

## Resources to help Parents and Carers at home

PSHE Association Programme of study for KS1-5 [www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1](http://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1)

ParentKind is a useful website to explore resources and information around resilience, wellbeing and sexting. [www.parentkind.org.uk/](http://www.parentkind.org.uk/)

Planning effective drug and alcohol education: Mentor-ADEPIS research and briefing papers with ideas for lessons [mentor-adepis.org/planning-effective-education/](http://mentor-adepis.org/planning-effective-education/)

Thinkuknow is the education programme from National Crime Agency (NCA)-Child Exploitation Online Programme (CEOP), which protects children both online and offline. The site offers materials for parents, teachers and pupils on a wide range of online safety issues and facts about areas such as digital footprints, recognising fake websites and checking URLs. <https://www.thinkuknow.co.uk/>

Mental health and emotional wellbeing: PSHE Association lesson plans [Mental health and emotional wellbeing pack \(pshe-association.org.uk\)](http://pshe-association.org.uk)

MindEd educational resources on children and young people's mental health [www.minded.org.uk](http://www.minded.org.uk)

- [www.sexualhealthtayside.org/courses/unit-3-stages-of-development-and-answering-questions-adolescence](http://www.sexualhealthtayside.org/courses/unit-3-stages-of-development-and-answering-questions-adolescence)
- [www.outspokeneducation.com](http://www.outspokeneducation.com)
- [www.brook.org.uk](http://www.brook.org.uk)