

**Signposting Support** - We recognise the importance of supporting parents with having conversations about sensitive topics with their child at home. We have collated some useful websites and links to external agencies to support parents and carers with these conversations.

|                                                                                     | Details                                                                                                                                                                                                     | Website                                                                                       |
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|    | <p><b>Childline</b></p> <p>A counselling service for children and young people up to their 19th birthday in the UK provided by the NSPCC</p>                                                                | <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>                     |
|    | <p><b>Kooth, from XenZone</b></p> <p>An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.</p> | <a href="https://www.kooth.com/">https://www.kooth.com/</a>                                   |
|   | <p><b>Young Minds</b></p> <p>This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people.</p>                                           | <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>                   |
|  | <p><b>Beat</b></p> <p>Beat is a website dedicated to Awareness of Eating Disorders.</p>                                                                                                                     | <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a> |
|  | <p><b>Kidscape</b></p> <p>Offers support and information for young people experiencing bullying.</p>                                                                                                        | <a href="https://www.kidscape.org.uk/">https://www.kidscape.org.uk/</a>                       |
|  | <p><b>Happy Maps</b></p> <p>Advice and support for parents, children and young people on a range of mental health issues</p>                                                                                | <a href="https://www.happymaps.co.uk/">https://www.happymaps.co.uk/</a>                       |



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|    | <b>Gingerbread</b><br>Advice and support for single parents                                              | <a href="https://www.gingerbread.org.uk">https://www.gingerbread.org.uk</a>                                                                         |
|    | <b>Head Meds</b><br>Provides information on mental health medications.                                   | <a href="https://www.headmeds.org.uk">https://www.headmeds.org.uk</a>                                                                               |
|    | <b>NSPCC Parents Hub</b><br>Advice on online safety, relationships, consent, and keeping children safe.  | <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents</a> |
|    | <b>PSHE Association</b><br>Guidance on PSHE and RSHE in schools, including information for parents.      | <a href="#">PSHE Association   Charity and membership body for PSHE education</a>                                                                   |
|  | <b>Brook</b><br>Information on relationships, sexual health, and wellbeing for young people and parents. | <a href="#">Sexual Health &amp; Wellbeing - Brook</a>                                                                                               |
|  | <b>Internet Matters</b><br>Practical guides for managing social media, gaming, and online risks.         | <a href="#">Keep Children Safe Online: Information, advice, support - Internet Matters</a>                                                          |
|  | <b>Childnet</b><br>Parent resources on digital citizenship and online safety.                            | <a href="#">Parents &amp; carers   Childnet</a>                                                                                                     |
|  | <b>UK Safer Internet</b><br>Advice on online safety and reporting concerns.                              | <a href="#">Homepage - UK Safer Internet Centre</a>                                                                                                 |



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|   | <p><b>Anna Freud</b></p> <p>Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing.</p> | <p><a href="#">Resources for Families   Anna Freud</a></p>                                                 |
|   | <p><b>Talk to Frank</b></p> <p>Information about drugs, alcohol, and how to discuss these topics with young people.</p>                                               | <p><a href="#">Honest information about drugs   FRANK</a></p>                                              |
|   | <p><b>National Careers Service</b></p> <p>Careers information and guidance.</p>                                                                                       | <p><a href="#">Careers advice - job profiles, information and resources   National Careers Service</a></p> |
|  | <p><b>Young Enterprise</b></p> <p>Financial education resources and programmes.</p>                                                                                   | <p><a href="#">Transforming futures   Young Enterprise</a></p>                                             |

