

Useful PSHE and citizenship websites



[PSHE education: a guide for parents | pshe-association.org.uk](https://pshe-association.org.uk) – a useful guide that answers common questions parents might have about PSHE education.

[Children's mental health – Every Mind Matters – NHS \(www.nhs.uk\)](https://www.nhs.uk) – Provides NHS-endorsed tips to help parents and carers spot the signs that children may be struggling with their mental health and how to support them; and provides advice that can help maintain good mental wellbeing.

[Healthier Families – Home – NHS \(www.nhs.uk\)](https://www.nhs.uk) – supporting families to stay healthy through diet and exercise.

[NSPCC | The UK children's charity | NSPCC](https://www.nspcc.org.uk)

[KS1 PSHE and Citizenship – England – BBC Bitesize](https://www.bbc.com/education/pshe/ks1) – BBC Education resources for PSHE in KS1

[KS2 PSHE and Citizenship – BBC Bitesize](https://www.bbc.com/education/pshe/ks2) – BBC Education resources for PSHE in KS2

[Bullying advice | Bullying UK](https://www.bullyinguk.org) – advice for parents on bullying.

[Advice for parents and carers \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk) – advice for parents on bullying.

[Thinkuknow – home](https://www.thinkuknow.co.uk) – resources for children and parents on e-safety.

Keeping safe online <http://www.safetynetkids.org.uk/> [Safety Net Kids](https://www.safetynetkids.org.uk/),