

## PSHE Website – Signposting for parents and pupils

### Barr Beacon and Me:

#### Fundamental British Values

Total People: <https://www.totalpeople.co.uk/british-values>

Young Citizens: <http://www.doingsmsc.org.uk/british-values/>

### Relationships and feelings / self-management:

#### E-safety

Childline: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

BBC: <https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-staying-safe-online>

Safety net kids: <http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

CEOP / Police: <https://www.ceop.police.uk/safety-centre/>

#### Bullying

Young Minds: <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

NSPCC: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

Anti-Bullying Alliance: <https://www.anti-bullyingalliance.org.uk>

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

### Healthy minds and lives:

#### Mental Health

Young Minds: <https://youngminds.org.uk>

NHS: <https://www.nhs.uk/conditions/stress-anxiety-depression/>

Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/about-mental-health-problems/>

#### Substance Misuse

Talk to Frank: <https://www.talktofrank.com>

Grow Change Live: <https://www.changegrowlive.org/advice-info/under-21-advice>

#### Run, Hide, Tell / Terrorism / Radicalisation

Police: <https://www.counterterrorism.police.uk/advice-for-young-people/>

#### Healthy Lifestyles

NHS: <https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>

Jamie Oliver: <https://www.jamieoliver.com/nutrition/healthy-eating-10-easy-tips/>

NHS: <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

Teenage Cancer Trust: <https://www.teenagecancertrust.org>

NHS: <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

## Keeping safe as a member of UK society:

### Gangs and Knife / Gun Crime

**Childline Gun and Knife Crime:** <https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/gun-knife-crime/>

**Safe4me:** <https://www.safe4me.co.uk/portfolio/knife-crime/>

**NSPCC Criminal Exploitation and Gangs:** <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/>

### First Aid

**St John Ambulance:** <https://www.sja.org.uk/get-advice/>

**British Red Cross:** <https://www.redcross.org.uk/first-aid>

### Child Sexual Exploitation

**NSPCC:** <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/>

**Children's Society:** <https://www.childrensociety.org.uk/what-is-child-sexual-exploitation>

**Barnardo's:** <https://www.barnardos.org.uk/what-we-do/protecting-children/cse>

**CEOP / Police:** <https://www.ceop.police.uk/safety-centre/>

## Finance and Future:

### Personal Finance

**Nat West MoneySense:** <https://natwest.mymoneysense.com/home/>

**Royal Bank of Scotland Banking for Kids:** <https://personal.rbs.co.uk/personal/life-moments/teaching-children-about-money.html>

**Bank of England Education:** <https://www.bankofengland.co.uk/education>

### Careers

**Prospects:** <https://www.prospects.ac.uk/careers-advice>

**National Careers Service:** <https://nationalcareers.service.gov.uk>

**UCAS:** <https://www.ucas.com/careers-advice>

## Growing up:

### Puberty

**Childline:** <https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-girls/>

**Childline:** <https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-boys/>

**Bodyform:** <https://www.bodyform.co.uk/v-zone/puberty/puberty-tips-help/>

**Kids Health:** <https://kidshealth.org/en/parents/talk-about-puberty.html>

## Relationships and Sex:

## The Law

**NSPCC:** <https://learning.nspcc.org.uk/child-protection-system/children-the-law#article-top>

**Family Planning Association:** <https://www.fpa.org.uk/factsheets/law-on-sex>

## Contraception

**NHS:** <https://www.nhs.uk/conditions/contraception/>

**Brook:** <https://www.brook.org.uk/topics/contraception/>

## STI's

**Brook:** <https://www.brook.org.uk/topics/stis/>

**NHS:** <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

## Sexual Identity

**Childline:** <https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation/>

**Brook:** <https://www.brook.org.uk/topics/sexuality/>

**Stonewall:** <https://www.stonewall.org.uk/about-us/news/lgbt-inclusive-organisations-you-should-know-about>