



## **Books to support the teaching of PSHE and RSHE**

[Best children's books - PSHE & Emotional Literacy Topic Booklists \(booksfortopics.com\)](https://www.booksfortopics.com/) –

This link includes books on many topics covered in PSHE including –

Friendship Anti bullying, diversity and inclusion.

Different types of families

Bereavement and loss

Emotional well being

Physical health

Personal development and values

Citizenship and community

Transitions.

[Books and resources | Child Bereavement UK](#) – Books and resources on loss and bereavement.

[Children's Books About Divorce And Separation \(2-7yrs\) | Anita Cleare](#)

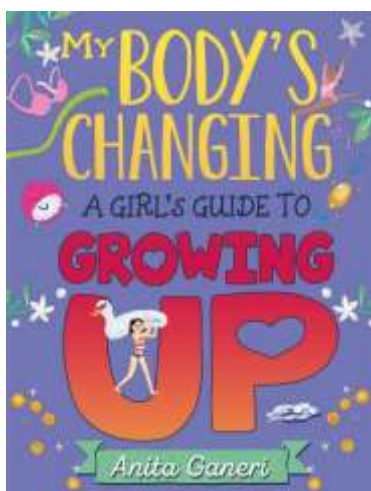
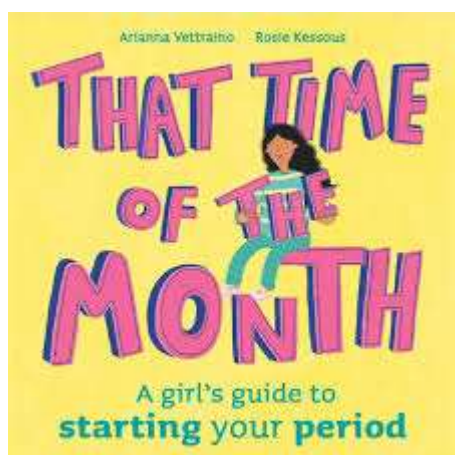
## **Book lists for more support on Puberty and sex education.**

[Booklist - Sex, Puberty & Growing Up - Books for Children - News From Nowhere Radical & Community Bookshop, Liverpool](#)

[Puberty | BookTrust](#)

[Books About Puberty | Common Sense Media](#)

[Best children's books about puberty and sex | TheSchoolRun](#)



We have these 3 books available at school if anyone would like to borrow a copy. These were sent to us by the Bucks PSHE lead.

## Useful PSHE websites



### **Better Health**

[Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[\(999\) Cosmic Kids Yoga - YouTube](#)

[GoNoodle Home](#)

[danny go - Search \(bing.com\)](http://bing.com)

[A fun way to learn about health \(healthforkids.co.uk\)](http://healthforkids.co.uk)

### **Sex Health and Relationships.**

[Puberty | Childline](#)

[Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Relationships, sex and health education: guides for parents - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Free RSE resources – Brook](#) – some of these resources are more for secondary age children but may become useful as they grow older ensure to check resources before you use them.

[PANTS resources for schools and teachers | NSPCC Learning](#) – The Pantosaurus is good for supporting children in saying no and understanding privacy and what is right or wrong when it comes to their body.

[Help keep children safe online with Techosaurus! | NSPCC](#) – A pack for parents to support online safety.

[NSPCC | The UK children's charity | NSPCC](#)

### **Emotional Wellbeing and Mental Health**

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Parenting Mental Health | Home](#)

[Resources: wellbeing support for young people and children - BBC Children in Need](#)

### **Financial Capability**

[Money Games and Online Financial Resources | MoneySense \(mymoneysense.com\)](http://mymoneysense.com)

[Teaching kids about money | Banking for kids | Royal Bank \(rbs.co.uk\)](http://rbs.co.uk)

### **Safety**

[CEOP Education](#)

[Programmes and resources | Parent Zone | At the heart of digital family life](#)

[Be Internet Legends - A Program to Teach Children Internet Safety](#)

[THINK! – Road safety](#)

[Schools and families | Get involved | Brake](#)

[Education resources – THINK!](#)

### **Anti-Bullying**

<https://anti-bullyingalliance.org.uk/>

[Online Bullying | Childnet](#)

[Resources Hub | Help With Bullying Advice | Kidscape](#)

### **Bereavement**

[Child Bereavement UK](#)

[Children, young people and grief - Cruse Bereavement Support](#)

[Get help with grief after bereavement or loss - NHS \(www.nhs.uk\)](#)

[When a Loved One Dies: How to Help Your Child \(for Parents\) | Nemours KidsHealth](#)