

# Parental Engagement: How to support my child with PSHE

## Talking to your child about difficult topics

[www.youngminds.org.uk/find-help/for-parents/parents-survival-guide/](http://www.youngminds.org.uk/find-help/for-parents/parents-survival-guide/)

[www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/)

## Health and Wellbeing

### Mental health & emotional wellbeing

[www.youngminds.org.uk/find-help/for-parents/parents-helpline/](http://www.youngminds.org.uk/find-help/for-parents/parents-helpline/)

[www.kooth.com](http://www.kooth.com)

[www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/](http://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)

[www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/](http://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/)

### Healthy lifestyles & health-related decisions

[www.itsontheball.org/testicular-cancer-information](http://www.itsontheball.org/testicular-cancer-information)

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

### Drugs, alcohol & tobacco

[www.talktofrank.com/get-help/worried-about-a-child](http://www.talktofrank.com/get-help/worried-about-a-child)

### Drink Aware Website

[www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/](http://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/)

### Managing risk & personal safety

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

### Puberty, sexual health & fertility

[www.kidshealth.org/en/parents/talk-about-puberty.html](http://www.kidshealth.org/en/parents/talk-about-puberty.html)

[www.childline.org.uk/info-advice/you-your-body/](http://www.childline.org.uk/info-advice/you-your-body/)

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[www.gires.org.uk/wp-content/uploads/2016/07/Information-and-support-for-families-of-adult-transgender-non-binary-and-non-gender-people.pdf](http://www.gires.org.uk/wp-content/uploads/2016/07/Information-and-support-for-families-of-adult-transgender-non-binary-and-non-gender-people.pdf)

[www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers](http://www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers)

## Relationships

### Positive relationships

[www.theguardian.com/lifeandstyle/2018/dec/29/how-to-talk-about-sex-education-with-children](http://www.theguardian.com/lifeandstyle/2018/dec/29/how-to-talk-about-sex-education-with-children)

[www.internetmatters.org/issues/online-pornography/protect-your-child](http://www.internetmatters.org/issues/online-pornography/protect-your-child)

[www.healthline.com/health/healthy-sex/parents-talking-to-their-kids-about-porn](http://www.healthline.com/health/healthy-sex/parents-talking-to-their-kids-about-porn)

### Relationship values

[www.childline.org.uk/info-advice/friends-relationships-sex/](http://www.childline.org.uk/info-advice/friends-relationships-sex/)

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

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

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

### Forming & maintaining respectful relationships

[www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children](http://www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children)

[www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce)

### Consent

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

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

### Contraception & parenthood

[www.bigtalkeducation.co.uk/parents](http://www.bigtalkeducation.co.uk/parents)

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Bullying abuse & discrimination

[www.childline.org.uk/info-advice/bullying-abuse-safety](http://www.childline.org.uk/info-advice/bullying-abuse-safety)

[www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying)

[www.unicef.org/parenting/talking-to-your-kids-about-racism](http://www.unicef.org/parenting/talking-to-your-kids-about-racism)

## Living in the Wider World

Learning skills

[www.barclayslifeskills.com/young-people](http://www.barclayslifeskills.com/young-people)

Financial choices

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

[www.barclayslifeskills.com/young-people](http://www.barclayslifeskills.com/young-people)

Media literacy & digital resilience

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

[www.parents.parentzone.org.uk](http://www.parents.parentzone.org.uk)