

How to support my child with Personal Development

Talking to your child about difficult topics

www.youngminds.org.uk/find-help/for-parents/parents-survival-guide/

www.pshe-association.org.uk/pshe-education-guide-parents

www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/

Health and Wellbeing

Self concept

www.cambslearntogether.co.uk/home-learning/wellbeing/cyp

Mental health & emotional wellbeing

www.youngminds.org.uk/find-help/for-parents/parents-helpline/

www.kooth.com

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/

Healthy lifestyles & health-related decisions

www.itsontheball.org/testicular-cancer-information

www.coppafeel.org

Drugs, alcohol & tobacco

www.talktofrank.com/get-help/worried-about-a-child

Drink Aware Website

www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/

Managing risk & personal safety

www.ygam.org

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Puberty, sexual health & fertility

www.kidshealth.org/en/parents/talk-about-puberty.html

www.childline.org.uk/info-advice/you-your-body/

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.bodyform.co.uk/myths-and-facts/puberty/puberty-talk-with-daughter/

www.wearebetty.com/pages/parent-hub-landing-page

www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers

www.always.co.uk/en-gb/tips-and-advice-for-women/parents-and-carers/how-to-raise-a-daughter-guide-for-dads

Relationships

Positive relationships

www.theguardian.com/lifeandstyle/2018/dec/29/how-to-talk-about-sex-education-with-children

www.internetmatters.org/issues/online-pornography/protect-your-child

www.healthline.com/health/healthy-sex/parents-talking-to-their-kids-about-porn

www.brook.org.uk

Relationship values

www.childline.org.uk/info-advice/friends-relationships-sex/

www.disrespectnobody.co.uk

www.theproudtrust.org

www.stonewall.org.uk/our-work/campaigns/supporting-trans-young-people

www.loveisrespect.org

Forming & maintaining respectful relationships

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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

Consent

www.disrespectnobody.co.uk

www.loveisrespect.org

www.brook.org.uk

www.parentinfo.org/article/if-your-teen-is-sexually-active

Contraception & parenthood

www.brook.org.uk

www.bigtalkeducation.co.uk/parents

Bullying abuse & discrimination

www.childline.org.uk/info-advice/bullying-abuse-safety

www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying

www.unicef.org/parenting/talking-to-your-kids-about-racism

Social influences

Living in the Wider World

Learning skills

www.barclayslifeskills.com/young-people

Choices & pathways

Work & career

Employment rights & responsibilities

Financial choices

www.ygam.org

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www.barclayslifeskills.com/young-people

Media literacy & digital resilience

www.thinkuknow.co.uk/parents

www.learning.nspcc.org.uk/media/1489/share-aware-parents-guide.pdf

www.cambslearntogether.co.uk/home-learning/computing

www.parents.parentzone.org.uk