths are portrayed through pornography and how this could impact on how a young person feels about their body, relationships and gender roles. They will explore strategies for resisting the pressure to watch pornography and receive clear signposting to advice and support on where to get reliable online information about sex and relationships.

Although not all young people will have seen pornography, they may still feel pressure if their peers, friends or partners are engaging with it. Whether they have seen it directly or not, research suggests that it has the potential to influence young people, their attitudes and behaviour, and their perception of what constitutes healthy relationships and interactions. (Please note that no pornography will be shown during the lesson activities or talking heads films and young people will not be expected to share if they have seen pornography before.) Access the resources [HERE](#)

Myth v Reality - Online Body Image lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explores the topic of body image online. Through the toolkit activities, students will define what body image means to them in a digital age. The activities will explore the pressure on young people to create their own online brands and what impact the internet and social media in particular can have on how young people feel about their bodies. In addition to this there is clear signposting to advice and support for young people who are concerned about body image or online pressures. Access the resources [HERE](#)

Step Up, Speak Up! toolkit, produced by ChildNet, to address the issue of online sexual harassment amongst young people aged 13 – 17 years including lesson plans, a teaching guide, peer workshops, assembly presentations, films and a quiz. Access the resources [HERE](#)

Just Send It lesson and accompanying film, produced by ChildNet for Key Stages 3 and 4, explore the issue of sexting. Through the toolkit activities, students will understand the pressures on young people to take and share sexts and the

consequences of doing so; exploring when actions have crossed the line. In addition to this there is clear signposting and advice on the law in relation to sexting and support in dealing with the pressure to send a sexual image.

Access the resources [HERE](#)

Just a Joke lesson plans, activities, a quiz and teaching guide, produced by ChildNet, designed to explore the issue of sexualised online bullying with 9-12 year olds. Access the resources [HERE](#)

Crossing the Line four films and accompanying lesson plans, produced by ChildNet, exploring the idea of online behaviour sometimes being riskier and the possible consequences of this. Topics covered are: cyber bullying, 'sexting', peer pressure and self-esteem. Download the resources [HERE](#)

Deal Me Out – Gambling Awareness Workshops for Schools and Colleges

Deal Me Out are offering to provide in-person or remote workshops on the subjects of gambling and gaming-related harms to free of charge to all schools in Slough and the surrounding area. Deal Me Out delivers the national education and gambling harm awareness programme for Wales but have local connections so would like to offer their support to Slough schools as well. Further information can be found on their website here: www.dealmeout.org

Disrespect NoBody

Teaching resources aimed at preventing abuse in teenage relationships, produced by the PSHE Association, Home Office and Government Equalities Office. Topics include consent, relationship abuse and sharing sexual images.

Download the resources here: [DISRESPECT NOBODY](#)

Do...Sex Education

[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](#)

Every Mind Matters

Teaching resources and power point presentations produced by Public Health England for year 6, K3 and KS4 pupils. Topics include: social media, bullying and cyber bullying, body image in a digital world, forming positive relationships.

Download the resources here: [EVERY MIND MATTERS](#)

Expect Respect – Healthy Relationships toolkit

Expect Respect is a set of resources produced by Women's Aid to help lead sessions on healthy and unhealthy relationships for pupils aged 4-18. It contains age-appropriate activities that can be used in a range of ways. The sessions are designed to be active, fun and engaging but also challenging.

The toolkit can be accessed here: [EXPECT RESPECT](#)

It's Not Ok

Lesson plans for Key Stages 3 and 4, films and accompanying activities, produced by the NSPCC, to help pupils identify characteristics of positive relationships and recognise concerning behaviour, including how to respond to it.

Lesson plans can be accessed here: [IT'S NOT OK](#)

Just a Joke?

Lesson plans, activities, a quiz and teaching guide, produced by ChildNet, designed to explore the issue of

sexualised online bullying with 9-12 year olds. Access the resources here: [JUST A JOKE?](#)

Just Send It

This lesson and accompanying film, produced by ChildNet for Key Stages 3 and 4, explore the issue of sexting. Through the toolkit activities, students will understand the pressures on young people to take and share sexts and the consequences of doing so; exploring when actions have crossed the line. In addition to this there is clear signposting and advice on the law in relation to sexting and support in dealing with the pressure to send a sexual image. Access the resources here: [JUST SEND IT](#)

Myth v Reality – Healthy Relationships Online

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explore the topic of healthy relationships online. Through the toolkit activities, students will define what makes a healthy relationship online and learn to spot the signs of unhealthy behaviours. They will consider what unwritten rules have become part of our relationships online and develop strategies for managing these. In addition to this there is clear signposting to advice and support on what to do if they are ever worried about behaviour/s in their own relationships or those of their friends, peers and families. Access the resources here: [HEALTHY RELATIONSHIPS ONLINE](#)

Myth v Reality – Online Body Image

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explores the topic of body image online. Through the toolkit activities, students will define what body image means to them in a digital age. The activities will explore the pressure on young people to create their own online brands and what impact the internet and social media in particular can have on how young people feel about their bodies. In addition to this there is clear signposting to advice and support for young people who are concerned about body image or online pressures. Access the resources here: [ONLINE BODY IMAGE](#)

Myth v Reality – Online Pornography

This lesson and accompanying talking heads films, produced by ChildNet for Key Stages 3 and 4, explore the topic of online pornography. Through the toolkit activities, students will consider what myths are portrayed through pornography and how this could impact on how a young person feels about their body, relationships and gender roles. They will explore strategies for resisting the pressure to watch pornography and receive clear signposting to advice and support on where to get reliable information about sex and relationships from online.

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Access the resources here: [ONLINE PORNOGRAPHY](#)

NSPCC

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

Love Life resources for pupils with SEND aged 11-25 (accompanying training podcast for staff).

Access the resources [HERE](#)

It's Not Ok lesson plans for Key Stages 3 and 4, films and accompanying activities, produced by the NSPCC, to help pupils identify characteristics of positive relationships and recognise concerning behaviour, including how to respond to it. Lesson plans can be accessed [HERE](#)

Operation Encompass—booklist and handbook

The booklist contains a range of book reviews which schools can use alongside the Operation Encompass Handbook to support the domestic abuse strand of the RSHE curriculum. Download the booklist and handbook [HERE](#)

PSHE Association

Drug and Alcohol Education schemes of work for key stages 1-4 have been developed for Public Health England. The resource pack includes lesson plans and resources for each key stage, as well as a comprehensive teacher guidance document, knowledge organisers and an evidence review of effective drug and alcohol education practice. These materials explore the facts, laws, risks and consequences associated with drug and alcohol use, as well as the dangers of household products and prescribed medications. They will equip pupils to manage influences and pressure, and provide them with the knowledge, understanding, attributes, and strategies to keep themselves healthy and safe.

Download the resources and teacher guidance [HERE](#)

Drug and Alcohol Education for pupils with SEND KS2 – 4 lesson plans and resources, produced by the PSHE Association, suitable for pupils with SEND in both special and mainstream settings. The resources explore the facts, laws, risks and consequences associated with drug and alcohol use, as well as the dangers of household products and prescribed medications. Download the lesson plans, resources and teacher guidance [HERE](#)

Relationship Safety a set of three lesson plans and accompanying materials for KS4 and KS5 produced by the PSHE Association and Alice Ruggles Trust. The lessons promote awareness of unhealthy relationship behaviours and stalking to help protect young people from the potential risks in such situations. The lessons are offered free to schools to ensure young people learn essential safeguarding information and skills in an interactive yet safe and age-appropriate way. Download the resources [HERE](#)

Disrespect NoBody teaching resources aimed at preventing abuse in teenage relationships, produced by the PSHE Association, Home Office and Government Equalities Office. Topics include consent, relationship abuse and sharing sexual images. Download the resources [HERE](#)

Public Health England

Every Mind Matters PSHE teaching resources are curriculum-linked lesson plans and classroom materials on a variety of topics for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films.

[Physical and mental Wellbeing](#)

[Unhelpful Thoughts](#)

[Worry](#)

[Social media](#)

[Building Connections](#)

[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](#)

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

Relationship Safety

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resources here: [RELATIONSHIP SAFETY](#)

Sex Education Forum

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

Something's Not Right

Something's Not Right, free to download lesson plans and resources from the Home Office, for Key Stage 3-5 students, to support the '[Something's Not Right](#)' campaign on recognising and making disclosures about different forms of abuse. Download the resources here: [SOMETHING'S NOT RIGHT](#)

Speak Out Stay Safe

A safeguarding programme from the NSPCC for children aged 5-11 years-old available to all primary schools in the UK. The programme helps children understand: abuse in all its forms and how to recognise signs of abuse; that abuse is never a child's fault and that they have the right to be safe, where to get help and the sources of help available to them. Find more information here: [SPEAK OUT, STAY SAFE](#)

St John Ambulance

First Aid lesson plans, teacher guidance and teaching materials from St John Ambulance for key stages 2, 3 and 4 to help young people to recognise and respond to common first aid situations and support schools to meet the statutory Health Education requirements to cover first aid: [First Aid](#)

Step Up, Speak Up!

A practical campaign toolkit, produced by ChildNet, to address the issue of online sexual harassment amongst young people aged 13 – 17 years including lesson plans, a teaching guide, peer workshops, assembly presentations, films and a quiz. Access the resources here: [STEP UP, SPEAK UP](#)

Stonewall

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

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

#Stopcyberflashing

An awareness campaign launched by Brook aimed at challenging the sending of unsolicited sexual photos and raising awareness of consent in online relationships. Learn more about the campaign here: [#STOPCYBERFLASHING](#)

Tender

Tender is an arts charity offering a range of short and long-term workshops and programmes about healthy relationships to primary and secondary schools. The drama-based sessions aim to empower students with the skills and confidence to build positive, respectful relationships with others, and to consider their attitudes and behaviour in a safe, age appropriate way. The secondary programmes also aim to promote healthy behaviour and prevent abuse in teenage relationships. There is a charge for this work.

More information can be found here: [Tender Schools Programmes](#)

Think U Know

Send Me a Pic resource pack, produced by Think U Know, about the consensual and non-consensual sharing of nude images among young people. It is designed for use with young people aged 11-14 in Key Stage 3. The pack contains three session plans based on short film clips. Each clip shows a fictional online chat where young people request, receive and discuss issues related to nude images. The materials have been developed in response to research into young people's relationships online, and through extensive collaboration with young people across the UK.

Download the resources [HERE](#)

University of Exeter

Working Out Relationships two lesson plans for KS3 including teaching guides and power point presentations, produced by the University of Exeter. The lesson plans are evidence-based and use characters to consider the characteristics of an unhealthy relationship and how to exit such relationships safely as well as the key attributes of healthy relationships. There are opportunities for pupils to practise communication skills that will help them with building happy, healthy relationships and also look at how to get help if they are in an unhealthy relationship.

Download the resources [HERE](#)

Women's Aid

Expect Respect – Healthy Relationships Toolkit is a set of resources produced by Women's Aid to help lead sessions on healthy and unhealthy relationships for pupils aged 4-18. It contains age appropriate activities that can be used in a range of ways. The sessions are designed to be active, fun and engaging but also challenging. The toolkit can be

accessed [HERE](#)

TRAINING, CPD and INFORMATION

-RSHE and PSHE -

Department for Education

Primary RSHE Teacher Training modules: basic first aid, being safe, caring friendships, changing adolescent body, drugs alcohol & tobacco, families and people who care for me, health and prevention, healthy eating, internet safety & harms, mental wellbeing, online relationships, physical health & fitness, respectful relationships. [PRIMARY](#)

Secondary RSHE Teacher Training modules: basic first aid, being safe, changing adolescent body, drugs alcohol & tobacco, families, health and prevention, healthy eating, internet safety & harms, intimate and sexual relationships, sexual health, mental wellbeing, online & media, physical health & fitness, respectful relationships including friendships. [SECONDARY](#)

PSHE Association

RSHE Ready is a free podcast series from the PSHE Association about the DfE RSHE requirements, what they will mean for teachers and how schools can make sure they are 'RSHE ready'.

[RSHE Ready](#)

Helping Children Navigate a Complex World is a free online course from the PSHE Association and Future Learn which 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](#)

The Royal Society of Public Health

Free online courses, webinars, videos and podcasts on a variety of health topics including understanding sleep, finding balance on and off-line, allergies and responding to gambling harms: [Online Courses on Health Topics](#)

Unseen

This campaign aims to raise awareness among adults about County Lines and encourage them to get advice from the Modern Slavery & Exploitation Helpline 08000 121 700 if they have concerns about a child or young person. There are some promotional materials you can download from the website here: [Unseen](#)

TRAINING, CPD and INFORMATION

- Relationships & Sex Education -

Anti-Bullying Alliance

A new **sexual bullying** guidance document and free online training for schools and other education settings to support anti-sexual bullying work. The training topics include: definitions of sexual bullying; investigating and responding to sexual bullying; preventing sexual bullying. Access the guidance document and training here: [Sexual Bullying Prevention](#)

Brook RSE Online Training

Online training for educators on a number of RSE topics including consent, abortion, sexually transmitted infections, contraception, delivering RSE and puberty. Most courses are free.

[Brook RSHE Online Training](#)

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

A series of **informative podcasts** which aim to encourage critical thinking and stimulate debate about several RSHE topics including **pornography, consent and gender roles in relationships**. Listen to the podcasts [HERE](#)

Brook's nationally recognised **Sexual Behaviours Traffic Light Tool** and **training** provides a highly visible, multi-agency response that helps professionals to identify, understand and respond appropriately to sexual behaviours in young people. The training must be completed to gain access to the tool and will equip professionals to make consistent and informed decisions that neither stigmatise nor criminalise young people. There is a charge for attending the training. Further information can be accessed [HERE](#)

A recording of the **Consent, Young Men and RSE** Brook training event which brought together an expert panel to explore how to constructively engage boys and young men in conversations around consent.

Watch the recording here: [CONSENT, YOUNG MEN AND RSHE](#)

Contextual Safeguarding Network

An **information video** entitled **Sexting in Schools: Responses to Abuse through Image Sharing** presents research findings on schools' responses to sexual image sharing plus good practice suggestions for schools.

Access the video [HERE](#)

An **information video** entitled **Involving Schools in the Response to Peer-on-Peer Abuse** outlining the importance of involving schools in the response to peer-on-peer abuse and what this might look like in practice. Access the video [HERE](#)

An **information video** entitled **Peer on Peer Child Sexual Exploitation** outlining research findings on peer-on-peer child sexual exploitation. Access the video [HERE](#)

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](#)

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](#)

Detailed **information webpages for CPD** including videos, podcasts and resources to provide information on all aspects of harmful sexual behaviour in schools. Subjects covered include definitions of HSB, recognising and assessing behaviour of concern and good practice for schools in responding to incidents and preventing and protecting pupils.

Access the webpages [HERE](#)

TRAINING, CPD and INFORMATION

- Drug & Alcohol Education -

PSHE Association

To accompany their new Drug & Alcohol Education schemes of work for key stages 1-4, the **PSHE Association** have made available a PSHE Talks Podcast episode on substance education.

The podcast covers: current substance use trends; an analysis of how things have changed over the last twenty years; the importance of a whole-school approach to substance education; an overview of what the new PSHE Association drug and alcohol education lessons cover at each key stage, and how this links with statutory Health Education requirements. The podcast can be accessed [HERE](#)

TRAINING, CPD and INFORMATION

- Online Safety -

Childnet

Talk it Over is a research-led resource designed to support educators in facilitating empathetic, honest, and evidence-based conversations with secondary aged pupils about online hate and how to tackle it:

[Talk it Over](#)

Contextual Safeguarding Network

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

e-Safety Adviser

[Information, advice, updates and training for schools](#)

The Children's Society

Information for education staff from The Children's Society about the meaning of the dark web, how young people might use it and what to do if you have safety concerns:

[INFORMATION WEBPAGES: What is the Dark Web?](#)

TRAINING, CPD and INFORMATION
- Hygiene, Infections & Prevention -

eBug

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

[ONLINE HEALTH EDUCATOR TRAINING: eBUG](#)

TRAINING, CPD and INFORMATION
-Managing Medical Conditions -

Allergy Wise (Anaphylaxis Campaign)

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

Virtual College

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