

Partnership HSB, PSHE resources

AfC info have resources on RSE that can be seen [here](#).

Resources from **Getting It On** can be found [here](#)

The Parents Guide has a focus on RSE for parents of teens, Please click [here](#) to view it. Further resources from the Parents' Guide around RSE can be found [here](#). **The Children's Commissioner** guide for parents about online sexual harassment is [here](#)

YHC School Health are keen on the approach and offer of [Outspoken Sex Ed](#) ([outspokeneducation.com](#)) which has been specifically developed to help

parents talk openly about bodies, consent, Sex and relationships

YHC School Health also signpost parents to the **NHS website** for further information about puberty [here](#) – it's important not to presume that parents know all they need to know, there can be some significant gaps

Consent teaching resources for Key Stages 3&4 from **Rape Crisis South London** [here](#) and Public Sexual harassment teaching resources for KS 3&4 from Durham University [here](#) and some new resources from **SafeLives** for ages 13+ about healthy relationships can be found [here](#).

For very young Children (Early Years/KS1) **The NSPCC Talk Pants** resource is good and [this](#) Amnesty resource is good for teaching about emotions

E-Safety

E- safety Think U Know is the education programme from NCA-CEOP and provides a fantastic and comprehensive set of resources, home activity packs, and online videos and animations appropriate to each age group, with notes for parents, it can be found [here](#).

The National Centre for Cyber Security offers a wide range of resources and information across all aspects of cyber security and has a section specifically aimed at individuals and families which includes a recently launched CyberSprinters game, interactive online security resources for 7-11 year olds. They can be found [here](#).

The UK Council for Internet Safety is [here](#)

Parents with children with SEND:

Image in Action has a page of resources for parents and carers [here](#).

For families with children with ADHD Embrace (formerly ADHD Richmond and Kingston) offers parenting courses with a focus on behaviour management amongst other support and resources [here](#).

Suitcase of PSHE Resources

Mental Health

Please see below support for parents from the following websites:

- [BBC news Education page](#)
- [Every Mind Matters](#)
- [Kooth](#)
- [NHS's mental health for parents](#)
- [NSPCC's support for parents](#)
- [Positive parenting solutions](#)
- NHS Urgent mental health 24/7 crisis line
Tel. 0800 028 8000

Parenting and Issues of Boundaries

For universal parenting obviously it will depend on age range and presenting issue, but there are a number of helplines which offer individual advice and guidance, and signposting to other support such as Family Lives which can be found [here](#).

Exploitation support pack for parents is [here](#)

Please click [here](#) to view advice from Family lives.

The Alcohol Education Trust's guide for parents is [here](#)

ThinkUKNow [advice](#) for parents on sex and relationships

Drugs and Alcohol

For promoting good mental health, signpost to Every Mind Matters [here](#), and to other websites for specific issues Young Minds, NSPCC, BEAT, National Self-Harm Network, Talk to Frank etc

The Daniel Spargo Mabbs Foundation is the UK lead charity in evidence based drugs and alcohol education via schools and other settings to both parents, children and school staff. They already work widely in Richmond and Kingston and they have recently launched a new website with a wide range of free downloadable resources . More information can be found at [here](#).

Talk to Frank for information about any drugs [here](#).

Drinkaware information and resources about alcohol is [here](#)

PSHE Assoc substance misuse lesson plans were updated in 2020 might also help guide, please find them [here](#).

