Primary school resources for the delivery of PSHE education, SEAL and citizenship

East Sussex PSHE education & Healthy Schools Publications

Guidance
- Sex and Relationship Education Guidance for Schools (2003)
- Curriculum Framework for PSHE (2001)
- PSHE & SEAL Planning Tools Document (Revised October 2010)

Model Policy templates
- Primary & Special Schools Example Sex and Relationship Education Policy (March 2008)
- Primary & Special Schools Example Drug, Alcohol & Tobacco Education Policy (September 2007 – due to be revised in 2011 following publication of national guidance)

Resources
- Cultural Diversity: A PSHE & Citizenship Resource for the Primary School (February 2008)
- Why can’t I have some? Alcohol Leaflet for Year 5 & Parents (2008)
- Primary Gender Project (2002) Examples of activities for year 5 & 6 pupils enabling pupils to explore attitudes towards gender stereotyping, friendships and self-image.
- Gender Project: Key Stages 2 and 3 (2002) An account of projects run in local schools with a focus on supporting boys through transition and some examples of the activities used.
- How to…Set up a Year 6 School Nurse Drop In
- How to…Plan a Substance Awareness Week
- How to…Organise a Health and Safety Week
- How to…Plan a Healthy Lunchbox Day

Some of the above are available to download from the East Sussex Resources area of the National Healthy Schools website www.healthyschools.gov.uk

Resources available from Publishers

It is the school and PSHE education co-coordinator’s responsibility to ensure that the selected resources are appropriate for the school’s PSHEe programme, ethos and context. A checklist should be used to support the selection of resources and a format is available on page 47 of the East Sussex Sex and Relationships Education Guidance document (2003).

This updated list contains resources that have been well received by schools. They contain many activities recommended as good practice, however no resource could ever be recommended in its entirety for all schools. It is important therefore that schools note the more explicit nature of some material and select resources and activities within them that are appropriate to the needs of particular pupils and are consistent with the PSHEe programme and policy.

The references used to identify resources used in the PSHE education & SEAL Learning Outcomes Planning Tool (East Sussex PSHE & Healthy Schools Team, October 2010) are shaded.
Emotional literacy

Excellence and Enjoyment: social and emotional aspects of learning (SEAL) resource DfES0110-2005 Kit

There are booklets for each theme and across two-year groups. They are referred to in the PSHE & SEAL planning tool as shown in the grid.

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Loss and bereavement

The staff activities booklet (purple) for the SEAL ‘Relationships’ theme provides details of further websites.

The Child Bereavement Trust
This site aims to provide information, support and guidance to bereaved families and all those who work with them.
www.childbereavement.org.uk

Cruse
Cruse Bereavement Care offers help to anyone who has suffered the loss of a friend or relative.
www.crusereavementcare.org.uk

www.winstonswish.org.uk

General PSHE education & Citizenship Resources

Skills for the Primary School Child Part 1: I am, I know, I can, Tacade, Revised edition 2008
ISBN 1-902469-05-4
Tel: 0161 836 6850, website www.tacade.com
Referred to as TACADE I am, I know, I can lesson X

Skills for the Primary School Child, Part 2: Current issues in PSE & Citizenship
TACADE 2006
Tel: 0161 836 6850, website www.tacade.com

Health for Life, Ages 4-7, Nelson Thornes,
ISBN 0-17-423387-6
Website: www.nelsonthornes.com
Referred to as Health for Life 1 pX

Health for Life, Ages 8-11, Nelson Thornes,
ISBN 0-17-423386-8
Website: www.nelsonthornes.com
Referred to as Health for Life 2 pX

Staying safe and healthy KS1 DVD
ISBN 9780563516910
Citizenship: the challenge! Healthwise, 2002
ISBN: 1 873460 39 2
Tel: 0151 649 3400, website www.healthwise.org.uk
Referred to as Citizenship the challenge activity X

Quality Circle Time in the Primary Classroom, Jenny Mosley, 2004
ISBN 1 85503 229 5
Tel: 01225 767157, website: www.circle-time.co.uk

Sex and Relationship Education (SRE)

Further resources for primary SRE can be found at http://www.ncb.org.uk/PDF/Resource%20List%20-%20Primary.pdf

Laying the Foundations SRE for Primary Schools
(All East Sussex Primary & Primary Special Schools received a complimentary copy of this resource in March 2009)
Anna Martinez and Vanessa Cooper (2006)
ISBN 978 1 904787 84 6
National Children’s Bureau www.ncb.org.uk
Referred to as LTF X

Teaching SRE with Confidence in Primary Schools
The Christopher Winter Project CD-Rom
Schemes of work and lesson plans incorporating a range of teaching styles and active learning techniques. Year 1 through to Year 6. Tel: 020 8559 2442
www.tcwp.co.uk
Referred to as CWP X

All about us: Living and Growing Channel 4
All three units in the Living and Growing series are now available on a single DVD. Unit 1: for ages 5-7; Unit 2: for ages 7-9; Unit 3: for ages 9-11. The DVD aims to provide a whole school approach to sex and relationships education. This includes reproduction and sexual health in the context of relationships, personal self esteem, valuing diversity and choice. It addresses the topics of life cycles, puberty, friendships and sexual relationships, pregnancy and birth.

All about us: Living and Growing Unit 1 Age 5-7, Channel 4
DVD/video and resource pack
Tel: 08701 246 444 Website: www.4learningshop.co.uk
Referred to as Living and growing unit 1: activity X

All about us: Living and Growing Unit 2 Age 7-9, Channel 4
DVD/video and resource pack
Tel: 08701 246 444 Website: www.4learningshop.co.uk
Referred to as Living and growing unit 2: activity X

All about us: Living and Growing Unit 1 Age 9-11, Channel 4
DVD/video and resource pack
Tel: 08701 246 444 Website: www.4learningshop.co.uk
Referred to as Living and growing unit 3: activity X
**BBC Whiteboard Active Sex & Relationship Education (2007)**

Interactive CD-Rom Aimed at 9-11 year olds, this resource uses BBC video along with audio clips, discussion prompts and interactivity, to help children understand the physical and emotional aspects of growing up. Designed for use on an interactive whiteboard the resource is arranged around the following themes: cycle of life; growing up; feelings; family life; friendships. A comprehensive teacher’s book gives guidance for teachers about how best to use the resource to support SRE teaching.

Code: 9781406612509

[http://www.pearsonschoolsandfecolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/](http://www.pearsonschoolsandfecolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/)

**Making Sense of Growing up and Keeping Safe for Key Stage 1**

Interactive CD-Rom
SENSE and NCB [http://www.sensecds.com](http://www.sensecds.com)
or [www.ncb.org.uk](http://www.ncb.org.uk)

**Making Sense of Growing up and Keeping Safe for Key Stage 2**

Interactive CD-Rom
SENSE and NCB [http://www.sensecds.com](http://www.sensecds.com)
or [www.ncb.org.uk](http://www.ncb.org.uk)

**Birth, Care and Growth, BBC (2006)**

These three programmes for pupils aged 5-7 go beyond the biology of birth and growth to look at what it means and how it feels to ‘grow up’. They explore the physical changes that accompany birth and growth, along with the caring and nurturing roles of parents and siblings. Programmes on the DVD include Animals, Our Babies and Caring and Growing. The Plus Pack also contains a Teacher’s Activity book and three colourful A2 posters.

ISBN: 0563 46507 7

Tel: 0870 830 8000 website:

[http://www.pearsonschoolsandfecolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/](http://www.pearsonschoolsandfecolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/)

Referred to as BBC Birth, Care and Growth video

**Growing up, BBC**

Video and resource pack
ISBN 0563465484

Tel: 0870 830 8000 website:

[http://www.pearsonschoolsandfecolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/](http://www.pearsonschoolsandfecolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/)

Healthy Schools Islington have produced 3 books to support SRE

[http://www.islingtonschools.net/Learning/healthyschools/pshe/](http://www.islingtonschools.net/Learning/healthyschools/pshe/)

**Supporting Sex & Relationship Education in the Primary School**

Lesson Plans and Resources for Year 2 (2007)

**Supporting Sex & Relationship Education in the Primary School**

Lesson Plans and Resources for Year 4/5 (2007)

**Supporting Sex & Relationship Education in the Primary School**

Lesson Plans and Resources for Year 5/6 (2007)

**Boys & Girls, BIRMINGHAM HEALTH EDUCATION UNIT (2006)**

*(All East Sussex Primary Schools received a complimentary copy of this resource in March 2010)*

Created for Foundation and Key Stage 1 children and using clear language and cartoons, this big book explains the myths about gender stereotypes and provides an introduction to understanding the differences between boys’ and girls’ bodies. Also available in small
format. Available from Birmingham Health Education Service, Tel: 0121 303 8200; Email: 
pshe&cit@birmingham.gov.uk

Your mummy ate my football, BIRMINGHAM HEALTH EDUCATION UNIT (2007) 
(All East Sussex Primary Schools received a complimentary copy of this resource in March 2010) 
Created for Foundation and Key Stage 1 children and using clear language and cartoons, 
this big book explains how babies are made and how they need to be cared for once they 
are born. Also available in small format Available from Birmingham Health Education 
Service, Tel: 0121 303 8200, Email: 
pshe&cit@birmingham.gov.uk

Assessment, evaluation and sex & relationships education: a practical toolkit for 
education, health and community settings 
ISBN 1904787274 
Publisher: National Children’s Bureau www.ncb.org.uk

Teaching & Learning about HIV A resource for key stages 1 to 4 
Simon Blake and Paula Power 
ISBN 1 904787 08 8. 
Publisher: National Children’s Bureau www.ncb.org.uk

Primary School Sex and Relationships Education Pack, Healthwise, 2001 
ISBN: 1873460384 
Tel: 0151 649 3400, website www.healthwise.org.uk

Addressing Lesbian, Gay, Bisexual And Transgender Equality In Primary Schools: 
Books For Use In Primary And Early Years Settings 
www.nooutsiders.sunderland.ac.uk/ 

gays.theword@virgin.net

Further resource lists and example scheme of work for SRE

A comprehensive SRE Scheme of Work for primary schools, with suggested lessons, 
resources and activities, including the Foundation Stage can be found at; 
http://www.younglondonmatters.org/resourcecentre/18/sexandrelationshipseducationsre/cas 
estudies/view/73/sreprimarycurriculumoverview/ 
It was developed by Young London Matters (Government Office for London) and can be 
adapted to your school programme. This will only be available until February 2011.

You can also access a sample primary SRE scheme of work from the following website 
http://www.ncb.org.uk/sef/resources/curriculum_design/sow-primary.aspx

The PSHEe team also have a collection of reading books about SRE topics including how 
babies are made, new siblings, many types of families, including children living in two 
families, growing up, puberty and other aspects of SRE. These are available to view on 
INSET and central courses and can be viewed by arrangement at our office in Eastbourne.

A PSHEe/SRE booklist that focuses on gender, gender stereotypes, ‘being different’ and 
includes families with lesbian and gay parents is available to download from the Brighton & 
Hove Healthy Schools Team website http://www.brighton- 
hove.gov.uk/downloads/education/education_online/healthy_schools_team /ehwb/Primary_in 
nclusive_PSHE_booklist.doc
**Drug, alcohol and tobacco**

**BBC Whiteboard Active Drug and Alcohol Education (2008)**
Interactive CD-Rom aimed at 9-11 year olds, this new resource offers high quality BBC video clips, along with images, texts and activities, to help teach children about the different types of drugs, and the risks associated with them. Lots of opportunities for discussion and interaction. Free teacher’s book offers lots of guidance about the best way of teaching the topic.

Covers the following topics:
- What is a drug?
- What are the risks?
- Different types of drug: medicine, tobacco, alcohol, volatile substances, illegal drugs
- Getting a clearer picture about drugs
- Help and support.

**Code:** 9781406641486  **BBC Whiteboard Active Sex & Relationship Education (2007)**
Interactive CD-Rom aimed at 9-11 year olds, this new resource uses BBC video along with audio clips, discussion prompts and interactivity, to help children understand the physical and emotional aspects of growing up. Designed for use on an interactive whiteboard the resource is arranged around the following themes: cycle of life; growing up; feelings; family life; friendships. A comprehensive teacher’s book gives guidance for teachers about how best to use the resource to support SRE teaching.
Code: 9781406612509

http://www.pearsonschoolsandfcolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/
Referred to as DE BBC Active

**Making Sense of Growing up and Keeping Safe for Key Stage 1**
Interactive CD-Rom
SENSE and NCB [http://www.sensecds.com](http://www.sensecds.com)
or [www.ncb.org.uk](http://www.ncb.org.uk)

**Making Sense of Growing up and Keeping Safe for Key Stage 2**
Interactive CD-Rom
SENSE and NCB [http://www.sensecds.com](http://www.sensecds.com)
or [www.ncb.org.uk](http://www.ncb.org.uk)

**Keys to alcohol for children aged 7-11 years old**, Tacade, 2008
Tel: 0161 836 6850, website [www.tacade.com](http://www.tacade.com)
Referred to as KTA session X p.Y

**Keys to smoking for children aged 7-11 years old**, Tacade, 2008
Tel: 0161 836 6850, website [www.tacade.com](http://www.tacade.com)
Referred to as KTS session X p.Y

**Skills for the Primary School Child: The World of Alcohol**, Tacade, 2007
ISBN 1-902469-03-08
Tel: 0161 836 6850, website [www.tacade.com](http://www.tacade.com)

**Skills for the Primary School Child: Substance and Solution**, Tacade, 2007
ISBN: 0 905954 97 1
Tel: 0161 836 6850, website [www.tacade.com](http://www.tacade.com)
Referred to as TACADE Substance and Solution Lesson X
Skills for the Primary School Child: The World of Tobacco, Tacade 2007
Tel: 0161 836 6850, website www.tacade.com
Referred to as TACADE The World of Tobacco Lesson X

Skills for the Primary School Child: The World of Drugs, Tacade, 2007
ISBN: 0905 954 82 3
Tel: 0161 836 6850, website www.tacade.com
Referred to as TACADE World of Drugs Lesson X

The Primary School Smoking Education Pack, Healthwise, 2005
ISBN: 1873460 10 4
Tel: 0870 990 9702, website www.hit.org.uk
Referred to as Healthwise The Primary School Smoking Education Pack, Activity X

The New Primary School Drugs Education Pack, Healthwise, 2004
ISBN: 1873460 53 8
Tel: 0151 649 3400, website www.healthwise.org.uk

Project Charlie: PSHE-Drugs Education Years 1-4, 2002
ISBN 09535244 18
Tel: 020 7923 3199
Referred to as Project Charlie 1, Unit X Lesson X (and name of lesson)

Project Charlie: PSHE-Drugs Education Years 5-7, 2000
ISBN 09535244 0 X
Tel: 020 7923 3199
Referred to as Project Charlie 2, Unit X Lesson X (and name of lesson)

A whole primary school curriculum for Drug, Alcohol and Tobacco Education,
Cambridge Education@Islington, August 2004
A whole school resource pack from Nursery through to Year 6.
Tel: 020 7527 5874 website www.islingtonschools.net
Referred to a CEA pX

A practical guide for primary school teachers: drug education, 1996
ISBN: 0 9526320 1 2
Out of print, but some copies available to view on request from the Team.

“We’ve seen people drinking…”, Alcohol Education and Primary Schools, The Portman Group, 2001
The alcohol education and primary schools project took place during 1992-93. The resulting
guidance was first published in 1994 and was updated in 2001. This resource is no longer
available but all East Sussex Primary Schools were sent a copy in 2004.
Referred to as Portman pX

‘On the Brink’ – Growing up in an alcohol using world, Surrey Schools Support Services (4S)
Results of action research project carried out with Surrey primary schools.
website www.fours.co.uk

Watch: Ourselves DVD Plus Pack
ISBN 9780563516347 Part of the Stand alone products series
Watch: Ourselves aims to help children develop an awareness of their own identity and an
understanding of their relationships with families and friends. Programmes contained on the
DVD include ‘Me’, ‘Me and my friends’ and ‘Me and my family’.
Cultural diversity

OUT OF PRINT AND WILL NOT BE RE-ISSUED
Focus: Difference and Discrimination, BBC Active
ISBN: 0563516879
Tel: 0870 830 8000 website: http://www.pearsonschoolsandfcolleges.co.uk/BBCActiveHub/BBCActiveHub.aspx/
Referred to as BBC Difference and Discrimination Activity X:

THIS HAS BEEN REPLACED BY THE FOLLOWING:

Focus Citizenship: Minorities DVD Plus Pack
ISBN 9780563516361 Part of the Stand alone products series
The programmes explore the treatment of minorities through the use of personal testimonials, dramatisations based on true stories, news events, documentary coverage and specially staged performances. Relevant in teaching as part of Black History month.

Focus: Band Aid DVD Plus Pack
ISBN 9780563516354
Band Aid is a young person’s guide to becoming a good citizen. Based around a pop band, it looks at responsibility and decision-making. The pack contains a DVD of all the programmes, a Teacher’s Activity Book with photocopiable activity sheets and resource cards.

All Together: Getting On DVD Plus Pack
ISBN 9781406661262
All Together: Getting On helps children to think about their own identities, and those of their schools and communities. Who are we? Who are our friends? And what must we all do to get on with those around us?

Global Communities: Learning about refugee issues, DFID,
ISBN: 0946787212
Tel: 020 7346 6752 website: www.refugeeweek.org.uk
Referred to as Global Communities Chapter X

Cultural Diversity: A PSHE & Citizenship Resource for the Primary School (February 2008)
Issued to all primary schools: some further copies available from the PSHE & Healthy Schools Team.
Referred to as Cultural Diversity X Unit a/b

Websites with lesson plans for cultural diversity work:

Brit kid:
This is a website about race, racism and life - as seen through the eyes of the Britkids. Interactive for children to explore. Teachers’ area with lots of ideas and lesson plans. Good information and links.
Moving Here
Moving Here explores, records and illustrates why people came to England over the last 200 years and what their experiences were and continue to be. It offers free access, for personal and educational use, to an online catalogue of versions of original material related to migration history from local, regional and national archives, libraries and museums.
http://www.movinghere.org.uk/

Financial Capability
Financial capability is a growing strand of PSHE Education and falls under PSHEe and Numeracy.

DCSF Guidance - Financial Capability through Personal Financial Education (July 2000)
Financial_capability-KS1_2 [PDF 128kb]

Personal Finance Education Group (Pfeg)

What Money Means project. You can access the materials developed through What Money Means on pfeg's web site:
www.pfeg.org/teaching_resources/resources/what_money_means_res

Understanding Money KS1 DVD
ISBN 9780563516880

Financial Capability PSHE DVD
ISBN 9781406614268

Money Matters DVD
ISBN 9780563516903
http://www.pearsonschoolsandfecolleges.co.uk/Primary/PSHE/PSHE.aspx?pearson_brand=35&subjectlisting1_List_GoToPage=1

Participation

Taking Part in Decision Making for 8-12 year olds
www.participationworks.org.uk

Participation Spice It Up (2003)
ISBN 1 84187 062 5
Save the Children website: www.savethechildren.org.uk

Key Stage 1 School Council Toolkit
Primary School Councils Toolkit/DVD pack
www.schoolcouncils.org

QCA units of work

These can be downloaded from www.qcda.gov.uk until the website is shut down

Citizenship, 2002
Unit 1 Taking part
Unit 2 Choices
Unit 3 Animals and is
Unit 4  People who help us
Unit 5  Living in a diverse world
Unit 6  Developing our school grounds
Unit 7  Children’s rights – human rights
Unit 8  How do rules and laws affect us?
Unit 9  Respect for property
Unit 10 Local democracy for young citizens
Unit 11 In the media – what’s in the news?
Unit 12 Moving on

These are shown on the learning outcomes planning tool as QCA Cit Unit X and then a relevant page number. For example QCA Cit Unit 2 p3

**Drug, alcohol and tobacco education**
Unit A  Keeping ourselves and others safe
Unit B  Building knowledge and understanding about drugs and alcohol – practising skills to deal with situations
Unit C  Risk-taking and dealing with pressure

These are shown on the learning outcomes planning tool as QCA Unit X and the name of the unit. For example QCA DAT Unit A.

**Sex and relationship education, healthy lifestyles and financial capability, 2005**
Unit 1  Special people
Unit 2  Keeping the body healthy
Unit 3  Making choices for a healthy life
Unit 4  Support networks
Unit 5  How the body works and changes in puberty
Unit 6  Eating healthily, being active
Unit 7  Looking after my money

These are shown in the learning outcomes planning tool as QCA, unit number and part of the unit and unit name. (For example QCA Unit 2.1 - Keeping the body healthy)