

NSPCC resources for schools

Our free classroom [resources](#) and lesson plans for PANTS, Share Aware, healthy relationships and more will help your school to keep children safe. Many are approved by the PSHE Association and can help support schools with teaching relationships education/relationship and sex education, compulsory from September 2020.

EYFS / KS1	KS2	KS3	KS4	SEND
PANTS	Share Aware Making Sense of Relationships Primary Agenda	Making Sense of Relationships It's Not Ok Stop Speak Support Agenda	Making Sense of Relationships It's Not Ok Stop Speak Support Agenda	PANTS Love Life (age 11-25) www.childline.org.uk/kids* or www.childline.org.uk <i>Please decide which website would be best for your pupils based on their development and need.</i>
www.childline.org.uk/kids*		www.childline.org.uk		
Childline posters and wallet cards				

Talk PANTS:

PANTS (the Underwear Rule) is a simple way to teach children how to stay safe from abuse.

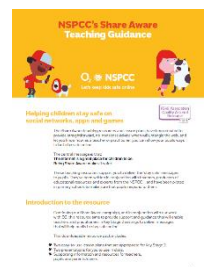
- Resources for schools include a lesson plan, slide presentation, curriculum links, classroom activities and more.
- The Underwear Rule supports the statutory framework for the Early Years foundation stage and supports PSHE teaching for KS1 around core themes of Health and Wellbeing and Relationships.
- Information for parent/carers about the teaching of PANTS is provided.
- Parent/carers can download [PANTS](#) guides to continue the learning at home. Guides are available for children with learning difficulties and/or autism, as well as for parents/carers with learning difficulties. A video, recorded with British Sign Language, can be used with d/Deaf children.
- Provided is a list of books, for different ages, that help support the teaching of PANTS and other sensitive topics.



Share Aware:

Online safety learning for KS2 pupils.

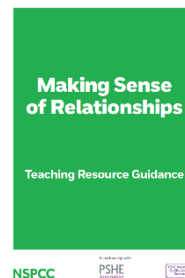
- Two lesson plans with accompanying films.
- Resources include a PDF of each session plan, outcomes and objectives, individual resources for each session and a teaching guide.
- Option to order information leaflets for parents/carers so learning can continue outside of school.



Making Sense of Relationships:

Helping children aged 10-16 (key stages 2-4) learn about personal safety and healthy relationships.

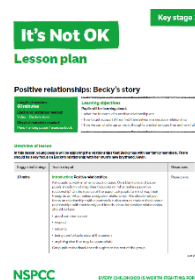
- Three lesson plans for Year 6 pupils covering topics of managing transition to secondary school, changing friendships and healthy online friendships.
- Resources include a PDF of each session plan, outcomes and objectives, individual resources for each session and a teaching guide.
- There are additional links for follow up work.
- To be used alongside other PSHE resources for a coordinated curriculum.
- There is information for parents/carers, as well as teaching resources for Year 7-11 pupils.



It's Not Ok:

It's Not OK helps children and young people recognise concerning behaviour and identify characteristics of positive relationships. The varied resources cover what behaviour to look out for and how to respond to it.

- Films with accompanying lesson plans for children and young people aged 11+ covering positive relationships, how to recognise concerning behaviours or abusive behaviour and what to do about it.
- Each session covers a different topic and follows a different character; the characters/their stories are all linked. Each film has an accompanying activity plan which includes learning objectives and a guide to the activity.
- Topics include online grooming and sexual exploitation.



Love. Life:

Films and supporting resources are aimed at young people aged 11 to 25 to help them learn strategies for staying safe as they grow up and gain independence.

- A set of activities and films aimed at young people with special educational needs and learning disabilities to learn about relationships, emotions and identity.
- Each story starts with a film, and the characters all link together. Each film has an accompanying activity plan which includes learning objectives and a guide to the activity.



Stop, Speak, Support:

Aimed at 11-16 year-olds who are 'bystanders' of online bullying – it helps them think about how they respond to it and what they can do to stop it spreading.

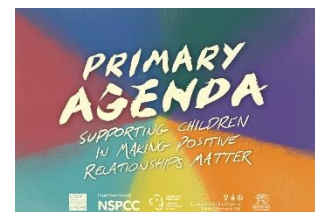
- The [school pack](#) contains suggested activities and resources that teachers of Key Stages 3-4 can use with their students. They can be adapted for use in a lesson, assembly or with a school council.
- The sessions aim to encourage pupils to be good digital citizens.
- The desired outcome is to equip pupils with the skills to know what they should do if they encounter bullying online.



The resource was developed as part of NSPCC work with the Royal Foundation Taskforce on the Prevention of Cyberbullying. We worked with a panel of young people to develop a campaign that would help others know what to do if they see bullying online.

AGENDA:

A free online toolkit developed to empower young people to make positive relationships matter in both primary and secondary schools and within local communities.



AGENDA (secondary) and Primary AGENDA are free online toolkits to help explore ideas around equality and diversity with children and young people.

They offer creative and age-appropriate ways to:

- empower children to explore and express what matters to them
- support young people's right to speak out and engage as active citizens with issues they care about
- safely and creatively challenge gender inequalities and oppressive gender norms.

The AGENDA packs are based on principles of equality, inclusivity, children's rights and social justice. They tackle the causes and consequences of violence against girls and women, homophobia and transphobia.

Primary AGENDA is a resource for educational practitioners who want to support children aged 7-11 to make positive relationships matter in their school and community.

AGENDA has been designed so that young people aged 11-18 can explore the issues they are interested in at their own pace. It includes a wide range of activities, resources and links to further information.

*[Childline](#):

Easy to navigate platform created especially for primary school children



- A place to receive advice, find ways to cope and talk to a counsellor online. Contact Childline through calling, 1-2-1 chat or email. Deaf young people can also use Sign Video service to talk to Childline through a British Sign Language Interpreter (available Monday-Friday 8am-8pm and on Saturdays 8am-1pm).
- Topics cover Bullying, Abuse, Staying Safe, School, Deaf Zone, Your Body, Getting Help, as well as Family and Friendship.
- Content is written in mind with wanting your people to 'think, feel and do', e.g. on the Bullying page:
Think - I can recognise if I am being bullied. I know that it is not my fault.
Feel - I feel empowered that I can do something about it and that things can get better.
Do - I will get help from a safe adult and will keep speaking out until the situation changes.
- Includes the same messaging as the Schools Service regarding Speaking Out and Staying Safe by talking to a safe adult or to Childline; includes a conversation starter template that can be completed and given to a safe adult.
- A fun and safe environment to play games e.g.
Build Your Happy Place - design your dream room and have things like mirror balls, chocolate fountains and aquariums.
Tower of Confidence - asks positive questions such as 'name someone that cares about you', 'what are you best at' etc. For every positive answer given, a building block is issued which can be used to build a tower all the way to the moon.
Balloon game - write down any worries and send them far away on a balloon in to the distance.
Art Box - create and share artwork to express feelings and emotions.
Calm Zone - features different breathing exercises and activities young people can do to feel calmer and support in managing emotions, including breathing in time with the Calm Cloud.

In addition to our PSHE resources we also have a range of [safeguarding and child protection training courses](#) for schools and colleges, designed to give you the confidence to recognise and respond to abuse and neglect, recruit safely and help ensure your school or college is safe for children and young people.