



Supporting effective implementation of statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education: Resources and Partner Organisations

The following is a list of resources and trusted organisations identified by Public Health England's national health improvement teams as being useful and evidence-informed to support implementation of statutory RSHE.

Sexual Health

Teaching Resources

- [Rise Above](#) Lesson plans on [puberty](#), [healthy relationships](#) and [body image](#)
- [Abortion care factsheet](#). Designed to ensure teaching of pregnancy options adheres to RSHE guidance (secondary) requiring pupils to have medically and legally accurate information on pregnancy options, including abortion
- [E-bug AMR](#): STIs, as with other infections, can develop antimicrobial resistance (AMR) and become increasingly difficult to treat. There have been cases in which gonorrhoea has developed resistance to most antibiotics used for treatment. *PHE funded sources of advice:*
- [Sexwise](#) provides medically accurate information on all aspects of sexual and reproductive health
- [National sexual health helpline](#) provides free and confidential telephone advice on sexual and reproductive health. 0300 123 7123 open 9am-8pm Monday-Friday, including signposting to local services.
- Safeguarding: NSPCC [PANTS rule](#) with film
- Example of model [primary](#) and [secondary](#) curricula from Catholic Education Service.
- Abuse in relationships: [Disrespect NoBody](#) from the Home Office and Government Equalities Office.
- [Teaching about Consent](#): KS3 PSHE Association lesson plans from the PSHE association
- [LGBT Inclusive Education](#): Stonewall lesson plans and materials for primary and secondary
- ['Protect against STIs'](#) new campaign

National organisations

- [Sex Education Forum](#): all aspects of evidence based RSE at primary and secondary
- [Brook](#): evidence-based and factually accurate information designed for young people under 25 on all aspects of relationships, sexual and reproductive health.
- [Faculty of Sexual and Reproductive Health and Royal College of Obstetricians and Gynaecology](#): organisations with medical authority on all aspects of reproductive and sexual health, including pregnancy options
- [Terrence Higgins Trust](#) (THT), [National AIDs Trust](#) (NAT), [British Association of Sexual Health and HIV](#) (BASHH), [British HIV Association](#) (BHIVA): organisations providing evidence based and factually accurate information on all aspects of sexual health and HIV.

Sun Safety

Teaching Resources

- [PHE Solar Monitoring Information](#) – DEFRA provides near real time UV Index.
- [Met Office UV Index Forecast](#)



- NHS Guidance on the use of [Sunscreen and Sun Safety](#)
- NHS Guidance on getting [Vitamin D from Sunlight](#)
- Cancer Research UK Guidance on [Sunlight and Skin Cancer](#)

National Organisations

- [World Health Organisation](#)
- [International Commission on Non-Ionising Protection](#)

Mental Wellbeing

Teaching Resources

- [Every Mind Matters](#) for schools is co-created with young people and teachers and tested in the classroom with students. The lesson plans are approved by the NHS and the PSHE Association. Includes content on [building connections](#), [what to do about worry](#), [social media](#), [sleep](#), [bullying and cyberbullying](#), [body image in a digital world](#), [exam stress](#), [dealing with change](#), [transition to secondary school](#), and online stress and fear of missing out (FOMO), [body image in a digital world](#), [forming positive relationships](#)
- [Mental health and emotional wellbeing lesson plans](#) PSHE Association

National Organisations

- [PSHE Association](#) for PSHE teachers, leads and other practitioners
- [MindEd](#) - a free educational resource from Health Education England on children and young people's mental health.
- [Mentally Healthy Schools](#) resources
- [Anna Freud Centre](#) and the Schools in Mind network
- [Place 2 Be](#) on improving children's mental health.
- [The Childhood Bereavement Network](#)
- For NHS mental health support, children and young people or their parents or carers can contact their GP or refer to NHS 111 online. Local Children and Young People's Mental Health services will also have information on access on their websites. Self-referral options are commonly available and many services offer single points of access. This means there is a single set of contact information through which all queries and referrals are channelled through. Find out more about children and young people's mental health services [here](#).
- Children and young people can access **free confidential support** anytime from **Government-backed voluntary and community sector organisations** by texting **SHOUT to 85258**, calling **Childline on 0800 1111** or **the Mix on 0808 808 4994**. For support with an eating disorder, children and young people can ring **Beat's Youthline on 08088010711**.
- Children and young people can also find online information on COVID-19 and mental health on the [Young Minds](#).

Ebug

Teaching Resources

e-Bug: operated by Public Health England endorsed by NICE health education resource covering: infection prevention, microbes, hand washing, oral hygiene, food hygiene, respiratory hygiene, vaccines and antibiotics.



Fits into the RSHE curriculum priorities on Relationships & Sex Education (secondary); Physical Health & Mental Wellbeing (primary & secondary): and Health & prevention (primary and secondary)

National Organisations

- Safeconsume (EU Horizon2020) support e-Bug with food safety resources
- Food Standards Agency support e-Bug with food safety resources
- Food Standards Scotland
- Infection Prevention Society
- Royal Society of Public Health
- Royal Society of Biology
- Home Hygiene Forum (IFH)
- Public Health Wales
- Health Protection Scotland
- Public Health Agency (NI)
- TARGET, Public Health England
- Antibiotic Guardian, PHE
- I'm a Scientist
- Wellcome Trust

Immunisation

Teaching Resources

- Public Health England: [Childhood immunisation schedule](#)
- Vaccines throughout life: [Infographics](#)
- From 1796 to present: [Vaccination timeline](#)
- Survey: [Parental attitudes to vaccination in young children](#)
- [NHS guide](#) can help you understand the vaccines offered
- World Health Organisation on [Vaccines and Immunisations](#)
- University of Oxford, [Vaccine Knowledge Project](#)

National Organisations

- The Department of Health and Social Care has responsibility for setting an [immunisation policy](#). This is based they have received from the Joint Committee on Vaccination and Immunisation (JCVI). The JCVI is an independent, statutory expert advisory body to all UK health departments
- Public Health England provides expert advice on vaccination to DHSC and the NHS
- NHS England and NHS Improvement are responsible for commissioning immunisation programmes
- Local authorities through their Directors of Public Health, public health teams and commissioning functions support immunisation programmes locally
- Department for Education who provide policy support for health and well-being
- Schools, colleges and universities who host vaccination sessions on their premises
- Various Royal Colleges and professional bodies, such as the Royal College of Nursing, Royal College of General Practitioners, the Royal College of Midwives, the Community Practitioners and Health Visitors Association, the School and Public Health Nurses Association and the Institute of Health Visiting



Drugs, Alcohol and Tobacco

Teaching Resources

- The PSHE Association was commissioned by PHE to develop drug and alcohol schemes of work for key stages 1-4 aligned with new statutory guidance. The materials include:
 - lesson plans and resources for each key stage — with knowledge organisers included (Key Stages 1 & 2 [here](#) and Key Stages 3 & 4 [here](#))
 - [Comprehensive teacher guidance](#)
 - [Briefing](#) on the evidence base underpinning effective drug and alcohol education
 - [Podcast](#) alcohol and drug education
- Interactive PowerPoint lesson plans are also available, for members of the Association.
[See here](#) for mapping into schemes of work linked with relevant learning opportunities from the PSHE Association Programme of Study's core themes at each Key Stage and with DfE statutory guidance for Relationships Education/ Relationships and Sex Education (RSE) and Health Education

National Organisations

- PSHE Association [Teaching Drugs and Alcohol](#)
- [FRANK](#) - Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol

Dental

Teaching Resources

- Change4Life School Zone Curriculum-linked resources:
[Tilly the Tooth](#) (Change4Life) KS1 and KS2 Dental lesson plans help pupils and their families learn about healthier eating habits.
- [e-Bug lesson plans](#) on oral hygiene (for 7-11 year olds) '[Beat the Bugs Mouth Bugs](#)'
- [Prevention of infection: oral hygiene](#) Key Stage 1 & Key Stage 2
- Delivering Better Oral Health: [A quick guide](#) to a healthy mouth in children
- [Child Oral Health – Applying All Our Health](#)
- PHE e-learning – [Child Oral Health](#)
- [Health Matters](#) – child dental health
- [PHE toolkit to support supervised tooth brushing programmes in early years and school settings](#)
- [PHE Children's Oral Health Improvement Programme Board Action Plan 2016 - 2020](#)

National Organisations

- Through PHE [Child Oral Health Improvement Programme Board \(COHIPB\)](#), partner organisations work together to improve child oral health and include:
 - e-Learning for health (e-LfH): [Children's Oral Health](#) e-learning resource for parents, early years healthcare workers, teachers, nurses, GPs and the public.
 - e-learning resource to support [Children's Oral Health Advice and Behaviour Change Conversations](#) with parents.
- NHSE/Office of the Chief Dental Officer: OCDO-PM-SMILE4LIFE, England (NHS ENGLAND & NHS IMPROVEMENT - X24) england.ocdo-pm-smile4life@nhs.net
- The Local Government Association '[A whole systems approach to tackling childhood tooth decay](#)' contains a range of examples of the steps that need to be taken to improve child oral health and achieve success.
- Royal College of Paediatric and Child Health e.g. [State of Child Health \(SOCH\) 2020](#) provides an updated snapshot of children and young people's health across the UK.



School Nursing

Teaching Resources

- School nurses use [You're Welcome quality criteria](#) to deliver young people friendly services
- School nursing services are commissioned by local authorities to deliver public health services for children aged 5 to 19 - [Healthy child programme 0 to 19: health visitor and school nurse commissioning](#)
- There are [six high impact areas](#) where school nurses can make the biggest difference in terms of impact and improving outcomes for children and families

National Organisations

- NHS England and NHS Improvement
- Department of Health and Social Care
- Department of Education
- Health Education England
- Local Government Association
- Professional organisations supporting public health nurses

Screening

Teaching Resources

- [Population Screening Programmes](#)
- [Population Screening Education and Training](#)
- Latest news phescreening.blog.gov.uk and [@PHE_Screening](#)

National Organisations

- [Jo's Trust - Cervical Cancer Charity](#)
- [Cancer Research UK](#)
- [LGBT Foundation](#)
- [Macmillan Cancer Support](#)

Diet and Nutrition

Teaching Resources

- [Change 4 Life](#): support for families to help children stay healthy
- Public Health England
 - PHE School Zone: [healthy eating resources](#) across different subject areas
 - Guidance to support [primary](#) and [secondary](#) school teachers deliver food teaching in schools
 - [Rise Above](#) body image in a digital world plan pack for KS3 and KS4:

Physical Activity

Teaching Resources

- Sport England
 - ['This Girl Can'](#) campaign
 - [Join the Movement](#) campaign
- [Youth Sport Trust](#)
 - Active Schools Planner (primary)
 - TOP start (primary)
 - Girls active (secondary)
 - My personal Best (secondary)
 - Step into Sport (secondary)



- [What works in schools and colleges to increase physical activity](#) re resource for head teachers, college principals, staff working in education settings and school nurses
- [Physical activity guidelines released September 2019](#)

National Organisations

- British Nutrition Foundation, [Food a Fact of Life](#). Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating.
- British Dietetic Association, network of [Healthy Cooking Clubs](#) for children and their families.
- [Obesity UK](#), is the leading charity dedicated to supporting people living with obesity.

Healthier Weight

Teaching Resources

- Public Health England: '[Our Healthy Year](#)' (reception and year 6 primary school) and [Active school day](#) resources for teachers.
- Data on current national overweight and very overweight prevalence: [PHE Obesity Child Slide Set England 2020](#) and [NCMP data 2019-2020](#)
- [All our Health Childhood Obesity](#)

Whole School Approach to Health, Wellbeing and Prevention

- [Promoting children and young people's emotional health and wellbeing](#). Guidance for headteachers and college principals on the 8 principles for promoting emotional health and wellbeing in schools and colleges.
- [The link between pupil health and wellbeing and attainment](#), for Head teachers, governors and school staff, aims to provide a summary of the key evidence that highlights the link between health and wellbeing and educational attainment.