



PSHE Reading List

PSHE allows students to focus on three key themes: Health and Wellbeing, Relationships, and living in the Wider World. These themes cover a vast range of content which includes topical issues that can change day-to-day as society adapts and responds to events, laws and changing attitudes.

The following resources are divided by the three themes in PSHE education at SWGS. All books can be found in the SWGS library.

Health and Wellbeing

- Marcia Williams - The fantastic book of feelings: a guide to being happy, sad and everything in-between!
- Camilla Pang – Perfectly weird, perfectly you: a scientific guide to growing up.
- Matthew Johnstone – Quiet the mind: an illustrated guide on how to meditate.

Relationships

- Michele Elliott – Bullies, cyberbullies and frenemies.
- Mathew Syed – What do you think? How to agree to disagree and still be friends.
- Jacqui Bailey – Sex, puberty and all that stuff: a guide to growing up.
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Living in the Wider World

- Jane Bingham – Managing your money.
- Honor Head – Social media and you.

The following online reading resources are accessible to use and read beyond the content covered in PSHE lessons.

Complete Issues	Online resources for articles, statistics and personal accounts covering current issues and discussion points.	Link: completeissues.co.uk User: swgs Password: southwils
Issues Online	A full web-based resource enhancing and supplementing mainly the PSHE curriculum as well as many other subjects. A safe and easy way for students to find information.	Link: Independence - Issues Online User: wood Password: 6002

SWGS Library

Keep an eye for new books and displays in the library focusing on themes relevant to PSHE. This might include Black History Month, Pride, and more.

Unifrog

Access a range of resources on Unifrog including the 'know-how' library which helps to explore key topics in more detail and signpost you further at the end of the document. These are short but useful. Don't forget to add them to your favourites on your Unifrog account.