



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,

Health and Wellbeing

- Dr Julie Smith – Why has nobody told me this before?
- Jennifer Shannon – The anxiety survival guide for teens: CBT skills to overcome fear, worry and panic.

Relationships

- Alexis Caught – Queer up: an uplifting guide to LGBTQ+ love, life and mental health.
- Louise Spulsbury – What is consent? Why is it important? And other big questions.
- Ruth Fitzgerald – Split survival kit: 10 steps for coping with your parents' separation.

Living in the Wider World

- Deborah Meaden – Deborah Meaden talks money.
- Seyi Akiwowo – How to stay safe online.
- Joe Wells – Wired differently 30 neurodivergent people you should know.

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.