

PSHE

SUPER CURRICULUM ACTIVITIES

WEBSITES:

- Childline: www.childline.org.uk
- Youth Wellbeing Directory: www.youthwellbeing.co.uk
- Anna Freud National Centre: www.annafreud.org
- The Mix: www.themix.org.uk
- Kooth: www.kooth.com
- Brook: www.brook.org.uk
- NSPCC: www.nspcc.org.uk
- Frank: www.talktofrank.com
- NHS: www.nhs.uk

BOOKS:

Here are some books with their ISBNs that cover a range of topics including life online, bullying, mental health, self-esteem, healthy relationships, sexual health, gender identity, and LGBT+ representation:

- "The Teenage Guide to Life Online" by Nicola Morgan (ISBN: 978-1406365772)
- "The Survival Guide to Bullying" by Aija Mayrock (ISBN: 978-0545860536)
- "Mind Your Head: An Emotional Intelligence Guide for Teens" by Juno Dawson (ISBN: 978-1471405310)
- "The Anxiety Survival Guide for Teens" by Jennifer Shannon (ISBN: 978-1626252431)
- "Respect: A Girl's Guide to Getting Respect and Dealing When Your Line Is Crossed" by Courtney Macavinta and Andrea Vander Pluym (ISBN: 978-1575420471)
- "Be Real: Be You" by Natasha Devon (ISBN: 978-1785782823)
- "Let's Talk About Sex: A Guide for Kids, Teens, and Parents" by Robie H. Harris (ISBN: 978-1406347785)
- "Am I Normal Yet?" by Holly Bourne (ISBN: 978-1409590309)
- "The Gender Games" by Juno Dawson (ISBN: 978-1473648609)
- "Lumberjanes" by Noelle Stevenson (ISBN: 978-1608866878)
- "Heartstopper" by Alice Osman (ISBN: 978-1444951387)
- "Nothing Ever Happens Here" by Sarah Hagger-Holt (ISBN: 978-1910989705)
- "Love, Frankie" by Jacqueline Wilson (ISBN: 978-0552577502)
- "The Pants Project" by Cat Clarke (ISBN: 978-1492638094)
- "Gender Explorers" by Juno Roche (ISBN: 978-1785924120)
- "This Book Is Gay" by Juno Dawson (ISBN: 978-1471403958)
- "Orlando" by Virginia Woolf (ISBN: 978-0141184272)
- "Zami" by Audre Lorde (ISBN: 978-0895941220)

SPECIALIST MAGAZINES/ARTICLES/JOURNALS:

- "Teen Breathe" - Website: teenbreathe.co.uk
- "First News" - Website: firstnews.co.uk
- "Peachy Magazine" - Website: peachymag.co.uk

- "The Day" - Website: theday.co.uk
- "Psychologies Magazine" - Website: psychologies.co.uk
- "Young Minds Magazine" - Website: youngminds.org.uk
- "RE: THINK Mental Health Magazine" - Website: rethink.org/about-us/our-mental-health-publications/rethink-mental-illness-members-magazine

PODCASTS:

- "Ted Talks Health" - Website: ted.com/podcasts/tedtalks-health
- "The Happiness Lab" - Website: happineslab.fm
- "The Calm Collective" - Website: thecalmcollective.com
- "Unlocking Us with Brené Brown" - Website: brenebrown.com/podcast
- "The Anxiety Coaches Podcast" by Gina Ryan - Website: theanxietycoachespodcast.com
- "Brains On!" - Website: brainson.org
- "Peace Out" - Website: bedtime.fm/peaceout
- "But Why: A Podcast for Curious Kids" - Website: vpr.org/programs/why-podcast-curious-kids

FILMS AND DOCUMENTARIES:

- "The Perks of Being a Wallflower" (2012): IMDb - imdb.com/title/tt1659337/
- "Inside Out" (2015): IMDb - imdb.com/title/tt2096673/
- "Freedom Writers" (2007): IMDb - imdb.com/title/tt0463998/
- "Love, Simon" (2018): IMDb - imdb.com/title/tt5164432/
- "The Half of It" (2020): IMDb - imdb.com/title/tt9683478/
- "Alex Strangelove" (2018): IMDb - imdb.com/title/tt5688996/
- "Pride" (2014): IMDb - imdb.com/title/tt3169706/
- "Moonlight" (2016): IMDb - imdb.com/title/tt4975722/
- "The Danish Girl" (2015): IMDb - imdb.com/title/tt0810819/
- "To Kill a Mockingbird" (1962): IMDb - imdb.com/title/tt0056592/
- "Queer Eye": Netflix - netflix.com/title/80160037
- "Glee": IMDb - imdb.com/title/tt1327801/
- "Heartstopper": Official Website - heartstoppercomic.tumblr.com

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- "Moonlight" (2016): IMDb - imdb.com/title/tt4975722/

VIDEO CHANNELS:

KS3- <https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhw>

KS4- <https://www.bbc.co.uk/teach/gcse-national-5-pshe-modern-studies/zfwtrj6>

MOOCS:

- "Youth Mental Health First Aid": mhfaengland.org
- "Digital Literacy and Online Safety": commonsense.org/education/digital-citizenship
- "Healthy Relationships and Consent": brook.org.uk/education/online-courses
- "Financial Literacy for Teens": khanacademy.org/college-careers-more/personal-finance
- "Emotional Intelligence for Teens": lifeskillsforkids.com/courses/emotional-intelligence-for-teens
- "Healthy Living for Teens": online.stanford.edu/courses/healthy-living-for-teens
- "Study Skills and Time Management": study.com/academy/course/study-skills-time-management

UNIFROG COURSES:

- "Introduction to University": An overview of higher education, including university types, courses, and the application process.
- "Career Exploration": Tools to explore various career paths, industries, job roles, and real-life professional experiences.
- "Personal Statements": Guidance for writing effective university application personal statements.
- "CV Writing and Job Applications": Resources for building professional CVs, writing cover letters, and preparing for job interviews.
- "Study Skills and Time Management": Helps students develop study skills and effective time management techniques.
- "Financial Literacy": Resources for understanding personal finance, budgeting, student loans, and money management.

ONLINE SEMINARS/LECTURES:

- https://www.ted.com/talks/wanuri_kahiu_fun_fierce_and_fantastical_african_art?referrer=playlist-ted_talks_to_inspire_you_to_make_art&autoplay=true
- https://www.ted.com/talks/nora_atkinson_why_art_thrives_at_burning_man?referrer=playlist-ted_talks_to_inspire_you_to_make_art&autoplay=true
- https://www.ted.com/talks/christoph_niemann_you_are_fluent_in_this_language_and_don_t_even_know_it?referrer=playlist-ted_talks_to_inspire_you_to_make_art&autoplay=true
- https://www.ted.com/talks/francoise_mouly_the_stories_behind_the_new_yorker_s_iconic_covers?referrer=playlist-ted_talks_to_inspire_you_to_make_art&autoplay=true

SOCIAL MEDIA ACCOUNTS:

- PSHE Association: Twitter: twitter.com/PSHEassociation
- YoungMinds: Instagram: [instagram.com/youngmindsuk](https://www.instagram.com/youngmindsuk)
- Childline: Instagram: [instagram.com/childline_official](https://www.instagram.com/childline_official)
- NSPCC: Twitter: twitter.com/nspcc
- Sex Education Forum: Twitter: twitter.com/sex_ed_forum
- Brook: Twitter: twitter.com/brook_sexpositive

- The Mix: Instagram: [instagram.com/themixuk](https://www.instagram.com/themixuk)
- Mind: Twitter: twitter.com/mindcharity
- Stonewall: Instagram: [instagram.com/stonewalluk](https://www.instagram.com/stonewalluk)
- Beat Eating Disorders: Twitter: twitter.com/beatedsupport

PLACES TO VISIT:

- The Hive Youth Zone: Website: thehiveyouthzone.org
- Spaceport: spaceport.org.uk
- The Open Door Centre: odcmind.com
- Williamson Art Gallery and Museum: williamsonartgallery.org
- Wirral Country Park: wirral.gov.uk/leisure-parks-and-events
- Tate Liverpool: tate.org.uk/visit/tate-liverpool
- Merseyside Maritime Museum: liverpoolmuseums.org.uk/maritime
- Museum of Liverpool: liverpoolmuseums.org.uk/mol
- Chester Zoo: chesterzoo.org

LOCAL CLUBS AND SOCIETIES:

- Girl Guiding Northwest England: girlguidingnwe.org.uk
- LGBT Youth Northwest: lgbtyouthnorthwest.org.uk
- Young Enterprise North West: young-enterprise.org.uk
- Duke of Edinburgh's Award: dofe.org
- The Challenge Network: the-challenge.org
- Young Carers Groups: Local organizations provide support groups and clubs for young carers.
- Volunteering Opportunities: Local charities, animal shelters, hospitals, and community centres offer volunteering opportunities for personal growth and contributing to society.

CHALLENGES AND COMPETITIONS:

- "Young Money Challenge" by Young Money (Ages 4-19): Develop financial capability through money-related challenges. Website: y-m.org.uk/young-money-challenge
- "The Big Bang Competition" by The Big Bang Fair (Ages 11-19): Celebrate STEM achievements with projects related to health and well-being. Website: thebigbangfair.co.uk/competition
- "Future Chef" by Springboard UK (Ages 12-16): Culinary competition developing cooking skills, nutrition knowledge, and food hygiene. Website: springboard.uk.net/future-chef
- "WellChild Awards" by WellChild (Ages 0-25): Recognize exceptional care and support for children and young people living with health challenges. Website: wellchild.org.uk/wellchild-awards
- "Children's Mental Health Week Competition" by Place2Be (Ages 4-18): Art and creative writing competition promoting positive mental health and well-being. Website: place2be.org.uk/childrens-mental-health-week
- "Film Competition" by Fixers (Ages 16-25): Short film competition addressing health, social issues, and personal development. Website: fixers.org.uk/film-competition

- "Youth Grand Challenges" by The Royal Society of Biology (Ages 11-19): Encourage innovative solutions to global health challenges, including infectious diseases and mental health. Website: royalsociety.org/grants-schemes-awards/youth-grand-challenges