

# PSHE Resources

## **General information**

The PSHE association: <http://www.pshe-association.org.uk/>

BBC learning zone: [http://www.bbc.co.uk/schools/websites/11\\_16/site/pshe.shtml](http://www.bbc.co.uk/schools/websites/11_16/site/pshe.shtml)

## **Drugs, smoking and alcohol education**

Talk to frank: [http://www.talktofrank.com/?&gclid=CJehuJGM77MCFW\\_KtAodyVoAAw](http://www.talktofrank.com/?&gclid=CJehuJGM77MCFW_KtAodyVoAAw)

Hope UK: <http://www.hopeuk.org/>

Kenward trust: <http://kenwardtrust.org.uk/>

Drink aware: <http://www.drinkaware.co.uk/>

NHS Smokefree: <http://smokefree.nhs.uk/>

Quit smoking: <http://www.quitbecause.org.uk/>

Drug free world: <http://www.drugfreeworld.org/>

## **Discrimination and prejudice:**

Tackling racism: <http://www.tackling-racism.co.uk/>

Homophobia: stonewall: [http://www.stonewall.org.uk/at\\_home/sexual\\_orientation\\_faqs/2697.asp](http://www.stonewall.org.uk/at_home/sexual_orientation_faqs/2697.asp)

BBC challenging stereotypes:

[http://www.bbc.co.uk/schools/pshe\\_and\\_citizenship/personal\\_wellbeing/relationships/challenging\\_discrimination/](http://www.bbc.co.uk/schools/pshe_and_citizenship/personal_wellbeing/relationships/challenging_discrimination/)

## **Safety**

Get safe online: <http://www.getsafeonline.org/>

e-safety kent: [http://www.kent.gov.uk/childrens\\_social\\_services/protecting\\_children/e-safety.aspx](http://www.kent.gov.uk/childrens_social_services/protecting_children/e-safety.aspx)

Think u know: <http://www.thinkuknow.co.uk/>

Kent fire and rescue: [http://www.kent.fire-uk.org/your\\_safety.aspx](http://www.kent.fire-uk.org/your_safety.aspx)

Think! Road safety: <http://think.direct.gov.uk/>

Cyber mentors: <http://www.cybermentors.org.uk/>

Brake road safety: <http://www.brake.org.uk/>

## **Mental health:**

Don't call me crazy BBC <http://www.bbc.co.uk/programmes/p01b86w5>

Depression [http://www.mind.org.uk/blog/8784\\_depression\\_the\\_enemy\\_within](http://www.mind.org.uk/blog/8784_depression_the_enemy_within)

Male suicide

[http://www.mind.org.uk/blog/8560\\_worrying\\_statistics\\_show\\_an\\_increase\\_in\\_male\\_suicide](http://www.mind.org.uk/blog/8560_worrying_statistics_show_an_increase_in_male_suicide)

Bipolar [http://www.mind.org.uk/blog/9193\\_bipolar\\_disorder\\_and\\_me](http://www.mind.org.uk/blog/9193_bipolar_disorder_and_me)

OCD <http://www.bbc.co.uk/news/magazine-23412085>

Mental wellbeing <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx> -

Anxiety [http://www.mind.org.uk/blog/8509\\_when\\_anxiety\\_kicks\\_in](http://www.mind.org.uk/blog/8509_when_anxiety_kicks_in)

Young minds <http://www.youngminds.org.uk/>

**Finance and careers:**

Natwest money sense: <http://moneysense.natwest.com/schools/schools>

National careers service: <https://nationalcareersservice.direct.gov.uk/advice/Pages/default.aspx>

Connexions: <http://www.connexions-tameside.com/>

**Bereavement:**

Child bereavement <http://www.nhs.uk/Livewell/bereavement/Pages/children-bereavement.aspx>

Bereavement <http://www.nhs.uk/Livewell/bereavement/Pages/coping-with-bereavement.aspx>.

Losing someone life story <http://www.nhs.uk/Livewell/bereavement/Pages/sarah-phillips-bereavement-story.aspx>

**Sexual Abuse:**

<http://www.bbc.co.uk/learningzone/clips/i-never-said-yes-jane-s-story-juries-in-courts/14375.html>

<http://www.bbc.co.uk/learningzone/clips/i-never-said-yes-attitudes-towards-sex-and-what-men-think/14372.html>

<http://www.bbc.co.uk/learningzone/clips/i-never-said-yes-attitudes-towards-sex-and-what-men-think/14372.html>

<http://www.bbc.co.uk/learningzone/clips/i-never-said-yes-laura-s-story-partner-rape/14373.html>

<http://www.bbc.co.uk/learningzone/clips/i-never-said-yes-natalie-s-story-gang-rape-and-the-role-of-the-police/14374.html>

**Self harm:**

Self Harm <http://www.bbc.co.uk/learningzone/clips/coping-with-self-harm/11900.html>

Mind [http://www.mind.org.uk/mental\\_health\\_a-z/8006\\_self-harm](http://www.mind.org.uk/mental_health_a-z/8006_self-harm)

Harmless: <http://www.harmless.org.uk/>