

Anti-bullying Alliance has advice for parents and carers on what to do if your child is being bullied or is bullying others. It includes information about cyberbullying.

<https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

Child Bereavement UK has a huge number of resources and information pages to help you support a child who is grieving. It has resources suitable for children of all ages.

<https://www.childbereavementuk.org>

Childline's information pages have child friendly pages on a range of topics including eating disorders, puberty, sex and mental health.

<https://www.childline.org.uk/info-advice/>

Gingerbread is charity which supports single parents. It's website has several useful resources, links and information lines to help you talk to your child or children about family and relationship issues.

<https://www.gingerbread.org.uk/information/you-and-your-childs-wellbeing/support-for-children-and-young-people/>

GOV.UK has information about the RSHE curriculum in Primary Schools, including your right to withdraw your child from sex education lessons taught as part of RSHE.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

The Hideout is a website which explains what domestic abuse is in age-appropriate language. It contains animations and accounts of domestic abuse survival by children.

<http://thehideout.org.uk/children/home/>

NHS website is useful for information about subjects such as puberty, periods, anxiety, weight loss and eating disorders.

<https://www.nhs.uk>

NSPCC's parent page has lots of good resources. The advice on how to start conversations about difficult subjects is great.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Young Minds for information about children and young people's mental health. The organisation has a parent's helpline.

<https://youngminds.org.uk>