

## **A List of Useful R.S.H.E. Websites**

[www.place2be.org.uk](http://www.place2be.org.uk)

A website to support and improve children's mental health

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Providing information on Pantosaurus and how to talk to children about respectful relationships. The YouTube link below will take you to the song the children learn in R.S.H.E sessions at school

<https://www.youtube.com/watch?v=-lL07JOGU5o>

[www.net-aware.org.uk](http://www.net-aware.org.uk)

A guide to social networks, apps and games

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

To support healthy living including recipes, ideas for physical activities and fun facts for the family

