

Useful Parent websites to support you with PSHE conversations at home

Our school are members of the PSHE Association – this is a helpful parent Q&A guide to answer initial PSHE queries

<https://www.pshe-association.org.uk/pshe-education-guide-parents>

Relationships / Being Safe

<https://www.nspcc.org.uk/>

<https://www.childline.org.uk/>

<http://thehideout.org.uk/>

Mental Well-being

<https://www.samaritans.org/>

<https://www.studentsagainstdepression.org/>

<https://www.papyrus-uk.org/>

<https://youngminds.org.uk/about-us/who-we-are/>

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

Drugs & Alcohol

<https://www.talktofrank.com/>

Online safety

<https://www.childnet.com/>

<https://nationalonlinesafety.com/>

Health and prevention

<https://kidshealth.org/>

<https://www.nhs.uk/change4life/food-facts>

Sex Education

We suggest parents explore these programmes first, before granting child access.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-ask-lara/zmc3jhw>