



Want to know more about the topics your child is studying is PSHE?

Think you could do more to support their understanding of the wider world, health and wellbeing and relationships?

You will find some advice for supporting the mental health and wellbeing of young people on our school website here: www.stourvalleycommunityschool.org/svcs-wellbeing

For some Relationships and Sex Education myth busting go here: www.sexeducationforum.org.uk/news/news/busting-myths-about-rse

For advice specific to the topics studied in each year group, see below:

Topic	Year Group and Topics	Resources
Wider World	All Careers	www.xello.world/en-gb (This is used in lessons and tutor time at school) www.youthemployment.org.uk/how-to-help-your-child-choose-a-career-careers-advice-for-parents/ www.nationalcareers.service.gov.uk/careers-advice www.firstcareers.co.uk
	7 Financial Literacy	www.parents.actionforchildren.org.uk/parenting-relationships/money/talking-to-children-about-money
	8 Financial Literacy Online Safety	www.parents.actionforchildren.org.uk/parenting-relationships/money/talking-to-children-about-money www.nspcc.org.uk/keeping-children-safe/online-safety/
	9 Gangs County Lines	www.wsh.nhs.uk/CMS-Document/Patient-leaflets/Safeguarding/county-line-leaflet-parents-1.pdf www.learning.nspcc.org.uk/child-abuse-and-neglect/county-lines
	10 Gambling and Debt	www.gamcare.org.uk www.moneysavingexpert.com
	11 Diversity	www.gov.uk/government/news/guidance-on-promoting-british-values-in-schools-published
Health and Wellbeing	7 First Aid Body Image	www.redcross.org.uk/teach-first-aid www.sja.org.uk/get-advice www.raisingchild.net.au/teens/healthy-lifestyle/safety-first-aid www.youngminds.org.uk/young-person/coping-with-life/body-image
	8 Drugs/Alcohol Sleep	www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-and-alcohol/ www.youngminds.org.uk/young-person/my-feelings/sleep-problems

	9 First Aid Mental Health	www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-03-24-faq# www.raisingchild.net.au/teens/healthy-lifestyle/safety-first-aid www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/
	10 Mental Health	www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/
	11 Contraception Self- Examination	www.parents.actionforchildren.org.uk/parenting-relationships/ www.nhs.uk/conditions/contraception/ www.icash.nhs.uk/where-to-to/icash-suffolk
Relationships	7 Positive Relationships Online Relationships Protected Characteristics	www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships www.parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-peer-pressure/help-your-teenager-make-great-friends www.crae.org.uk/our-guide-childrens-rights-and-law/laws-protecting-childrens-rights/equality-act-2010
	8 Healthy Relationships Sex and the Law Introduction to contraception	www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx www.omhwc.org.uk
	9 Consent Coercive control STIs	www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx www.kidshealth.org/en/parents/stds-talk.html
	10	www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships

	Consent Dangers of pornography	www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx www.nspcc.org.uk/globalassets/documents/advice-and-info/online-pornography-keep-child-safe.pdf
	11 Sexual Harassment Being an Upstander	www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx www.activebystander.co.uk www.righttobe.org/guides/bystander-intervention-training/