

## PSHE

### **Useful Websites**

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

[www.bbc.co.uk/bitesize/subjects/zqtnvcw](http://www.bbc.co.uk/bitesize/subjects/zqtnvcw)

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

<https://www.thinkuknow.co.uk/>

[www.think.gov.uk/education-resources/](http://www.think.gov.uk/education-resources/)

Parents and Carers

[www.annafreud.org/parents-and-carers/](http://www.annafreud.org/parents-and-carers/)

[www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/](http://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/)

[www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/](http://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/)