

[PSHE education: a guide for parents | pshe-association.org.uk](https://www.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)

[Primary PSHE teaching resources \(bbc.co.uk\)](https://www.bbc.co.uk) - BBC Education resources for PSHE

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

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

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