



PSHCE Guidance for Parents and Carers

Supporting Your Child's Personal, Social, Health and Citizenship Education (PSHCE)

PSHCE helps children and young people develop the knowledge, skills and understanding they need to stay safe, healthy and prepared for life. While much of this learning takes place in school, parents and carers play a vital role in helping children understand the world around them and make informed, positive choices.

This page provides information and resources to help you continue these important conversations at home.

What Does PSHCE Cover?

PSHCE includes learning about:

- Physical and mental health and wellbeing
- Healthy relationships and friendships
- Relationships and Sex Education (RSE)
- Online safety and digital wellbeing
- Personal safety and safeguarding
- Financial education
- Citizenship and life skills

For further information about what is taught and why, please refer to:

- [KS3-4 PSHE education: What it covers and why it works](#)
- [Relationships and sex education \(RSE\) and health education - GOV.UK](#)
- [Department for Education](#)

Recommended Resources for Parents and Carers

Open and supportive conversations at home are one of the most effective ways to help young people stay safe and make positive decisions. We encourage parents and carers to make use of these resources and contact the school if they have any questions about PSHCE or RSE provision.

Everyone's Invited

Everyone's Invited Parent Talk offers a supportive space for parents to learn more about the challenges and pressures young people face today. The session explores key topics that many parents are concerned about or wish they understood better, including social media

platforms (TikTok and Snapchat), gendered pressures, consent, pornography and the rise of AI, image-based abuse, sextortion, and online misogyny. We also share practical strategies to help you support your child with confidence as they navigate an increasingly complex digital world.

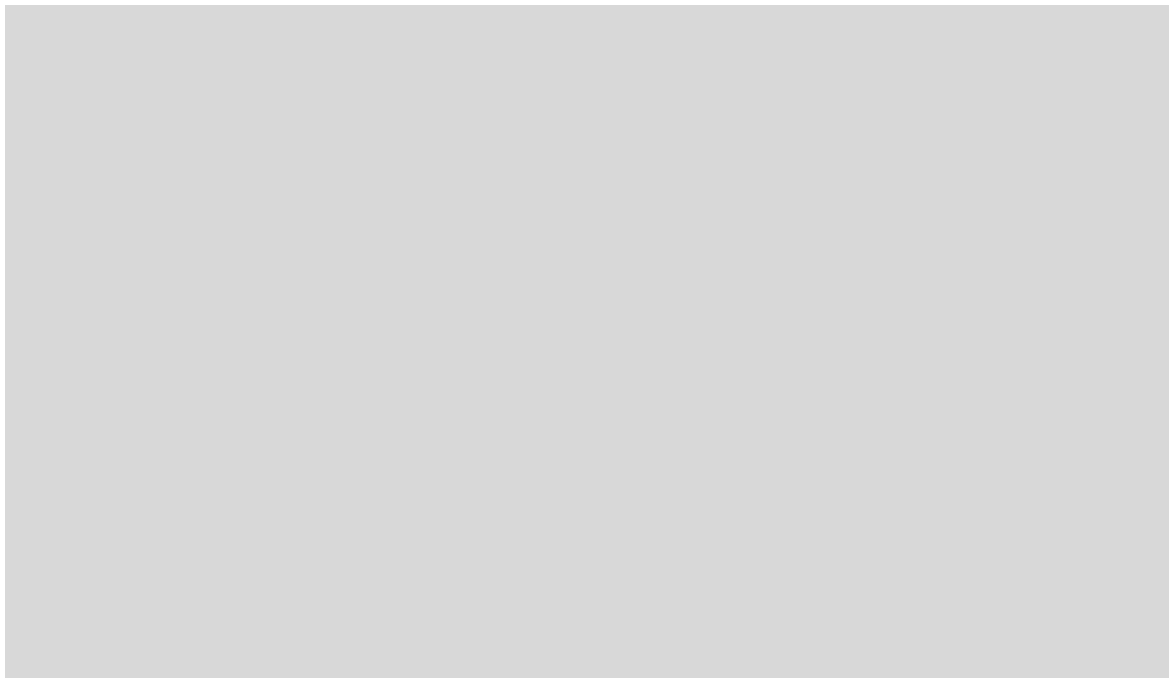
[Parent & Carer Lunch and Learn: Social Media & Online Misogyny Tickets, Multiple dates | Eventbrite](#)

Relationship and Sex Education for children and young people with SEND

NSPCC Together for Childhood (Stoke) invited local parents and carers to submit questions on a range of topics including healthy relationships, puberty, online safety, PSHE, sexual abuse, and more.

The submitted questions formed the basis of a recorded Q&A session with SEND Gin and Cheese CIC to provide information for parents and carers on the importance of RSE, the role of parents and carers, online safety, friendships and relationships, puberty, sexual behaviour, sexual abuse and help and support

[SEND Q&A with Together for Childhood](#)



Financially Motivated Sexual Extortion

CEOP and the UK Safer Internet Centre have developed a letter for parents and carers of young people aged 16-17 to help them protect their child from those who would target them with financially motivated sexual extortion (commonly known as sextortion)

[FMSE FE 16-17 parent and carer letter](#)

Deepfakes and AI

Cyber Safety Projects resource on the use of AI to create realistic but fake videos, images, or audio. They can be used for pranks, misinformation, bullying, scams, and sextortion. Young people may encounter deepfakes in social media, group chats, or gaming platforms. Teaching kids to question digital content is key to keeping them safe.

[AI Deepfakes Parent Tool Kit](#)

Online Safety

Nspcc have a variety of resources and guidance for parents and carers on online safety. This includes how to talk to your children about AI, online safety and an online quiz.

[Keeping children safe online | NSPCC](#)

Misogyny

Developed by the PSHE Association, 'Fully Human' joins the dots between this fast-changing world and what might best support children and young people to navigate it.

[Manosphere in the mirror: researching the marketing of misogyny](#)

[Mr Kiss Kiss Bang Bang: troubling masculinity with James Bond](#)