

**PSHE Resources to support DfE statutory guidance
on Relationships and Health Education
For Primary Schools (Key Stage 1 and 2)**

The following is a (non-exhaustive) list of FREE resources to support teaching and learning in PSHE, linked to the themes within the statutory guidance “Relationships education, relationships and sex education (RSE) and health education”.

Relationships Education

Theme	Resource	KS 1	KS 2
Families and people who care for me	BBC Bitesize: Families (within PSHE and Citizenship): 7 Class clips (eg family conflict, reducing family conflict, moving home) https://www.bbc.co.uk/bitesize/topics/zfjj6sg/resources/1	✓	
	7 Class clips (including different conditions, identity and different family lifestyles) https://www.bbc.co.uk/bitesize/topics/zvmmn39/resources/1		✓
	Stonewall: Creating an LGBT-Inclusive Primary Curriculum Ideas and resources for bringing LGBT inclusion and celebrating difference across the primary curriculum https://www.stonewall.org.uk/resources/creating-lgbt-inclusive-primary-curriculum	✓	✓
	Stonewall: Different Families, Same Love Images of different family combinations and cards for Mother’s/Father’s Day https://www.stonewall.org.uk/resources/different-families-same-love-pack and https://www.stonewall.org.uk/resources/love-hearts-poster	✓	✓
	Stonewall: Primary School book list List of inclusive books, showing difference and different families https://www.stonewall.org.uk/resources/primary-school-book-list	✓	✓
	Coram Life Education: The Adoptables' Schools Toolkit Address new statutory requirements for Relationships Education by including families of many forms to help ensure that there is no stigmatisation of children that have different support structures, such as looked-after children and those who have been adopted. https://www.coramlifeeducation.org.uk/adoptables/		✓
	BBC Teach: The Big Talk Short films created in consultation with a PSHE education expert, designed for teachers for use with children aged 9-12. Topics covered include: Body image, Puberty, Respect, Sexual health, Online safety, Healthy relationships and Understanding gender identities https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb		✓

Theme	Resource	KS 1	KS 2
Caring friendships	BBC Bitesize: Friendship (within PSHE and Citizenship) 19 Class clips (on a range of friendship related topics) https://www.bbc.co.uk/bitesize/topics/zswwxb/resources/1	✓	
	13 Class clips (on a range of friendship related topics) https://www.bbc.co.uk/bitesize/topics/zy77hyc/resources/1		✓
Respectful relationships	BBC Bitesize: Self-Awareness (within PSHE and Citizenship) 5 Class clips (including identity and working together as a team) https://www.bbc.co.uk/bitesize/topics/zmrrd2p/resources/1	✓	
	20 Class clips (including identity, living with different conditions, new children in class and working together as a team) https://www.bbc.co.uk/bitesize/topics/z699q6f/resources/1		✓
	BBC Bitesize: Conflict resolution and mediation (within PSHE and Citizenship) 16 Class clips (including coping with feeling angry, best friends, friendship code and what is bullying) https://www.bbc.co.uk/bitesize/topics/zv22pv4/resources/1	✓	
	10 Class clips (including coping with feeling angry, friendship, peer support and bullying) https://www.bbc.co.uk/bitesize/topics/zb66fg8/resources/1		✓
	BBC Bitesize: Differences and Similarities (within PSHE and Citizenship) 5 Class clips (including gender roles, making friends and disability) https://www.bbc.co.uk/bitesize/topics/z3mmn39/resources/1	✓	
	18 Class clips (covering a range of different issues) https://www.bbc.co.uk/bitesize/topics/zgtyrd/resources/1		✓
	BBC Bitesize: Bullying (within PSHE and Citizenship) 3 Class clips (related to bullying) https://www.bbc.co.uk/bitesize/topics/zbxxsbk/resources/1	✓	
	7 Class clips (related to bullying and racism) https://www.bbc.co.uk/bitesize/topics/zrhhvcw/resources/1		✓
NSPCC: Making sense of relationships Lesson plans on personal safety and healthy relationships https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/		✓	

Theme	Resource	KS 1	KS 2
	<p>Anti-Bullying Alliance: Anti-bullying week resources Primary school pack which included lesson plans, activity ideas, cross curricular activities etc. https://www.anti-bullyingalliance.org.uk/anti-bullying-week</p>	✓	✓
	<p>BullyingUK: Anti bullying week resources Posters, presentations, and activities https://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-resources/</p>	✓	✓
	<p>Kidscape: Bullying Awareness Resources A classroom anti-bullying resource 'Being Me', for teachers of Years 5-6 that seeks to celebrate difference and promote inclusion by giving young people in Years 5-6 an insight into the potential challenges being faced by their peers. Also, downloadable resources, videos and top tips for parents, carers and grandparents. https://www.kidscape.org.uk/resources/</p>		✓
	<p>Women's Aid: Expect Respect Educational Toolkit Toolkit consists of one easy to use 'Core' lesson for each year group from reception to year 13 and is based on themes that have been found to be effective in tackling domestic abuse. https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/</p>	✓	✓
	<p>Red Cross: Identity and Belonging Activities to encourage children and young people to think critically about stigma and migration, and what makes us who we are. https://www.redcross.org.uk/get-involved/teaching-resources/identity-and-belonging</p>		✓
	<p>Red Cross: Refugees and WWII evacuees Explore what pupils know and think about refugees and kindness, with a speech by a teenage royal. https://www.redcross.org.uk/get-involved/teaching-resources/refugees-and-wwii-evacuees</p>		✓
	<p>AGENDA: A Young People's Guide for Making Positive Relationships Matter Welsh resource, including a range of teaching and learning activity ideas http://agenda.wales/</p>	✓	✓
	<p>RSPCA: Compassionate Class A programme from the RSPCA that encourages children to develop compassion and empathy through the lens of animal welfare. https://education.rspca.org.uk/education/teachers/primary/compassionateclass</p>		✓

Theme	Resource	KS 1	KS 2
	<p>ChildLine: All About Me A pack for teachers to deliver elements of the Key Stage 2 PSHE curriculum to children with special educational needs (also supports mental health) http://endbullying.org.uk/wp-content/uploads/2014/05/All-About-Me-KS2.pdf</p>		✓
Online relationships	<p>Childnet Resources: Safer Internet Day</p> <p>Pack for working with 3 – 7 year olds https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-educator/work-3-7s</p> <p>Pack for working with 7 - 11 year olds https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-educator/work-7-11s</p> <p>Digiduck Stories The Digiduck® collection has been created to help parents and teachers educate children aged 3 - 7 about online safety. https://www.childnet.com/resources/digiduck-stories</p> <p>Smartie the Penguin An online safety story for 3 to 7 year olds. The story covers the following 3 themes; Pop ups and in app purchasing, Inappropriate websites for older children and cyberbullying https://www.childnet.com/resources/smartie-the-penguin</p> <p>Trust Me The main aim of this resource is to educate young people around inaccurate and pervasive information that they might come across online. https://www.childnet.com/resources/trust-me</p> <p>The Adventures of Kara, Winston and the SMART Crew Cartoons, guidance and activities for e-safety https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>
	<p>NSPCC: Making Sense of Relationships Lesson plans for children aged 10-16 (key stages 2-4) on personal safety and healthy relationships https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/</p>		✓
	<p>The Guardian: News Wise News Wise aims to empower children with the skills and knowledge they need to make sense of what they read, see and hear in an era of fake news. https://www.theguardian.com/newswise-unit-of-work</p>		✓

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	<p>Media Smart: Body Image and Advertising Resource Resource is designed to help pupils aged 9 to 11 better understand advertising and its influence on body image https://mediasmart.uk.com/primary-resources/</p>		✓
	<p>Parent Zone: Be Internet legends lesson plans and activities to teach Key Stage 2 pupils (seven to 11-year-olds) the skills they need to be safe and confident online. https://parentzone.org.uk/curriculumpack</p>		✓
Being safe	<p>NSPCC:</p> <p>PANTS (the Underwear Rule) https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/</p> <p>Share Aware Lesson plans - how to stay safe online, and how to access available help inside and outside the school. https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching/</p>	✓	✓
	<p>Think U Know:</p> <p>Jessie and Friends Aims to equip 4-7 year olds with the knowledge, skills and confidence they need to help them stay safe from sexual abuse and other risks they may encounter online. https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends/</p> <p>Play Like Share Aims to help 8-10 year olds learn how to stay safe from sexual abuse, exploitation and other risks they might encounter online. https://www.thinkuknow.co.uk/professionals/resources/play-like-share/</p>	✓	✓

Health Education

Theme	Resource	KS 1	KS 2
Mental wellbeing	<p>PSHE Association: Mental health and emotional wellbeing lesson plans (Use with the accompanying teacher ‘Guidance on teaching about mental health and emotional wellbeing’)</p> <p>Lessons in key stage 1 and 2 include teaching about:</p> <ul style="list-style-type: none"> – Identifying and talking about feelings – Understanding how feelings affect behaviours – Strategies to manage feelings – The link between mental and physical health – Managing the transition to secondary school / key stage 3 <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans</p>	✓	✓
	<p>Young Minds: Academic Resilience Ideas for school assemblies and the resilient classroom resource (Tutor Pack easily adapted for KS 1 and 2)</p> <p>https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/</p>	✓	✓
	<p>BBC Bitesize: Emotional Wellbeing (within PSHE and Citizenship)</p> <p>8 Class clips (including coping with feeling angry, feeling sad and different levels of anger)</p> <p>https://www.bbc.co.uk/bitesize/topics/zxccwmn/resources/1</p> <p>14 Class clips (including coping with feeling angry, feeling sad, being new in class and different levels of anger)</p> <p>https://www.bbc.co.uk/bitesize/topics/ztkk7ty/resources/1</p>	✓	✓
	<p>Anna Freud Centre: Talking Mental Health a Teacher Toolkit for school staff to use which includes: an animated film, lesson plan, Assembly PowerPoint and various other resources and classroom exercises</p> <p>https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/talking-mental-health-animation-teacher-toolkit/</p>		✓
	<p>Health Education Partnership: Mindfulness – Bubbles, Leaves and Worry Trains An introduction to mindfulness, example meditations and listings of further resources available</p> <p>http://www.healtheducationpartnership.com/mindfulness.aspx</p>	✓	✓
	<p>Action for Happiness The Keys to Happier Living Resource Pack</p> <p>https://www.actionforhappiness.org/toolkit</p>		✓

Theme	Resource	KS 1	KS 2
	<p>Children’s Mental Health Week/Place2Be: Find Your Brave Assembly, group activities and resources list https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/</p>		✓
	<p>Railway Children: Runaway Prevention Education https://www.railwaychildren.org.uk/get-involved/communities/schools-and-youth-groups/</p>		✓
Internet safety and harms	<p>BBFC (British Board of Film Classification): ‘Let’s Watch a Film’ The lessons look at age ratings, why they exist, and allow KS2 pupils to consider issues such as:</p> <ul style="list-style-type: none"> – What age ratings are and how they work – The suitability of content – How they make their own decisions – Why regulations and rules are in place – Where they should go for more information when deciding what to watch, and how to steer clear of content that might be unsuitable <p>https://cbbfc.co.uk/grown-ups/free-pshe-primary-school-lesson-plans</p>		✓
	<p>PSHE Association and Gamble Aware: Exploring risk in relation to gambling Two free lesson plans for KS 2, and a podcast, on the current trends around gambling harms and young people https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-risk-relation-gambling-lesson-pack-ks2</p>		✓
	<p>Childnet: Only a Game Online gaming is hugely popular with children and young people and there are many ways for users to connect and play games online. This drama resource, including lesson plans and supporting materials, has been designed especially for teachers to use with primary pupils on the topic of online gaming. https://www.childnet.com/resources/only-a-game</p>		✓
	<p>See also resources in sections above: Online relationships and Being safe</p>	✓	✓
Physical health and fitness	<p>BBC Bitesize: Healthy Living (within PSHE and Citizenship) 12 Class clips (including cycling, keeping active and staying healthy) https://www.bbc.co.uk/bitesize/topics/zchhvcw/resources/1</p> <p>10 Class clips (including cycling, and bike maintenance) https://www.bbc.co.uk/bitesize/topics/z9ssgk7/resources/1</p>	✓	✓

Theme	Resource	KS 1	KS 2
	<p>British Nutrition Foundation: Food A Fact of Life</p> <p>KS1 Resources about healthy eating, cooking, food and farming for children and young people, including activity https://www.foodafactoflife.org.uk/5-7-years/healthy-eating/activity/</p> <p>KS2 Resources about healthy eating, cooking, food and farming for children and young people, including activity https://www.foodafactoflife.org.uk/7-11-years/healthy-eating/activity/</p>	✓	✓
	<p>Public Health England: Being Active Resources</p> <p>Includes PowerPoints, assemblies and activity ideas https://campaignresources.phe.gov.uk/schools/topics/being-active/overview</p>	✓	✓
Healthy eating	<p>British Nutrition Foundation: Food A Fact of Life</p> <p>KS1 Resources about healthy eating, cooking, food and farming for children and young people https://www.foodafactoflife.org.uk/5-7-years/</p> <p>KS2 Resources about healthy eating, cooking, food and farming for children and young people https://www.foodafactoflife.org.uk/7-11-years/</p>	✓	✓
	<p>Public Health England: Change for Life, Healthy Eating, Food Detectives and Sugar Smart Resources</p> <p>Includes PowerPoints, worksheets and home learning packs https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/resources</p>	✓	✓
	<p>BBC Bitesize: Healthy Living (within PSHE and Citizenship)</p> <p>12 Class clips (including allotments, healthy eating and staying healthy) https://www.bbc.co.uk/bitesize/topics/zchhvcw/resources/1</p> <p>10 Class clips (including healthy eating) https://www.bbc.co.uk/bitesize/topics/z9ssgk7/resources/1</p>	✓	✓
	<p>BBC Teach: The Secret Life of Our Favourite Dishes</p> <p>Video clips showing where our food comes from and how it is made https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-the-secret-life-of-our-favourite-dishes/zmf92p</p>		✓
	<p>Countryside Classroom: Teacher resources</p>	✓	✓

Theme	Resource	KS 1	KS 2
	Wider range of resources, including food growing and production, farming, gardening and cooking https://www.countrysideclassroom.org.uk/resources		
	Food Growing Schools: Education Resources Resources to support food growing in schools https://www.foodgrowingschools.org/resource	✓	✓
Drugs, alcohol and tobacco	Drinkaware: Drinkaware for Education Drinkaware for Education resources help teachers discuss emotional health and peer pressure, as well as the harms and risks commonly associated with alcohol. https://resources.drinkaware.co.uk/support-our-campaigns/drinkaware-for-education/		✓
	Safe4Me: Drugs A toolkit to support teachers to deliver information to pupils specific to the Law, Consequences and Personal Safety https://www.safe4me.co.uk/portfolio/drugs-primary-school/		✓
Health and prevention	Public Health England: Change 4 Life - Keeping our teeth healthy Lesson plans, including PowerPoint for KS1 and KS2 https://campaignresources.phe.gov.uk/schools/resources/keeping-our-teeth-healthy-lesson-plans	✓	✓
	Public Health England: Rise Above Y6 lesson plan on sleep https://campaignresources.phe.gov.uk/schools/resources/sleep-year6-lesson-plan-pack		✓
	Public Health England: e-Bug e-Bug is a free educational resource for learning about micro-organisms, the spread, prevention and treatment of infection Includes: – Assembly pack – Detailed lesson plans – Fun student worksheets – Activity demonstrations https://www.e-bug.eu/	✓	✓
	Teenage Cancer Trust: Shunburn Stay Safe in the Sun Teacher pack and worksheets about sun safety https://www.teenagecancertrust.org/about-us/what-we-do/education-awareness-resources/shunburn		✓
	Chilled Education: Glo Germs (Hygiene) Lesson plans, assembly ideas and resources for teaching about hand washing and hygiene https://www.chillededucation.org/food-teacher/food-teacher-lesson-plans/	✓	✓

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	Oral Health Foundation: Dental Buddy Resources to deliver oral health education in a classroom https://www.dentalhealth.org/downloads-and-resources	✓	✓
Basic first aid	British Red Cross: First Aid Champions Lesson plan, teaching package and videos https://firstaidchampions.redcross.org.uk/		✓
	St John Ambulance: First Aid First aid teaching resources include lesson plans, presentations, and posters. https://www.sja.org.uk/get-advice/first-aid-lesson-plans/		✓
	Raising awareness and reducing the risks of carbon monoxide Lessons enable pupils to understand the potential risks of CO emissions and what they need to know to help reduce those risks https://www.pshe-association.org.uk/curriculum-and-resources/resources/raising-awareness-and-reducing-risks-carbon		✓
Changing adolescent body	Betty for Schools: Talking about Periods Lessons about periods https://bettyforschools.co.uk/resources		✓
	BBC Teach: The Big Talk Short films created in consultation with a PSHE education expert, designed for teachers for use with children aged 9-12. Topics covered include: Body image, Puberty, Respect, Sexual health, Online safety, Healthy relationships and Understanding gender identities https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb		✓
	Amaze: Puberty All about getting your period & Top signs boys are in puberty, animated films https://amaze.org		
	Kidshealth Information on puberty and the changing adolescent body. https://kidshealth.org/		

Free Resources for Non-Statutory PSHE

Young Money (formerly pfeg), part of Young Enterprise

Provide a wide range of high-quality resources, including ready-to-teach lesson plans, planning frameworks and My Money Week materials

<https://www.young-enterprise.org.uk/teachers-hub/financial-education/>

Values, Money and Me?

A free online resource to help children explore the world of money

<https://valuesmoneyandme.co.uk/>

Lifesavers

LifeSavers offers a comprehensive set of classroom, assembly and parent engagement resources that help develop a whole school approach to financial education.

<https://www.lifesavers.co.uk/>

NatWest: Money Sense

Help your class learn about money with lesson plans, activity sheets, videos and interactive activities: <https://natwest.mymoneysense.com/teachers/>

Bank of England: Education resources

Free classroom materials help to explain how the economy works and what the Bank of England does

<https://www.bankofengland.co.uk/education/education-resources>

Unicef: Rights Respecting Schools

We provide a wide range of resources to support teaching and learning about children's rights in your classroom, as well as ideas and guidance on achieving the Award.

<https://www.unicef.org.uk/rights-respecting-schools/>

Department for Transport THINK! Campaign resources

Lesson packs on a range of road safety topics (<https://www.think.gov.uk/education-resources/>)

Including:

- KS1 - Be bright be seen
- KS2 - Crossing the road safely on your own

The Team Margot Foundation and NHS Blood and Transplant: Giving to Help Others

KS2 resources to teach pupils about giving to help others, and blood, stem cell and organ donation.

<http://givingtohelpothers.org/#teachers>

Premier League Primary Stars: Tackling Plastic Pollution

Enables pupils to learn about the simple changes everyone can make to have a positive impact on the local and global environment and help prevent further ocean plastic pollution.

https://plprimarystars.com/resources/tackling-plastic-pollution?utm_source=PSHEAssoc

CAFOD: Resources for Teachers

Assemblies and Lesson Plans to support global learning, including Fair Trade

<https://cafod.org.uk/Education/Primary-teaching-resources>

A Selection of Purchased Resources

The following is a non-exhaustive list of paid resources to support teaching and learning in PSHE/RSHE

PSHE Association – Membership

“Membership of the PSHE Association gives individuals and schools access to the best of what we have to offer, from quality resources and training to individual support by phone, email or in person. Our growing community of PSHE education professionals makes a huge contribution to the quality and status of PSHE nationally

<https://www.pshe-association.org.uk/membership>

Jigsaw

A complete Scheme of Work: <https://www.jigsawpshe.com/>

1Decision

A complete Scheme of Work: <https://www.1decision.co.uk/>

Coram Life SCARF

A complete Scheme of Work: <https://www.coramlifeeducation.org.uk/scarf/>

CWP Resources

Teaching RSE with Confidence in Primary Schools https://cwpresources.co.uk/resources/rse_pri/

Teaching Drug and Alcohol Education with Confidence in Primary Schools
https://cwpresources.co.uk/resources/drugs_pri/

MindUP

A whole school mental health and wellbeing framework, including a programme of staff training, digital teaching and learning resources and parent workshops, with a focus on Neuroscience, Mindful Awareness, Positive Psychology and Social Emotional Learning: <https://mindup.org.uk/>

Mindfulness in Schools Programme: MISP

A charity that brings mindfulness to pupils, teachers and parents using bespoke curricula and resources: <https://mindfulnessinschools.org/>

Young Citizens: Go-Givers

Resources to develop children’s spiritual, moral, social and cultural (SMSC) learning, including their understanding of fundamental British Values, and support the teaching of citizenship and PSHE

<https://www.gogivers.org/other-resources/>

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