

## GUIDANCE and POLICY DEVELOPMENT

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.

## MENTAL HEALTH & WELLBEING

### *Department for Education*

#### [Mental health and behaviour in schools](#)

#### [Relationships, sex & health education \(RSHE\) in schools](#)

#### [Pastoral care in the curriculum](#)

#### [Bullying at school](#)

**Promoting and supporting mental health and wellbeing in schools and colleges**, the DfE have collated all their resources for Promoting and Supporting a Whole Setting Approach to Mental Health & Wellbeing in Schools and Colleges on one webpage [HERE](#) including an opportunity for schools/colleges to apply for a funding grant for Senior Mental Health Leads training. More information and details of how to apply for a Senior Mental Health Leads training grant can be found [HERE](#)

### *Anna Freud Centre (Schools in Mind and Mentally Healthy Schools)*

#### [5 Steps to Mental Health & Wellbeing Framework](#)

#### [Mental health toolkit for schools](#)

#### [Supporting mental health & wellbeing in schools, guidance for staff](#)

#### [Supporting mental health & wellbeing in secondary schools, guidance for staff](#)

#### [Mentally healthy schools \(primary\)](#)

#### [Managing unexpected endings and transitions](#)

#### [A guide to supporting the mental health and wellbeing of pupils during periods of disruption](#)

### *Anti-Bullying Alliance*

#### [A whole school approach to anti-bullying](#)

### *Anti-Bullying from the Diana Award*

#### [Your school's responsibilities in relation to bullying](#)

### *Barnardo's*

#### [Helping children cope with anxiety](#)

## *Boys in Mind*

[Support and guidance for schools around the mental health and wellbeing of boys and young men](#)

## *Charlie Waller Trust*

[Mental health & wellbeing guides for schools & families](#)

## *EduCare (TES)*

**Supporting Children and Young People with Anxiety** is an information sheet produced by EduCare containing information about different types of anxiety, signs and indicators to look for and ways to support children experiencing anxiety. Download a copy of the information sheet [HERE](#)

**The EduCare (TES) Mental Wellbeing Hub for Education** is free and has a collection of mental wellbeing resources to support schools' work around mental wellbeing. This includes information sheets on a variety of mental wellbeing issues, resources for pupils and resources parents and carers to help them to support their children. Sign up to the hub [HERE](#)

## *Education Endowment Foundation*

A report with recommendations for improving social and emotional learning in primary schools. To accompany the report there is a downloadable poster summarising the six recommendations, and additional tools and resources including an audit and discussion tool for use in your school:

[Improving social & emotional learning in primary schools](#)

## *Education Office Northern Ireland*

[Guidance on supporting transgender young people](#)

## *Mental Health Foundation*

[Mental health in schools, make it count - policy briefing, let's put mental health & wellbeing at the heart of children's school experience](#)

[Mental health in schools, make it count - a guide for teachers](#)

## *NSPCC*

[Promoting mental health & wellbeing](#)

## *PSHE Association*

[Guide to teaching about mental health and emotional wellbeing](#)

## *Public Health England*

[Promoting children and young people's emotional health & wellbeing, a whole school and college approach](#)

[Measuring & monitoring children & young people's mental wellbeing - a toolkit for schools and colleges](#)

**RELATIONSHIPS, SEX & HEALTH EDUCATION (RSHE)**

## *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 1<sup>st</sup> 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](#)

## PEER-PEER HARMFUL SEXUAL BEHAVIOUR

### *Sexual Violence and Sexual Harassment between Children in Schools and Colleges*

Advice 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. This updated guidance comes into force on 1<sup>st</sup> September 2021.

Download the guidance here:

[SEXUAL VIOLENCE AND SEXUAL HARASSMENT BETWEEN CHILDREN IN SCHOOLS AND COLLEGES](#)

### *Stop It Now! – Preventing Harmful Sexual Behaviour*

This 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: [STOP IT NOW!](#)

### *Sexual Behaviours Traffic Light Tool*

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: [TRAFFIC LIGHT TOOL](#)

### *Beyond Referrals*

The Contextual Safeguarding Network, supported by a Research Advisory Group, have created a range of 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: [BEYOND REFERRALS](#)

### *Addressing Pornography Through PSHE*

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: [ADDRESSING PORNOGRAPHY THROUGH PSHE](#)

### *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: [PREVENTING SEXUAL HARASSMENT IN SCHOOLS THE ROLE OF PSHE](#)

### *Anti-Sexual Bullying*

A new guidance document and free online training for schools and other education settings from the Anti-Bullying Alliance 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: [ANTI-SEXUAL BULLYING](#)

### *Sexism and Sexual Harassment – how to update your behaviour policy*

Every school is required to ensure Peer-on-Peer abuse is included in the school's safeguarding and behaviour policies.

They should reflect your school's whole school approach to peer-on-peer abuse. The Key for School Leaders offer guidance on updating your policies to let your school community know how you'll tackle incidents of sexism and sexual harassment between pupils with example scenarios to help you review your policy.

Access the guidance here: [SEXISM AND SEXUAL HARASSMENT - how to update your behaviour policy](#)

### *How to Manage a Disclosure of Sexual Harassment or Assault*

A free, downloadable guide produced by Brook for teachers/professionals working with young people on how to manage disclosures of sexual harassment and assault.

Download the guide here: [HOW TO MANAGE A DISCLOSURE OF SEXUAL HARASSMENT OR ASSAULT](#)

### *Sharing Nudes and Semi-Nudes*

A free, downloadable guide about how to respond to incidents and safeguard children produced by the UK Centre for Internet Safety for education settings working with children and young people. Download the guide here:

[SHARING NUDES AND SEMI-NUDES](#)

## **ONLINE SAFETY**

### *Association for Adult and Child Online Safety Specialists (AACOSS)*

[Online safety advice video for schools](#)

### *ChildNet*

[Information, guidance and resources about online safety for schools](#)

## *Children's Commissioner for England*

[Coronavirus information pages](#)

## *Department for Education*

[Safeguarding and remote education guidance during coronavirus \(COVID-19\)](#)

[Online education resources including wellbeing](#)

[Teaching online safety in schools](#)

[EDUCATION FOR A CONNECTED WORLD: 2020 update](#)

[Digital Resilience framework](#)

[Relationships, Sex & Health Education - new curriculum from September 2020 including compulsory online safety education](#)

## *e-Safety Adviser*

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

## *London Grid for Learning*

[A guide to safer remote learning for teachers](#)

## *The Marie Collins Foundation*

Online Harm - Guides for Professionals and Parents/Carers have been produced by the Marie Collins Foundation and the NWG Network aimed at reducing online harm. The [Online Sexual Harm Reduction Guide](#) is aimed at professionals; [How Can I Help My Child?](#) is aimed at parents and carers.

## *National Online Safety*

[A guide to safer remote learning for teachers](#)

## *Stonewall*

[LGBT inclusive guide to supporting young people to stay safe online](#)

## *NSPCC*

[Guidance for undertaking remote teaching safely](#)

[eSafety guidance for schools](#)

## *UK Council for Internet Safety (UKCIS)*

[Digital Resilience framework](#)

[Education for a Connected World - a framework to equip children and young people for digital life](#)

## *UK Safer Internet Centre*

[Guidance for schools on appropriate online filtering and monitoring](#)

[Information and updates for schools](#)

[Improve your privacy online – advice for teachers and parents](#)

[Online Safety for NQTs - the ultimate starter pack](#)

## PUPILS WITH SEND

*Autism Berkshire*

[Top tips for Autistic and ADHD children returning to school September 2020](#)

*Department for Education*

[Teaching about RSHE - pupils with SEND](#)

*Ofsted*

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

*PSHE Association*

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

*Sex Education Forum*

**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](#)

## MANAGING MEDICAL CONDITIONS

**DEPARTMENT FOR EDUCATION**

[Supporting pupils at school with medical conditions](#)

## STAFF HEALTH and WELLBEING

*Anna Freud Centre*

[A guide for school staff to look after their own and colleagues' wellbeing during periods of disruption](#)

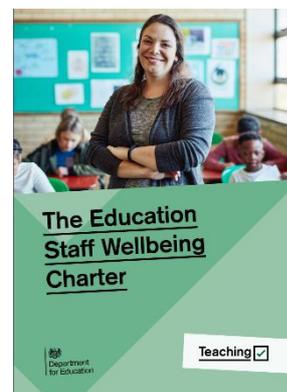
[A guide for school leaders on promoting staff wellbeing](#)

[10 steps towards staff wellbeing](#)

*Department for Education*

[Reducing school workload](#)

**Education Staff Wellbeing Charter** The Department for Education has worked with key



stakeholders in the education sector including teaching unions, Mind and Education Support, schools and trusts and Ofsted to produce an Education Staff Wellbeing Charter. It is a declaration of support for, and set of commitments to, the wellbeing and mental health of everyone working in education. All state funded schools and colleges are invited to familiarise themselves with the charter now, and to sign up when it is available in the autumn, as a shared commitment to protect, promote and enhance the wellbeing of their staff. It is voluntary and there is no deadline to sign up. The DFE will publicise how to sign up in the autumn and suggest that schools should sign up when it is right for their organisation and when they will get the most benefit from it. More information and a downloadable a copy of the Charter can be found here: [Education Staff Wellbeing Charter](#)

## *Education Support*

**Staff Wellbeing Audit Tool** from Education Support aims to help schools assess what is already being done to support staff mental health and wellbeing at school and identify any gaps and areas for development.

Access the audit tool [HERE](#)

[VIDEO: Bereavement & its impact on education staff](#)

[Resources for supporting teacher wellbeing](#)

[BLOG: The impact of Covid-19 on staff mental health & wellbeing and what support is available](#)

**5 Ways Schools Can Show Appreciation for Staff** gives suggestions of ways schools can show they appreciate their staff and ensure mental health and wellbeing is placed at the heart of decision making:

[5 Ways Schools Can Show Appreciation for Staff](#)

## *Health & Safety Executive (HSE)*

[GUIDANCE: Preventing Work Related Stress in Schools](#)

## *IRIS Connect*

[ARTICLE: How to support your teachers' wellbeing through a pandemic](#)

## *NSPCC*

[PODCAST: The impact of Coronavirus on school staff and pupils](#)

## *TES*

**Ten Wellbeing Questions to Ask Your Staff** is a free e-book from TES for school leaders and wellbeing leads to enable meaningful conversations about staff wellbeing.

Find the e-book here: [10 ESSENTIAL WELLBEING QUESTIONS TO ASK YOUR STAFF](#)

## *The Key for School Leaders*

[Supporting staff through illness & bereavement](#)

[Supporting staff who are grieving](#)

## *Wellbeing Planning Exercise*

Please see below.

## *Young Minds*

[Caring for the wellbeing of teachers and school staff](#)

# BACK TO SCHOOL – COVID-19 RECOVERY

## *Anna Freud Centre*

[Coronavirus - Returning to School Toolkit #8](#)

[Reset, recover, rebuild - a roadmap for recovery](#)

[Managing unexpected endings and transitions](#)

[A guide to supporting the mental health and wellbeing of pupils during periods of disruption](#)

[Managing the transition back to school](#)

[Coronavirus, supporting pupils' mental health and wellbeing](#)

## *Autism Berkshire*

[Top tips for Autistic and ADHD children returning to school September 2020](#)

## *Barnardo's*

[Helping children cope with anxiety](#)

## *Charlie Waller Trust*

[Supporting children returning to school](#)

[Guides for schools & families](#)

## *Department for Education*

[Supporting children and young people with SEND as schools and colleges prepare for wider opening](#)

## **KOOTH**

[DATA RELEASE: How Covid-19 is affecting the mental Health of young people in the BAME community](#)

## **NATIONAL CHILDREN'S BUREAU**

[Mental health and wellbeing in primary schools - preparing for recovery](#)

## **ROYAL COLLEGE OF PAEDIATRICS AND CHILD HEALTH**

[ARTICLE: How is COVID-19 affecting children and young people in BAME communities?](#)

## **YOUNG MINDS**

[COVID-19 Back to School Recovery Briefing](#)

[Supporting a child returning to school after lockdown](#)

[Supporting a child with grief and loss during the Covid-19 pandemic](#)