

**Health & Wellbeing Overview**

***SWEIC 2022***

This document provides links to the current policy, guidance, resources, professional learning and opportunities for accreditation and wider achievement in line with the Scottish Health and Wellbeing curriculum organisers. There are additional sections for Health and Wellbeing online as well as staff wellbeing in line with the Cycle of Wellbeing.

**Health & Wellbeing Curriculum**

*Learning in health and wellbeing ensures that children and young people develop the knowledge, understanding and skills which they need now and in the future.*

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| CfE | [Personal & Social Education Benchmarks](https://education.gov.scot/nih/Documents/HWBPersonalSocial%20EducationBenchmarksPDF.pdf) |
| [Health & Wellbeing Experiences & Outcomes](https://education.gov.scot/Documents/health-and-wellbeing-eo.pdf) |
| [Health & Wellbeing: Principles & Practice](https://education.gov.scot/Documents/health-and-wellbeing-pp.pdf) |
| [Health & Wellbeing Curriculum Impact Report](https://education.gov.scot/parentzone/Documents/HealthandWellbeing3-18ImpactReport.pdf) |
| [Review of Personal & Social Education](https://www.gov.scot/publications/schools-personal-and-social-education-review/) |
| Policy, guidance & national publications | [Health & Wellbeing; Responsibility of All – Making the Links…Making it Work](https://education.gov.scot/improvement/self-evaluation/health-and-wellbeing-responsibility-of-all-making-the-links-making-it-work/) |
| [GIRFEC](https://www.gov.scot/policies/girfec/) |
| [United Nations Convention on the Rights of the Child (Incorporation) (Scotland) Bill: leaflet - gov.scot (www.gov.scot)](https://www.gov.scot/publications/united-nations-convention-rights-child-incorporation-scotland-bill-leaflet/) |
| [An Introduction to Children’s Rights: training tool - gov.scot (www.gov.scot)](https://www.gov.scot/publications/childrens-rights-wellbeing-impact-assessments-crwia-training-tool/) |
| Parents/Carers | [Supporting HWB at Home](https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing) |
| [Supporting learners during self-isolation and school closures | Learning resources | National Improvement Hub (education.gov.scot)](https://education.gov.scot/improvement/learning-resources/supporting-learners-during-self-isolation-and-school-closures) |

**Health and Wellbeing Online**

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| *Policy, guidance & national publications* | [Healthy Relationships & Consent: Key Messages for Young People](https://www.gov.scot/publications/key-messages-young-people-healthy-relationships-consent-resource-professionals-working-young-people/) | |
| [Harmful sexual behaviour by children and young people: Expert Group report - gov.scot (www.gov.scot)](https://www.gov.scot/publications/expert-group-preventing-sexual-offending-involving-children-young-people-prevention-responses-harmful-sexual-behaviour-children-young-people/) | |
| [Cyber resilience: learning and skills action plan 2018-2020 - gov.scot (www.gov.scot)](https://www.gov.scot/publications/learning-skills-action-plan-cyber-resilience-2018-20/) | |
| [Preventing sexual offending involving children and young people: minister's statement - gov.scot (www.gov.scot)](https://www.gov.scot/publications/preventing-sexual-offending-involving-children-young-people-ministers-statement/) | |
| [Internet Safety Action Plan](https://www.gov.scot/publications/national-action-plan-internet-safety-children-young-people/) | |
| [Engaging in risky online behaviour - prevalence and associated factors: initial findings - gov.scot (www.gov.scot)](https://www.gov.scot/publications/engaging-risky-online-behaviour-initial-findings-prevalence-associated-factors-age-12-growing-up-scotland-survey/) | |
| *Wider Achievement / Accreditation* | [Digital Schools Awards: Digital Wellbeing Badge for Cyber Resilience & Internet Safety](https://www.digitalschoolsawards.co.uk/digital-schools-awards-digital-wellbeing-badge-cyber-resilience-and-internet-safety) | |
| [SQA Internet Safety SCQF Level 4](https://www.sqa.org.uk/sqa/34586.html) | |
| *Resources* | ***Consume*** | [Digilearn](https://blogs.glowscotland.org.uk/glowblogs/digilearn/2021/09/01/consume-the-cyber-resilience-internet-safety-teacher-toolkit/)  *Supports the embedding of cyber resilience teaching and learning across the curriculum, with the support of training, resources and tailored guidance and support* |
| [National Cyber Security Centre Resources](https://www.ncsc.gov.uk/information/resources-for-schools)  *Practical advice and resources for schools in relation to cyber security* |
| [Cyber Aware](https://www.ncsc.gov.uk/cyberaware/home)  *Six actions to improve cyber security* |
| ***Create*** | [Childline: Staying Safe Online](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/)  *Advice on how to stay safe online and what to do when things go wrong* |
| ***Communicate*** | [CEOP](https://www.ceop.police.uk/safety-centre/)  *Supports and reporting mechanism for online sexual abuse* |
| *Professional Learning* | [PPL Course: Supporting young people to navigate their online life](https://professionallearning.education.gov.scot/) | |
| [Digilearn.scot](https://blogs.glowscotland.org.uk/glowblogs/digilearn/professional-learning/) | |
| [Embedding Online Safety Through Your Curriculum](https://www.childnet.com/blog/25-ideas-for-embedding-online-safety-throughout-your-curriculum) | |

**Staff Wellbeing**

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| Policy, guidance & national publications | [Mental Health Strategy 2017-2027 - gov.scot (www.gov.scot)](https://www.gov.scot/publications/mental-health-strategy-2017-2027/) |
| [Schools Personal & Social Education Review](https://www.gov.scot/publications/schools-personal-and-social-education-review/) |
| [Mental Health & Wellbeing: whole school approach: framework](https://www.gov.scot/publications/whole-school-approach-mental-health-wellbeing/) |
| [Cycle of Wellbeing](https://education.gov.scot/improvement/learning-resources/the-cycle-of-wellbeing/) |
| Resources | [Wellbeing planning tool | Turas | Learn (nhs.scot)](https://learn.nes.nhs.scot/30741/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/wellbeing-planning-tool) |
| [Staff Wellbeing and Self Care in a Crisis](https://learn.nes.nhs.scot/30741/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/wellbeing-planning-tool) |
| [Support for the education workforce | National Improvement Hub](https://education.gov.scot/improvement/support-for-the-education-workforce-during-covid-19/) |
| [Staff Wellbeing During a Pandemic & Beyond](https://sway.office.com/p3QWjY4altHviB6o?ref=email) |
| Professional Learning | [Health and Wellbeing | General Teaching Council for Scotland (gtcs.org.uk)](https://www.gtcs.org.uk/News/news/health-wellbeing.aspx) |
| [Staff Wellbeing During a Pandemic & Beyond (office.com)](https://sway.office.com/p3QWjY4altHviB6o?ref=email) |
| [Education Scotland: Health & Wellbeing Professional Learning - Wakelet](https://wakelet.com/wake/cvOmSzLyTav4lsK-kVo3R) |
| [Wellbeing planning tool | Turas | Learn (nhs.scot)](https://learn.nes.nhs.scot/30741/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/wellbeing-planning-tool) |
| [Children and Young People Mental Health and Wellbeing](https://www.cypmh.co.uk/) |
| [Compassionate & Connected Community](https://professionallearning.education.gov.scot/learn/learning-activities/) |
| [Supporting children and young people through grief and loss](https://professionallearning.education.gov.scot/learn/learning-activities/) |
| [NES Trauma Informed - National Trauma Training Programme](https://transformingpsychologicaltrauma.scot/resources/national-trauma-training-programme-online-resources-summary/) |
| [Let’s introduce anxiety management (LIAM)](https://learn.nes.nhs.scot/21126/early-intervention-for-children) |

**Mental, Emotional, Social & Physical Wellbeing**

*(Responsibility of All)*

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| Policy, guidance & national publications | [Suicide Prevention Action Plan](https://www.gov.scot/publications/scotlands-suicide-prevention-action-plan-life-matters/) |
| [Mental Health Strategy 2017 - 2027](https://www.gov.scot/publications/mental-health-strategy-2017-2027/) |
| [Developing a Positive Whole School Ethos & Culture: Relationships, Learning & Behaviour](https://www.gov.scot/publications/developing-positive-whole-school-ethos-culture-relationships-learning-behaviour/) |
| [Improving Educational Outcomes for Children and Young People from Travelling Cultures: Guidance](https://www.gov.scot/publications/improving-educational-outcomes-children-young-people-travelling-cultures/) |
| [Included Engaged & Involved part 1: attendance in Scottish schools](https://www.gov.scot/publications/included-engaged-involved-part-1-attendance-scottish-schools/) |
| [Included Engaged & Involved part 2: preventing and managing school exclusions](https://www.gov.scot/publications/included-engaged-involved-part-2-positive-approach-preventing-managing-school/) |
| [The Promise](https://thepromise.scot/) |
| [Support for Learning: All our Children and All their Potential](https://www.gov.scot/binaries/content/documents/govscot/publications/independent-report/2020/06/review-additional-support-learning-implementation/documents/support-learning-children-potential/support-learning-children-potential/govscot%3Adocument/support-learning-children-potential.pdf) |
| [Children & Young People’s Mental Health Taskforce](https://www.gov.scot/publications/children-young-peoples-mental-health-taskforce-delivery-plan/) |
| [Youth Commission on Mental Health Services](https://youngscot.net/news-database/young-people-set-out-recommendations-for-the-future-of-mental-health-services?rq=mental%20health%20commission%20on%20youth%20services%20report) |
| [Coronavirus (COVID-19): school age childcare services guidance - gov.scot (www.gov.scot)](https://www.gov.scot/publications/coronavirus-covid-19-school-age-childcare-services/) |
| [Access to counselling in secondary schools: guidance - gov.scot (www.gov.scot)](https://www.gov.scot/publications/guidance-education-authorities-establishing-access-counselling-secondary-schools/) |
| [Adverse Childhood Experiences (ACEs) and Trauma - gov.scot (www.gov.scot)](https://www.gov.scot/publications/adverse-childhood-experiences-aces/) |
| [Community mental health and wellbeing supports and services: framework - gov.scot (www.gov.scot)](https://www.gov.scot/publications/community-mental-health-wellbeing-supports-services-framework/) |
| [Child trafficking: research - gov.scot (www.gov.scot)](https://www.gov.scot/publications/child-trafficking-scotland-research/) |
| [Harmful sexual behaviour by children and young people: Expert Group report - gov.scot (www.gov.scot)](https://www.gov.scot/publications/expert-group-preventing-sexual-offending-involving-children-young-people-prevention-responses-harmful-sexual-behaviour-children-young-people/) |
| [Exploring the reported worsening of mental wellbeing among adolescent girls in Scotland - gov.scot (www.gov.scot)](https://www.gov.scot/publications/exploring-reported-worsening-mental-wellbeing-adolescent-girls-scotland/) |
| [Understanding childhood adversity, resilience and crime - gov.scot (www.gov.scot)](https://www.gov.scot/publications/understanding-childhood-adversity-resilience-crime/) |
| Wider Achievement & Accreditation | [Dynamic Youth Awards](https://www.youthscotland.org.uk/awards/dynamic-youth-awards/) |
| [Saltire Awards](https://saltireawards.scot/) |
| [Princes Trust](https://www.princes-trust.org.uk/about-the-trust/qualifications/qualifications-scotland) |
| SQA: [First Aid Awards](https://www.sqa.org.uk/sqa/90578.html) |
| SQA: [Wellbeing Awards](https://www.sqa.org.uk/sqa/57043.html) |
| SQA: [Safe Road User Award](https://www.sqa.org.uk/sqa/35045.html) |
| SQA: [Mental Health & Wellbeing](https://www.sqa.org.uk/sqa/83773.html) (SCQF Level 4 & 5) |
| [Keep Safe Ambassadors](https://iammescotland.co.uk/keep-safe-ambassadors) |
| Resources | [Supporting Young Carers in Education](https://education.gov.scot/improvement/learning-resources/supporting-young-carers-in-education/) |
| [BBC Bitesize Health & Wellbeing](https://www.bbc.co.uk/bitesize/subjects/zbhv8xs) (Early Level) |
| [BBC Bitesize Mental and Emotional Wellbeing](https://www.bbc.co.uk/bitesize/topics/zmkqhyc/resources/1) |
| [BBC Bitesize Physical Wellbeing](https://www.bbc.co.uk/bitesize/topics/z6d2n39) |
| [BBC Bitesize Social Wellbeing](https://www.bbc.co.uk/bitesize/topics/zn7tvcw/resources/1) |
| [BBC Bitesize Health & Wellbeing](https://www.bbc.co.uk/bitesize/subjects/zsd4vwx) (4th Level) |
| [BBC Bitesize Health & Wellbeing](https://www.bbc.co.uk/bitesize/subjects/zpkrf82) (3rd Level) |
| [Healthier Minds East Renfrewshire Council](https://blogs.glowscotland.org.uk/er/healthierminds/) |
| [Positive mental wellbeing – resources to support children & young people](https://education.gov.scot/improvement/learning-resources/resources-for-school-staff-to-support-positive-mental-wellbeing-of-children-and-young-people/) |
| [The Slide - Approach to preventing young people becoming involved with serious and organised crime](https://education.gov.scot/improvement/learning-resources/hwb50-the-slide-teachers-pack/) |
| [MESP Wakelet](https://wakelet.com/wake/5ba86d6e-fc5c-4055-9bfe-def8e160f911) |
| Professional Learning | [SAMH E-Learning for Teachers](https://www.samh.org.uk/about-mental-health/elearning-for-teachers) |
| [Suicide Prevention Training Courses & Resources](http://www.healthscotland.scot/health-topics/suicide/suicide-prevention-training-courses-and-resources) |
| [ES Professional Learning](https://professionallearning.education.gov.scot/) |
| [Seasons for Growth](http://www.seasonsforgrowth.org.uk/training-calender/) |
| [Place 2Be Mental Health Champions](https://www.place2be.org.uk/our-services/services-for-schools/mental-health-champions-foundation-programme/) |
| [Suicide Let’s Talk](https://www.relias.co.uk/hubfs/ZSA-FullTraining/story_html5.html) |
| [Trauma-informed practice: toolkit - gov.scot (www.gov.scot)](https://www.gov.scot/publications/trauma-informed-practice-toolkit-scotland/) |

**Physical Education, Physical Activity & Sport**

*(physical activity and sport are responsibility of all at early and first levels)*

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| Policy, guidance & national publications | [Better Movers Better Thinkers](https://education.gov.scot/improvement/learning-resources/better-movers-and-thinkers) |
| [Physical Activity & Sport](https://www.webarchive.org.uk/wayback/archive/20191002035702/http:/www.gov.scot/policies/physical-activity-sport/) |
| [Out to Play - creating outdoor play experiences for children: practical guidance - gov.scot (www.gov.scot)](https://www.gov.scot/publications/out-play-practical-guidance-creating-outdoor-play-experiences-children/) |
| [Growing up in Scotland: overweight and obesity at age 10 - gov.scot (www.gov.scot)](https://www.gov.scot/publications/growing-up-scotland-overweight-obesity-age-10/) |
| [Successful Approaches to Learning Outdoors](https://education.gov.scot/education-scotland/what-we-do/inspection-and-review/chief-inspector-report/national-thematic-inspections/successful-approaches-to-learning-outdoors/) |
| Wider Achievement & Accreditation | Scottish Country Dance: [Primary School Accreditation](https://www.rscds.org/learn/teaching-scottish-country-dance/teachers-primary-secondary-schools/primary-school) |
| [Bikeability](https://www.bikeability.org.uk/) |
| SQA: [Dance](https://www.sqa.org.uk/sqa/45710.html) |
| SQA: [Physical Education](https://www.sqa.org.uk/sqa/45741.html) |
| SQA: [Cycling Awards](https://www.sqa.org.uk/sqa/65104.html) |
| SQA: [Sports Coaching Awards](https://www.sqa.org.uk/sqa/98558.html) |
| [Sports Leaders / Dance Leader Awards](https://www.sportsleaders.org/) |
| [Duke of Edinburgh (DofE)](https://www.dofe.org/) |
| [Active Schools Sports Award](https://sportscotland.org.uk/schools/active-schools/) |
| Resources | [Actify](https://www.actify.org.uk/activescotland) |
| [Walk to School](https://www.livingstreets.org.uk/walk-to-school#pri) |
| [Physical Education: Home Learning Challenges](https://education.gov.scot/improvement/practice-exemplars/physical-education-home-learning-challenges/) |
| [Play Scotland Resources](https://www.playscotland.org/resources/) |
| [Let’s Get Started Orienteering](https://www.scottish-orienteering.org/lets-get-started-orienteering/) |
| [Daily Mile](https://thedailymile.co.uk/) |
| [Judy Murray Tennis Resources](https://education.gov.scot/improvement/learning-resources/judy-murray-tennis-resource/) |
| [BBC Bitesize Dance](https://www.bbc.co.uk/bitesize/subjects/zscdxnb) |
| [BBC Bitesize Physical Education](https://www.bbc.co.uk/bitesize/subjects/zkfgd2p) |
| [BBC Bitesize Physical Education](https://www.bbc.co.uk/bitesize/subjects/zdfc7ty) (3rd Level) |
| [BBC Bitesize Physical Education](https://www.bbc.co.uk/bitesize/subjects/z8srq6f) (4th Level) |
| [BBC Bitesize NAT 4 Physical Education](https://www.bbc.co.uk/bitesize/subjects/z4hfcdm) |
| [BBC Bitesize NAT 5 Physical Education](https://www.bbc.co.uk/bitesize/subjects/zctsr82) |
| [BBC Bitesize NAT 5 Dance](https://www.bbc.co.uk/bitesize/subjects/zc87pv4) |
| [BBC Bitesize Higher Physical Education](https://www.bbc.co.uk/bitesize/subjects/zhf3cdm) |
| [BBC Bitesize Higher Dance](https://www.bbc.co.uk/bitesize/subjects/zrkqhyc) |
| Professional Learning | [Learning in Local Greenspace - case studies | NatureScot](https://www.nature.scot/doc/learning-local-greenspace-case-studies) |
| [Outdoor learning services and information | Outdoor Learning Directory](https://outdoorlearningdirectory.com/) |
| [Outdoor Learning Webinar](https://www.youtube.com/watch?v=Oecsj8AXiTA) |
| [Outdoor Learning with a focus on Early years](https://www.youtube.com/watch?v=loVebU_3hjc) |

**Planning for choices and change**

*(Responsibility of All)*

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| Policy, guidance & national publications | [Building the Curriculum 4: Skills for learning, skills for life and skills for work (education.gov.scot)](https://www.education.gov.scot/Documents/btc4.pdf) |
| [DYW Scotland](https://www.dyw.scot/) |
| [Formal volunteering framework - gov.scot (www.gov.scot)](https://www.gov.scot/publications/formal-volunteering-framework/) |
| [Developing the Young Workforce](https://education.gov.scot/improvement/learning-resources/a-summary-of-developing-the-young-workforce-dyw-resources) |
| [Developing the Young Workforce - online support | Learning resources | National Improvement Hub (education.gov.scot)](https://education.gov.scot/improvement/learning-resources/dyw-online-support/) |
| [DYW in Primary and ELC - Support Offer - Wakelet](https://wakelet.com/wake/JuVMn7UvrPFkVUOiDHZMT) |
| [Early learning and childcare: resources toolkit - gov.scot (www.gov.scot)](https://www.gov.scot/publications/early-learning-and-childcare-resources-toolkit/) |
| [Young Person's Guarantee - employment and education landscape: current evidence - overview - gov.scot (www.gov.scot)](https://www.gov.scot/publications/young-persons-guarantee-overview-current-evidence-employment-education-landscape-young-people-scotland/) |
| [Primary to secondary school transitions: analysis - gov.scot (www.gov.scot)](https://www.gov.scot/publications/transitions-primary-secondary-school/) |
| [Primary to secondary school transitions: systematic literature review - gov.scot (www.gov.scot)](https://www.gov.scot/publications/primary-secondary-transitions-systematic-literature-review/) |
| [15 to 24 Learner Journey Review: programme overview - gov.scot (www.gov.scot)](https://www.gov.scot/publications/15-to-24-learner-journey-review-programme-overview/) |
| Wider Achievement & Accreditation | [Work Placement](https://www.sqa.org.uk/sqa/13775.html) |
| <https://education.gov.scot/improvement/practice-exemplars/dyw47-profiling-skills-and-achievements-in-the-context-of-career-education/> |
| [SCQF Level 3 & 4 Employability](https://www.sqa.org.uk/sqa/14901.html) |
| [Skills for Work](https://www.sqa.org.uk/sqa/33661.6692.html) |
| [learning-resource-8.pdf (education.gov.scot)](https://education.gov.scot/media/tzdj35oz/learning-resource-8.pdf) |
| <https://education.gov.scot/improvement/learning-resources/foundation-apprenticeships/> |
| SQA: [Volunteering Skills](https://www.sqa.org.uk/sqa/47597.html) |
| SQA: [Steps to Work](https://www.sqa.org.uk/sqa/44730.html) |
| SQA: [Preparation for Employment Awards](https://www.sqa.org.uk/sqa/84254.html) (SCQF Levels 4 & 5) |
| SQA: [Personal Finance Award](https://www.sqa.org.uk/sqa/36556.html) (SCQF Level 4 & 5) |
| SQA: [Personal Development Awards](https://www.sqa.org.uk/sqa/57039.html) (SCQF Level 2-6) |
| SQA: [Personal Achievement](https://www.sqa.org.uk/sqa/57037.html) |
| SQA: [Mentoring](https://www.sqa.org.uk/sqa/84234.html) (SCQF Level 4) |
| SQA: [Leadership Award](https://www.sqa.org.uk/sqa/36425.html) (SCQF 4 & 6) |
| [Princes Trust](https://www.princes-trust.org.uk/about-the-trust/qualifications/qualifications-scotland) |
| Resources | [UCAS | At the heart of connecting people to higher education](https://www.ucas.com/) |
| [DYW Live](https://www.e-sgoil.com/dyw/) |
| [BBC Bitesize Careers](https://www.bbc.co.uk/bitesize/careers) |
| [Scotland’s Enterprising Schools](https://enterprisingschools.scot/) |
| [Industry Insight Sessions](https://www.dyw.scot/industry-insights.html) |
| [Landra – Skills for Work](https://www.scotland.lantra.co.uk/skills-work) |
| [Barclays Life Skills](https://barclayslifeskills.com/educators/) |
| [RBS Money Sense](https://rbs.mymoneysense.com/teachers/) |
| [Education Scotland – Financial Education Resources](https://education.gov.scot/improvement/practice-exemplars/fined3-financial-education-resources/) |
| [Education Scotland – Careers in the Rural Industry in Scotland](https://education.gov.scot/improvement/practice-exemplars/hwb36-careers-in-agriculture/) |
| [Skills Development Scotland](https://www.skillsdevelopmentscotland.co.uk/) |
| [My World of Work](https://www.myworldofwork.co.uk/) (My Wow) |
| Professional Learning | [Career Education Standard 3-18: Suite of learning resources | Learning resources | National Improvement Hub](https://education.gov.scot/improvement/learning-resources/career-education-standard-3-18-suite-of-learning-resources/) |
| [DYW – Interesting Practice: ‘Workout’ programme South Ayrshire Council](https://education.gov.scot/improvement/practice-exemplars/dyw-interesting-practice-workout-programme-south-ayrshire-council/) |
| [DYW – Interesting Practice: Helping young people realise their aspirations – Craigroyston Community High School](https://education.gov.scot/improvement/practice-exemplars/dyw-interesting-practice-helping-young-people-realise-their-aspirations-craigroyston-community-high-school/) |
| [Leading Pathways: Senior Phase Design](https://education.gov.scot/improvement/practice-exemplars/learning-pathways-senior-phase-design/) |

**Food & Health**

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| Policy, guidance & national publications | [A healthier future: Scotland's diet and healthy weight delivery plan - gov.scot (www.gov.scot)](https://www.gov.scot/publications/healthier-future-scotlands-diet-healthy-weight-delivery-plan/) |
| [Healthy eating in schools: guidance 2020 - gov.scot (www.gov.scot)](https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/) |
| [Better eating, better learning: a new context for school food - gov.scot (www.gov.scot)](https://www.gov.scot/publications/better-eating-better-learning-new-context-school-food/) |
| [Nutritional Requirements for Food and Drink in Schools (Scotland) Amendment Regulations 2021: guidance - gov.scot (www.gov.scot)](https://www.gov.scot/publications/nutritional-requirements-for-food-and-drink-in-schools-scotland-amendment-regulations-2021-guidance/) |
| [Healthy Eating in Schools guidance 2020: supplementary information and advice on energy and key nutrients - gov.scot (www.gov.scot)](https://www.gov.scot/publications/healthy-eating-schools-guidance-2020-supplementary-information-advice-energy-key-nutrients/) |
| [Scottish Milk and Healthy Snack Scheme: guidance for local authorities and day care settings - gov.scot (www.gov.scot)](https://www.gov.scot/publications/scottish-milk-healthy-snack-scheme-guidance-local-authorities-day-care-settings/) |
| Wider Achievement & Accreditation | [Fashion & Textile Technology](https://www.sqa.org.uk/sqa/56930.html) |
| [Food, Health & Wellbeing](https://www.sqa.org.uk/sqa/46941.html) |
| [Health & Food Technology](https://www.sqa.org.uk/sqa/45738.html) |
| [Practical Cake Craft](https://www.sqa.org.uk/sqa/56925.html) |
| [Practical Cookery](https://www.sqa.org.uk/sqa/45681.html) |
| [Culinary Ability: Food Preparation Award at SCQF Level 4](https://www.sqa.org.uk/sqa/76985.html) |
| [Baritsta Skills SCQF Level 5](https://www.sqa.org.uk/sqa/91717.html) |
| Resources | [Food Standards](https://www.foodstandards.gov.scot/education-resources) |
| [Nutritional analysis: software specification - gov.scot (www.gov.scot)](https://www.gov.scot/publications/nutritional-analysis-software-specification-nutritional-requirements-food-drink-schools-scotland-regulations-2020/) |
| [Food Education Summary – Education Scotland](https://education.gov.scot/improvement/learning-resources/hwb42-food-education-summary) |
| [Food Skills Support](https://education.gov.scot/improvement/documents/hwb18foodskillssupportresource.pdf) |
| [Food for Thought](https://education.gov.scot/improvement/documents/hwb19-food-and-health-skills.pdf) |
| [British Nutrition Foundation](https://www.nutrition.org.uk/) |
| [BBC Bitesize Food & Health](https://www.bbc.co.uk/bitesize/topics/zjr8mp3) (1st Level) |
| [Food A Fact of Life](https://www.foodafactoflife.org.uk/professional-development/teaching-and-learning/planning-and-teaching/resources-to-support-uk-14-16-qualification-specifications/) |
| [BBC Bitesize Nat 5 Health and Food Technology](https://www.bbc.co.uk/bitesize/subjects/zt6ngk7) |
| [BBC Bitesize NAT 4 Fashion & Textile Technology](https://www.bbc.co.uk/bitesize/subjects/zrrk2hv) |
| [BBC Bitesize Hospitality](https://www.bbc.co.uk/bitesize/subjects/z33cjxs) |
| [BBC Bitesize NAT 4 Health and Food Technology](https://www.bbc.co.uk/bitesize/subjects/zvvrwmn) |
| [BBC Bitesize NAT 5 Hospitality](https://www.bbc.co.uk/bitesize/subjects/zhtsr82) |
| [BBC Bitesize Higher Fashion & Textile Technology](https://www.bbc.co.uk/bitesize/subjects/zm2tvcw) |
| [BBC Bitesize Higher Health and Food Technology](https://www.bbc.co.uk/bitesize/subjects/zjw2n39) |
| Professional Learning | [A Virtual Tour Of A Dairy Farm In Biggar, Scotland (Part 3) | TED-Ed](https://ed.ted.com/on/LR0YTYsy) |
| [Characteristics of Good Practice in Teaching Food & Nutrition (Primary)](https://www.foodafactoflife.org.uk/training/2020/characteristics-of-good-practice-in-teaching-food-and-nutrition-primary/) |
| [Repair what you wear](https://repairwhatyouwear.com/) |
| [Home Economics Webinar](https://www.youtube.com/watch?v=cABsVrjUo3A) |

**Substance Misuse**

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| Policy, guidance & national publications | [Rights Respect and Recovery - alcohol and drug treatment strategy: action plan 2019 to 2021 (version 2) - gov.scot (www.gov.scot)](https://www.gov.scot/publications/rights-respect-recovery-action-plan-2019-21-version-2/) |
| [Improving Scotland’s Health](https://blogs.glowscotland.org.uk/re/public/renfrewshirehwb/uploads/sites/2905/2020/08/17164203/Improving-Scotlands-Health-Scottish-Government.pdf) |
| [What Works’ in Drug Education & Prevention?](https://www.gov.scot/publications/works-drug-education-prevention/) |
| [Drug and alcohol services - improving holistic family support - gov.scot (www.gov.scot)](https://www.gov.scot/publications/improving-holistic-family-support-towards-whole-family-approach-family-inclusive-practice-drug-alcohol-services/) |
| Wider Achievement & Accreditation | [Helping you become a tobacco-free school | ASH Scotland](https://www.ashscotland.org.uk/what-we-do/children-young-people-and-tobacco/tobacco-free-schools/) |
| Resources | [Choices for Life](https://young.scot/campaigns/national/choices-for-life) |
| [Highland Substance Awareness Toolkit](https://www.highlandsubstanceawareness.scot.nhs.uk/) |
| [Drink Aware](https://resources.drinkaware.co.uk/collections/drinkaware-for-education) |
| [Substance Misuse Primary Lesson Plans](http://live.nhsggc.org.uk/about-us/professional-support-sites/substance-misuse-toolkit/drugs/substance-misuse-primary-education-lesson-plans/) |
| [Volatile Substance Abuse (VSA) – a learning & teaching resource](https://education.gov.scot/improvement/learning-resources/volatile-substance-abuse) |
| Professional Learning | [E-Learning - Scottish Drugs Forum (sdftraining.org.uk)](https://www.sdftraining.org.uk/online-learning) |
| [‘What works’ in Drug Education and Prevention?](https://www.gov.scot/publications/works-drug-education-prevention/) |

**Relationships, Sexual Health & Parenthood**

*(Relationships is a Responsibility of All)*

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| Policy, guidance & national publications | Child Protection & Safeguarding | [National Guidance for Child Protection in Scotland 2021](https://www.gov.scot/publications/national-guidance-child-protection-scotland-2021/) |
| [Safeguarding – Child Sexual Exploitation](https://education.gov.scot/improvement/learning-resources/safeguarding-child-sexual-exploitation/) |
| [Safeguarding – Female Genital Mutilation (FGM)](https://education.gov.scot/improvement/learning-resources/female-genital-mutilation-fgm/) |
| [Safeguarding – Identify, Understand & Respond Appropriately to Sexual Behaviours in Young People](https://education.gov.scot/improvement/learning-resources/safeguarding-identify-understand-and-respond-appropriately-to-sexual-behaviours-in-young-people/) |
| [Support for addition child protection and safeguarding issues (COVID)](https://education.gov.scot/improvement/support-for-the-education-workforce-during-covid-19/support-for-additional-child-protection-issues/) |
| Consent | [Healthy Relationships and Consent: key messages for young people](https://www.gov.scot/publications/key-messages-young-people-healthy-relationships-consent-resource-professionals-working-young-people/) |
| LGBT+ | [Supporting Transgender Young People in Schools: Guidance for Scottish Schools](https://www.gov.scot/publications/supporting-transgender-young-people-schools-guidance-scottish-schools/) |
| [Addressing Inclusion – Effectively Challenging Homophobia, Biphobia & Transphobia](https://education.gov.scot/improvement/learning-resources/addressing-inclusion-effectively-challenging-homophobia-biphobia-and-transphobia/) |
| Menstruation / Periods | [Period Products (Free Provision) (Scotland) Act 2021 Guidance – Sept 2021](https://www.gov.scot/publications/period-products-free-provision-scotland-act-2021-guidance-responsible-bodies-september-2021/) |
| Pornography | [Young people’s attitude to pornography, sex & relationships (2014)](https://www.ippr.org/files/publications/pdf/young-people-sex-relationships_Aug2014.pdf) |
| Pregnancy / Parenthood | [Pregnancy and Parenthood in Young People Strategy](https://www.gov.scot/publications/pregnancy-parenthood-young-people-strategy/) |
| [Someone to talk to and Someone to listen – Supporting young pregnant women and young parents in school](https://www.gov.scot/publications/someone-talk-someone-listen-supporting-young-pregnant-women-young-parents-school/pages/2/) |
| Protected Characteristics | [Equality Act 2010](https://www.gov.uk/guidance/equality-act-2010-guidance) |
| [Gender Equalities](https://www.gov.scot/policies/gender-equality/) |
| Wider Achievement & Accreditation | [LGBT Charter for schools](https://www.lgbtyouth.org.uk/the-lgbt-charter/the-lgbt-charter-for-schools/) | |
| Resources | [Mentors in Violence Prevention (MVP)](https://education.gov.scot/improvement/practice-exemplars/mentors-for-violence-prevention-mvp-an-overview) | |
| [Equally Safe in School](https://www.equallysafeatschool.org.uk/) | |
| [LGBT Resources](https://www.lgbtyouth.org.uk/resources/) | |
| [LGBT Mapping Across Curriculum for Excellence](https://www.togetherscotland.org.uk/resources-and-networks/resources-library/2018/11/curriculum-inclusion-lgbt-mapping-across-curriculum-for-excellence/) | |
| [Stonewall](https://www.stonewall.org.uk/) | |
| [Period Inequality](https://www.scotland.org/about-scotland/scotlands-stories/period-inequality) | |
| [Hey Girls](https://www.heygirls.co.uk/) | |
| [Primary School Puberty Teaching Resources](https://campaignresources.phe.gov.uk/schools/resources/puberty-lesson-plan-pack) | |
| [RSHP Website](https://rshp.scot/) | |
| [RSHP Teaching Guidance](https://www.gov.scot/publications/conduct-relationships-sexual-health-parenthood-education-schools/) | |
| [Gods Loving Plan](https://sces.org.uk/gods-loving-plan-2/) | |
| [Called to Love](http://sces.org.uk/called-to-love-2/) | |
| [Real Love Rocks](https://barnardosrealloverocks.org.uk/) | |
| Professional Learning | [Think You Know](https://www.thinkuknow.co.uk/) | |
| [How Safe are our Children?](https://learning.nspcc.org.uk/research-resources/how-safe-are-our-children) | |
| [Equality & Diversity: A Guide for Teachers](https://www.gtcs.org.uk/professional-update/equality-diversity-hub.aspx) | |
| [Improving Gender Balance](https://education.gov.scot/improvement/learning-resources/improving-gender-balance-3-18) | |
| [Gender Stereotypes](https://education.gov.scot/improvement/documents/gender-stereotyping-intro.pdf) | |