

## PSHE Resources - S1 - 6

### Relationships, Sexual Health and Parenting

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

This is the new national resource.

### Planning for Choices and Change

My World of Work [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

Barclays Lifeskills [www.barclayslifeskills.com](http://www.barclayslifeskills.com)

Planit [www.planitplus.net](http://www.planitplus.net)

### Substance Misuse

Mood café [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Hands on Scotland [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)

Mentors in Violence Prevention [www.mvpscotland.org.uk](http://www.mvpscotland.org.uk)

Mental health [www.annafreud.org](http://www.annafreud.org)

Scottish Drugs Forum [www.sdf.org.uk](http://www.sdf.org.uk)

Know the Score [www.knowthescore.info](http://www.knowthescore.info)

Talk to Frank [www.talktofrank.com](http://www.talktofrank.com)

Smoking [www.ashscotlandmoodle.org.uk](http://www.ashscotlandmoodle.org.uk)

Smoking [www.beathe2025.org.uk](http://www.beathe2025.org.uk)

NHS Glasgow Substance Misuse Toolkit <https://www.nhsggc.org.uk/about-us/professional-support-sites/substance-misuse-toolkit/>

Substance Misuse and Harm Reduction [www.landed.info](http://www.landed.info)

Young Scot Choices for Life [www.young.scot/campaigns/national/choices-for-life](http://www.young.scot/campaigns/national/choices-for-life)

Drugs Advice NHS Lanarkshire <https://www.nhslanarkshire.scot.nhs.uk/drug-advice/>

Alcohol Education Trust [www.alcholeducationtrust.org/](http://www.alcholeducationtrust.org/)

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

Smoking cessation [www.nhsinform.scot/campaigns/quit-your-way-scotland](http://www.nhsinform.scot/campaigns/quit-your-way-scotland)

Smoking prevention [www.healthscotland.scot/health-topics/smoking/smoking-cessation](http://www.healthscotland.scot/health-topics/smoking/smoking-cessation)

CREW.Scot [www.crew.scot/](http://www.crew.scot/)

Drug Wise [www.drugwise.org.uk/](http://www.drugwise.org.uk/)

Drug Science [www.drugscience.org.uk/](http://www.drugscience.org.uk/)

Scottish Drugs Forum [www.sdf.org.uk/](http://www.sdf.org.uk/)

## Safety

Water Safety [www.watersafetyscotland.org.uk](http://www.watersafetyscotland.org.uk)

Water Safety [www.scottishwater.co.uk/en/Help-and-Resources/Education/All-About-Water/Water-Safety](http://www.scottishwater.co.uk/en/Help-and-Resources/Education/All-About-Water/Water-Safety)

Water Safety [www.firescotland.gov.uk/your-safety/water-safety.aspx](http://www.firescotland.gov.uk/your-safety/water-safety.aspx)

Fire Safety [www.firescotland.gov.uk/your-safety/for-young-people/schools-and-community-groups-resource.aspx](http://www.firescotland.gov.uk/your-safety/for-young-people/schools-and-community-groups-resource.aspx)

Fire safety Quiz [www.cheshirefire.gov.uk/young-people/sparkton/resources-fire-safety-info-for-teachers](http://www.cheshirefire.gov.uk/young-people/sparkton/resources-fire-safety-info-for-teachers)

Fire Safety Module

<https://blogs.glowscotland.org.uk/glowblogs/public/esesol/uploads/sites/4537/2017/05/ITS-Glasgow-Fire-Safety-ESOL-Pack.pdf>

Cancer Care [www.teenagecancertrust.org/about-us/what-we-do/cancer-awareness](http://www.teenagecancertrust.org/about-us/what-we-do/cancer-awareness)

Breast cancer care [www.breastcancer.org/about-us/news-personal-stories/our-breast-awareness-school-resources](http://www.breastcancer.org/about-us/news-personal-stories/our-breast-awareness-school-resources)

Testicular cancer [www.itsinthebag.org.uk/ball-checking/why-check/](http://www.itsinthebag.org.uk/ball-checking/why-check/)

Testicular Cancer [www.youtube.com/watch?v=tnraSkoEcWY](http://www.youtube.com/watch?v=tnraSkoEcWY)

Let's Talk Testicles [www.youtube.com/watch?v=3ZzsGivp4tc](http://www.youtube.com/watch?v=3ZzsGivp4tc)

Personal Hygiene [www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-oh-no-bo/zntfgwx](http://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-oh-no-bo/zntfgwx)

Some of your Bits Ain't Nice [www.youtube.com/watch?v=6SXzauoMSM0](http://www.youtube.com/watch?v=6SXzauoMSM0)

Mentors in Violence Prevention [www.mvpscotland.org.uk/](http://www.mvpscotland.org.uk/)

Mobile phone safety [www.safetynetkids.org.uk/personal-safety/mobile-phone-safety/](http://www.safetynetkids.org.uk/personal-safety/mobile-phone-safety/)

Mobile Phone Safety [www.outofyourhands.com/](http://www.outofyourhands.com/)

Mobile phone Safety [www.childnet.com/resources](http://www.childnet.com/resources)

E Safety [www.learning.nspcc.org.uk/research-resources/schools/e-safety-for-schools/](http://www.learning.nspcc.org.uk/research-resources/schools/e-safety-for-schools/)

Phone and Internet Safety [www.internetmatters.org/schools-esafety/secondary/](http://www.internetmatters.org/schools-esafety/secondary/)

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

Internet Safety [www.internetmatters.org/advice/](http://www.internetmatters.org/advice/)

Internet Safety [www.saferinternet.org.uk/](http://www.saferinternet.org.uk/)

Internet Safety [www.safetynetkids.org.uk/personal-safety/staying-safe-online/](http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/)

Internet Safety [www.nspcc.org.uk/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/keeping-children-safe/online-safety/)

Internet Safety [www.childnet.com/](http://www.childnet.com/)

Crime Prevention [www.education.gov.scot/improvement/learning-resources/hwb50-the-slide-teachers-pack](http://www.education.gov.scot/improvement/learning-resources/hwb50-the-slide-teachers-pack)

Crime and the Law [www.education.gov.scot/improvement/learning-resources/Crime%20and%20law](http://www.education.gov.scot/improvement/learning-resources/Crime%20and%20law)

Road Safety [www.think.gov.uk/](http://www.think.gov.uk/)

Road Safety [www.rosipa.com/Road-Safety](http://www.rosipa.com/Road-Safety)

Road Safety [www.roadsafety.scot/](http://www.roadsafety.scot/)

Road Safety Games [www.familylearning.org.uk/road\\_safety\\_games.html](http://www.familylearning.org.uk/road_safety_games.html)

Road Safety Interactive Resources [www.roadsafetyweek.org.uk/content/624-interactive-resources](http://www.roadsafetyweek.org.uk/content/624-interactive-resources)

Road Safety [www.brake.org.uk/component/tags/tag/road-safety](http://www.brake.org.uk/component/tags/tag/road-safety)

1<sup>st</sup> Aid [www.nhs.uk/conditions/first-aid/](http://www.nhs.uk/conditions/first-aid/)

1<sup>st</sup> Aid [www.sja.org.uk/get-advice/first-aid-advice/](http://www.sja.org.uk/get-advice/first-aid-advice/)

1<sup>st</sup> Aid [www.hse.gov.uk/firstaid/](http://www.hse.gov.uk/firstaid/)

Heartstart [www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-communities/heartstart-communities](http://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-communities/heartstart-communities)

Safety [www.childline.org.uk/](http://www.childline.org.uk/)

### Metacognitive Skills

Growth Mindset [www.mindsetworks.com/Free-Resources/](http://www.mindsetworks.com/Free-Resources/)

Growth Mindset [www.youtube.com/watch?v=M1CHPnZfFmU](http://www.youtube.com/watch?v=M1CHPnZfFmU)

Growth Mindset [www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us](http://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us)

Growth Mindset printables [www.pinterest.co.uk/usatwinkl/growth-mindset-teaching-resources/](http://www.pinterest.co.uk/usatwinkl/growth-mindset-teaching-resources/)

Emotional Intelligence [www.pinterest.co.uk/sschiff84/emotional-intelligence-activities-for-kidsteens/](http://www.pinterest.co.uk/sschiff84/emotional-intelligence-activities-for-kidsteens/)

Social and Emotional Literacy [www.positivepsychology.com/emotional-intelligence-exercises/](http://www.positivepsychology.com/emotional-intelligence-exercises/)

SEAL skill building

[www.skillsconverged.com/FreeTrainingMaterials/tabid/258/articleType/CategoryView/categoryId/132/Emotional-Intelligence.aspx](http://www.skillsconverged.com/FreeTrainingMaterials/tabid/258/articleType/CategoryView/categoryId/132/Emotional-Intelligence.aspx)

Study Skills [www.skillsyouneed.com/learn/study-skills.html](http://www.skillsyouneed.com/learn/study-skills.html)

Study Skills UCAS [www.ucas.com/undergraduate/student-life/study-skills-guides](http://www.ucas.com/undergraduate/student-life/study-skills-guides)

Study Skills [www.amazon.co.uk/100-Activities-Teaching-Study-Skills/dp/1526441314](http://www.amazon.co.uk/100-Activities-Teaching-Study-Skills/dp/1526441314)

Learning Styles [www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml](http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml)

VAR K Quiz [www.vark-learn.com/the-vark-questionnaire/](http://www.vark-learn.com/the-vark-questionnaire/)

Learning Style Assessment [www.how-to-study.com/learning-style-assessment/](http://www.how-to-study.com/learning-style-assessment/)

Multiple Intelligences Quiz [www.literacynet.org/mi/assessment/findyourstrengths.html](http://www.literacynet.org/mi/assessment/findyourstrengths.html)

Empathy [www.youtube.com/watch?v=1Evwgu369Jw](http://www.youtube.com/watch?v=1Evwgu369Jw)

Bloom's Taxonomy

[www.apu.edu/live\\_data/files/333/blooms\\_taxonomy\\_action\\_verbs.pdf](http://www.apu.edu/live_data/files/333/blooms_taxonomy_action_verbs.pdf)

Target Setting [www.tes.com/teaching-resource/smart-target-setting-6412961](http://www.tes.com/teaching-resource/smart-target-setting-6412961)

## Mental and Emotional Health

Sleep [www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/](http://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/)

Sleep [www.sleepscotland.org/](http://www.sleepscotland.org/)

Mental Health [www.samaritans.org/samaritans-in-scotland/](http://www.samaritans.org/samaritans-in-scotland/)

Mental Health [www.samh.org.uk/](http://www.samh.org.uk/)

Mental Health [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Mental Health [www.handsonscotland.co.uk/](http://www.handsonscotland.co.uk/)

Mental Health [www.seemescotland.org/](http://www.seemescotland.org/)

Mental Health [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

Puberty [www.always.co.uk/en-gb](http://www.always.co.uk/en-gb)

Bereavement [www.childbereavementuk.org/scotland-development-project](http://www.childbereavementuk.org/scotland-development-project)

Happiness [www.actionforhappiness.org/](http://www.actionforhappiness.org/)

Equal opportunities [www.equalityhumanrights.com/en/secondary-education-resources](http://www.equalityhumanrights.com/en/secondary-education-resources)

Equal Opportunities [www.eoc.org.uk/](http://www.eoc.org.uk/)

Positive mental Health [www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/](http://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/)

Positive mental Health [www.helpguide.org/articles/mental-health/building-better-mental-health.htm](http://www.helpguide.org/articles/mental-health/building-better-mental-health.htm)

Positive Mental Health [www.time-to-change.org.uk/resources](http://www.time-to-change.org.uk/resources)

Positive Mental Health [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

Positive Mental Health [www.place2be.org.uk/](http://www.place2be.org.uk/)

Body Image [www.berealcampaign.co.uk/resources](http://www.berealcampaign.co.uk/resources)

Body Image [www.dove.com/uk/dove-self-esteem-project.html](http://www.dove.com/uk/dove-self-esteem-project.html)

Body Image [www.campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack](http://www.campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack)

Mindfulness [www.egfl.org.uk/sites/default/files/School\\_effectiveness/Health-improvement/training-resources/An%20introduction%20to%20mindfulness.pdf](http://www.egfl.org.uk/sites/default/files/School_effectiveness/Health-improvement/training-resources/An%20introduction%20to%20mindfulness.pdf)

Mindfulness [www.brilliantmindfulness.com/resources-for-teachers/](http://www.brilliantmindfulness.com/resources-for-teachers/)

Mindfulness [www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/](http://www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/)

Mindfulness [www.positivepsychology.com/mindfulness-for-children-kids-activities/](http://www.positivepsychology.com/mindfulness-for-children-kids-activities/)

Mindfulness [www.mindfulschools.org/resources/explore-mindful-resources/](http://www.mindfulschools.org/resources/explore-mindful-resources/)

Mindfulness Colouring [www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals](http://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals)

Mindfulness Colouring [www.pinterest.co.uk/resourceforce/mindfulness-coloring/](http://www.pinterest.co.uk/resourceforce/mindfulness-coloring/)

Relaxation Music [www.bensound.com/royalty-free-music/track/relaxing](http://www.bensound.com/royalty-free-music/track/relaxing)

Relaxation Music [www.radiotunes.com/relaxation](http://www.radiotunes.com/relaxation)

Relaxation Guided Texts / Scripts [www.innerhealthstudio.com/relaxation-scripts.html#section12](http://www.innerhealthstudio.com/relaxation-scripts.html#section12)

Guided imagery [www.innerhealthstudio.com/guided-imagery-scripts.html](http://www.innerhealthstudio.com/guided-imagery-scripts.html)

## Miscellaneous

C.V. Building [www.myworkdofwork.co.uk](http://www.myworkdofwork.co.uk)

UCAS [www.ucas.com/](http://www.ucas.com/)

Financial Education [www.moneysavingexpert.com/financial-education/](http://www.moneysavingexpert.com/financial-education/)

Financial Education [www.moneymakesense.co.uk/](http://www.moneymakesense.co.uk/)

Financial Education [www.young-enterprise.org.uk/](http://www.young-enterprise.org.uk/)

Financial Education [www.barclayslifefskills.com/](http://www.barclayslifefskills.com/)

Financial Education [www.mymoneysense.com/](http://www.mymoneysense.com/)

Debt Advice [www.scottish-debt-advice.org.uk](http://www.scottish-debt-advice.org.uk)

Enterprise Education [www.yes.org.uk/](http://www.yes.org.uk/)

Enterprise [www.socialenterprise.academy/scot/](http://www.socialenterprise.academy/scot/)

Homelessness [www.shelter.org.uk/](http://www.shelter.org.uk/)

Rights [www.unicef.org.uk/](http://www.unicef.org.uk/)

The Environment [www.eco-schools.org.uk/](http://www.eco-schools.org.uk/)

The Environment [www.wwf.org.uk/get-involved/schools/resources](http://www.wwf.org.uk/get-involved/schools/resources)

Sustainability [www.se-ed.co.uk/edu/](http://www.se-ed.co.uk/edu/)

Sustainability [www.greenchoices.org/going-green/schools/teachers-resources](http://www.greenchoices.org/going-green/schools/teachers-resources)

Waste [www.wiseuptowaste.org.uk/schools/free-teaching-resources/](http://www.wiseuptowaste.org.uk/schools/free-teaching-resources/)

Climate Change [www.oxfam.org.uk/education/resources/climate-challenge-7-11](http://www.oxfam.org.uk/education/resources/climate-challenge-7-11)

Environment [www.keepsotlandbeautiful.org/sustainable-development-education/climate-change-education/climate-ready-classrooms/](http://www.keepsotlandbeautiful.org/sustainable-development-education/climate-change-education/climate-ready-classrooms/)