## **How to support my child with PSHE**

# Talking to your child about difficult topics

[www.youngminds.org.uk/find-help/for-parents/parents-survival-guide](http://www.youngminds.org.uk/find-help/for-parents/parents-survival-guide)

[www.pshe-association.org.uk/pshe-education-guide-parents](http://www.pshe-association.org.uk/pshe-education-guide-parents)

[www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics)

<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education/parents-and-carers>

# Health and Wellbeing

**Self concept**

[www.cambslearntogether.co.uk/home-learning/wellbeing/cyp](http://www.cambslearntogether.co.uk/home-learning/wellbeing/cyp)

**Mental health & emotional wellbeing**

[www.youngminds.org.uk/find-help/for-parents/parents-helpline](http://www.youngminds.org.uk/find-help/for-parents/parents-helpline)

[www.kooth.com](http://www.kooth.com)

[www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health](http://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health)

[www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm](http://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm)

**Healthy lifestyles & health-related decisions**

[www.itsontheball.org/testicular-cancer-information](http://www.itsontheball.org/testicular-cancer-information)

[www.coppafeel.org](http://www.coppafeel.org)

**Drugs, alcohol & tobacco**

[www.talktofrank.com/get-help/worried-about-a-child](http://www.talktofrank.com/get-help/worried-about-a-child)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol](http://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol)

**Managing risk & personal safety**

[www.ygam.org](http://www.ygam.org)

**Puberty, sexual health & fertility**

[www.amaze.org](http://www.amaze.org)

[www.kidshealth.org/en/parents/talk-about-puberty.html](http://www.kidshealth.org/en/parents/talk-about-puberty.html)

[www.childline.org.uk/info-advice/you-your-body](http://www.childline.org.uk/info-advice/you-your-body)

[www.gires.org.uk/wp-content/uploads/2016/07/Information-and-support-for-families-of-adult-transgender-non-binary-and-non-gender-people.pdf](http://www.gires.org.uk/wp-content/uploads/2016/07/Information-and-support-for-families-of-adult-transgender-non-binary-and-non-gender-people.pdf)

[www.bodyform.co.uk/myths-and-facts/puberty/puberty-talk-with-daughter](http://www.bodyform.co.uk/myths-and-facts/puberty/puberty-talk-with-daughter)

[www.wearebetty.com/pages/parent-hub-landing-page](http://www.wearebetty.com/pages/parent-hub-landing-page)

[www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers](http://www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers)

[www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers/how-to-raise-a-daughter-guide-for-dads](http://www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers/how-to-raise-a-daughter-guide-for-dads)

# Relationships

**Positive relationships**

[www.theguardian.com/lifeandstyle/2018/dec/29/how-to-talk-about-sex-education-with-children](http://www.theguardian.com/lifeandstyle/2018/dec/29/how-to-talk-about-sex-education-with-children)

[www.internetmatters.org/issues/online-pornography/protect-your-child](http://www.internetmatters.org/issues/online-pornography/protect-your-child)

[www.healthline.com/health/healthy-sex/parents-talking-to-their-kids-about-porn](http://www.healthline.com/health/healthy-sex/parents-talking-to-their-kids-about-porn)

[www.brook.org.uk](http://www.brook.org.uk)

**Relationship values**

[www.childline.org.uk/info-advice/friends-relationships-sex](http://www.childline.org.uk/info-advice/friends-relationships-sex)

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

[www.theproudtrust.org](http://www.theproudtrust.org)

[www.stonewall.org.uk/our-work/campaigns/supporting-trans-young-people](http://www.stonewall.org.uk/our-work/campaigns/supporting-trans-young-people)

[www.loveisrespect.org](http://www.loveisrespect.org)

**Forming & maintaining respectful relationships**

[www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children](http://www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children)

[www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce)

**Consent**

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.brook.org.uk](http://www.brook.org.uk)

[www.parentinfo.org/article/if-your-teen-is-sexually-active](http://www.parentinfo.org/article/if-your-teen-is-sexually-active)

**Contraception & parenthood**

[www.brook.org.uk](http://www.brook.org.uk)

[www.bigtalkeducation.co.uk/parents](http://www.bigtalkeducation.co.uk/parents)

**Bullying abuse & discrimination**

[www.childline.org.uk/info-advice/bullying-abuse-safety](http://www.childline.org.uk/info-advice/bullying-abuse-safety)

[www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying)

[www.unicef.org/parenting/talking-to-your-kids-about-racism](http://www.unicef.org/parenting/talking-to-your-kids-about-racism)

**Social influences**

# Living in the Wider World

**Learning skills**

[www.barclayslifeskills.com/young-people](http://www.barclayslifeskills.com/young-people)

**Choices & pathways**

[www.cap14-19.org.uk](http://www.cap14-19.org.uk) - Post 16 Choices

[www.mychoice16.co.uk](http://www.mychoice16.co.uk) – Sixth Form options

[www.youthoria.org](http://www.youthoria.org) - Cambridge young persons website

[www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship) - Apprenticeships

[www.theaimgroup.co.uk/useful-resources](http://www.theaimgroup.co.uk/useful-resources) - Apprenticeships

[www.informedchoices.ac.uk](http://www.informedchoices.ac.uk/) - University Choices

[www.russellgroup.ac.uk/about/our-universities](http://www.russellgroup.ac.uk/about/our-universities) - Russell Group Universities

[www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk) - alternatives to going to University

**Work & career**

[www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk) - National Careers Service

[www.careersbox.co.uk](http://www.careersbox.co.uk) - Careers Films

[www.icould.com](http://www.icould.com) – Information on a range of careers

[www.army.mod.uk/careers](http://www.army.mod.uk/careers) - Army Careers

[www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk) - NHS Careers

**Employment rights & responsibilities**

[www.gov.uk/employment-status/worker](http://www.gov.uk/employment-status/worker)

[www.adzuna.co.uk](http://www.adzuna.co.uk) - Labour Market Information

**Financial choices**

[www.ygam.org](http://www.ygam.org)

[www.barclayslifeskills.com/young-people](http://www.barclayslifeskills.com/young-people)

**Media literacy & digital resilience**

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

[www.learning.nspcc.org.uk/media/1489/share-aware-parents-guide.pdf](http://www.learning.nspcc.org.uk/media/1489/share-aware-parents-guide.pdf)

[www.cambslearntogether.co.uk/home-learning/computing](http://www.cambslearntogether.co.uk/home-learning/computing)

[www.parents.parentzone.org.uk](http://www.parents.parentzone.org.uk)