Personal, Social and Health Education

Discussion Topics
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The following links will take you to a selections of articles and videos which you can use to spark discussion in your mentor groups. Please feel free to add additional material here.

Alcohol
Body Image
Bottom implants: Why young British women are dying for the perfect 'belfie'
Self-harm hospital admissions among children 'at five-year high'
Bullying
Character Strengths
Contraception
Consent
Depression
Drones
Drugs
Eating Disorders
FMG
Financial Literacy
Forced Marriage
Freedom of Speech
Gay Rights
Gender
Male health & cancer
Mental Health
Mindfulness
Parenting Skills
Rape/ Sexual Violence
Sex and relationships
Sexism
Sexting
Sleep
Smoking
Social Media
Suicide
Wellbeing
Women’s rights

Teacher guidance

Richard Davies | @enrich_ed | STEM | PSHE
Alcohol
Alcohol through STEM

Body Image
Does looking at the perfect body on facebook make you feel depressed?
Is our obsession with size zero damaging our health?
‘Thinspiration’ Fears over eating disorder rise
DOVE: PSHE Health & well being resources including body image
Why thinking you’re ugly is bad for you
Finding the perfect body image
Bottom implants: Why young British women are dying for the perfect 'belfie'
Self-harm hospital admissions among children 'at five-year high'
You are what you wear

Bullying
10 questions for mentor time
Online bullies tried to ruin my life

Character Strengths
The VIA Survey

Contraception
Unsafe sex: why everyone is at it

Consent
Do students need classes on consent?

Depression
Dark Days: Shedding light on depression

Drones
CIA’s Pakistan drone strikes carried out by regular US air force personnel

Drugs
Cocaine in my home: life with student drug-users
Drugs through STEM
Eating Disorders
The National Institute of Mental Health
Girls actor Zosia Mamet reveals her battle with an eating disorder
Dos and don’ts when talking about eating disorders
Common misconceptions on eating disorders

FMG
What is FMG?
Gove to right to every school in the country
Teaching Union calls for better advice on FMG
US FGM Mutilation petition collects 37,000 Signatures
FGM Survivors: ‘It happens on US soil but it happens in secret’
http://www.forwarduk.org.uk/

Financial Literacy
<<Dual track pupils and parents>>
Citigroup Parenting & financing
Compound interest as 8th wonder

Forced Marriage
Forced Marriage
Forced Marriage the survivors tale

Freedom of Speech
14 year old Dutch girl arrested in hoax gone wrong after twitter threat against American Airlines

Gay Rights
LGBT Rights around the world
Out100 2014: the year’s most compelling LGBT people - in pictures

Gender
Angelina Jolie's daughter 'wants to be called John'. How should parents react to children questioning gender roles?
‘He, She, it’
UN chief hails Eurovision winner Conchita Wurst’s ‘powerful message’
Gender segregated public transport
Male health & cancer
Your privates - school pack (Orchid lesson plans)

Mental Health
Students - Where to get help with your mental health
WHO: 10 facts on mental health
Head warns of ‘ticking time bomb’ in schools

Mindfulness
Teaching to be mindful
All it takes is 10 Mindful minutes - TED
Richard Burnett Mindfulness in Schools
Lessons in meditation? Schools could teach pupils ‘mindfulness’ to help them concentrate and deal with stress
Mindfulness Therapy come as high price for some, say experts
Resilience
Head Space - meditation and Mindfulness App
Mindfulness does nothing to change an unjust world
The importance of mindfulness in children
Mindfulness in Education - Research highlights
Mindfulness - does it really live up to the hype?
Mindfulness helps teens cope with stress, anxiety

Parenting Skills
Good Parenting Skills: 7 Researched backed ways to raise kids right.
Angelina Jolie’s daughter ‘wants to be called John’. How should parents react to children questioning gender roles?
‘He, She, it’
Parenting in the Age of Online Pornography

Rape/ Sexual Violence
Rape culture at university needs urgent attention
Rape cases double in Delhi after student bus rape
Domestic Violence and the NFL
Nail Polish Invention protects women from Date Rape
One in three UK female students sexually assaulted or abused on campus

Richard Davies | @enrich_ed | STEM | PSHE
Sex and relationships
SEX AND RELATIONSHIPS: PORN IS EVERYWHERE
Why I stopped watching porn
Sex education struggles to keep pace with online porn
We need to talk to children about porn
Any boy who tells you he hasn't seen porn is lying. Porn changes what you expect from girls.
Sex, relationships, drugs, pregnancy, divorce
Are universities doing enough to support transgender students?
TEACHING SEX AND RELATIONSHIPS: PART 1
TEACHING SEX AND RELATIONSHIPS: PART 2
Tackling those awkward questions
Sex Education: giving straight answers without blushes
Revenge pornography in young children
Is Revenge porn already illegal in England?
Twitter trend based on The Purge film exposes horror of revenge porn
Expect Respect - domestic abuse

Sexism
Laura Bates at TedXConvent Garden Women
The Guardian - only by turning the tables can we really see how bad it is
The Guardian - Gender flips are a simple and smart way to turn sexism on its head
The Guardian - There's more to feminsim than women serving in combat roles
Emma Watson launches #heforshe campaign to get men campaigning for women's rights too.
#heforshe

Sexting
A grown up’s guide
Childline support
Sexting and porn part of everyday life for teenagers
Sexting is new courtship
Relationships sexting - Choose what happens next
Relationships - you no longer have choice
British Politician loses job after sexting
Sleep

Thomas Edison and the cult of sleep deprivation
Sleep your way to success
10 top tips to fight insomnia
Tech activity ‘overtakes sleeping’
Sleep Sensors: Waking up to study the need to study our night’s rest
Sleep trackers made me far more interested in my sleep
Teenagers Irritable because early school hours mess with their body clocks
Screen time 'harms teenagers' sleep'
Smoking

Social Media

- The rules of social media and recruitment
- Social media and employment
- Social media and girls online
- Dealing with digital cruelty
- Why the Ice Bucket Challenge is bad for you
- Can facebook make you sad?
Multitasking is cognitively exhausting: why I asked my students to close their laptops

Suicide
Suicide and silence: why depressed men are dying for somebody to talk to

Wellbeing
10 tips for a better work life balance
In Pursuit of Happiness
Wellbeing and attainment
Head Space - meditation and Mindfullness App
Should holiday email be deleted?

Women’s rights
You Can’t cut open pregnant women because you disagree with their choices
A brain-dead Irish woman’s body is being used as an incubator. Be angry