



Resources for SEND learners to support effective teaching of the PSHE curriculum

The majority of resources identified in this list are free for schools to access and will help to support the teaching and learning across a range of topics. It is acknowledge that there are further resources available and those contained within the list are only suggestions that are not being endorsed by NYCC but they have either been suggested by schools or developed by organisations to help support the delivery of effective PSHE. Before using any of the resources a school needs to make themselves familiar with the resource and ensure it meets the schools ethos and needs of their pupils. All information was correct in September 2026.

North Yorkshire Inclusive Mainstreet Toolkit for schools	Inclusive Mainstream Toolkit NYES Info
North Yorkshire Preparing for adulthood supporting website	Preparing for adulthood North Yorkshire Council
PSHE association - PSHE education for pupils with SEND hub	PSHE education for pupils with SEND
PSHE education for pupils with SEND	PSHE education for pupils with SEND : Wiltshire Healthy Schools
Relationships Sex and Health Education	
Scottish RSE programme of study - Resources for SEND learners	Complex ASN - RSHP
NSPCC navigating puberty and sexual development resources for schools and parents and carers of children and young people who have a learning disability	NSPCC Navigating puberty and sexual development:

Learn and Thrive (some cost and some free)	Learn and Thrive Charity Educational Resources for Down's Syndrome
Able 2 Learn – range of social stories and downloadable resources to support PSHE themes (some have a cost)	Able2learn
Body Sense – RSE and SEND resources (there is a cost) Picture cards and teaching notes / resources to support teaching about relationships, sexuality and periods	Home - Bodysense Education
Leeds RSE and SEND resource - Puberty & Sexuality for Children and Young People with a Learning Disability (a lot of visual resources)	Puberty & Sexuality Pack
Mencap information and resources to support RSE	Relationships and sex resources Mencap
Information and supporting resources for SEND learners from the NSPCC on healthy relationships	Promoting healthy relationships in schools NSPCC Learning
NSPCC 'Whats in your Pants' resources in Makaton, British sign language and subtitles and resources for parnets / carers	Promoting healthy relationships in schools NSPCC Learning
Reproductive organ display (male and female) (there is a cost)	Reproductive Organ Display Vests Sex Education TTS
Social stories and visual aids: ○ Carol Gray's Official Site - guidance and templates ○ Sheffield Children's NHS - practical tips and examples ○ Bedfordshire & Luton NHS - overview and downloads ○ schools Norfolk	
Books for young people on the autism spectrum (there is a cost): • The growing up guide for girls • The growing up guide for boys • Sexuality and relationships education for Children and Young People Author: Davida Hartman	
Book (there is a cost) The Autism Friendly Guide to Periods- Robyn Steward	
Books (there is a cost)	

• What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions • What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions Author: Kate Reynolds	
We all grieve a book to support SEND children and young people (there is a cost) We All Grieve - Supporting bereaved children with SEND – Child Bereavement UK	
'What are you feeling?' (Shopify): Helps deaf children understand and identify their emotions.	
Staywise (blue light services). Range of supporting resources from EY upwards and available in a range of formats e.g widgets Home StayWise - Saving Lives Through Education	
Online Safety	
Childnet – online safety STAR SEND toolkit – an online safety teaching toolkit for educators to deliver with SEND learners aged 11+	STAR SEND Toolkit Childnet
Childnet – online safety. Thrive Online – teaching resources for SEND learners aged 11+ looking at healthy relationships, digital wellbeing and online pornography	Thrive Online Childnet
Online safety – Internet matters Information for schools, parents / carers and young people with additional needs	Supporting children with additional needs online Internet Matters
NSPCC Staying safe online for pupils with SEND	Online safety for children with SEND NSPCC
Drug and Alcohol	
Alcohol education trust - Picture and story led activities resources for children with Special Educational Needs or English as a Second Language.	SEN Talk About Trust
PSHE association drug and alcohol lessons for SEND learners	Drug and alcohol education
Physical Activity and Healthy Eating	
Physical activity guidelines: disabled children and disabled young people (infographics)	Physical activity guidelines: disabled children and disabled young people - GOV.UK
Giant teeth and tooth brush (cost)	Giant Teeth and Toothbrush Model Human Body TTS

