

Young Hackney Personal Social and Health Education

Supporting social and emotional development

The following sessions are designed to complement and enrich PSHE curriculum work. We are happy to discuss how we can adapt sessions to meet the needs of particular target groups, or address specific issues faced by children or young people in your school.

All the sessions are free to schools in Hackney and are delivered by members of the staff from the Young Hackney Health and Wellbeing team. Each session is designed to last 50 minutes, but timings are flexible and we are able to run an abbreviated session if necessary.

For more information about the session content, please email: HWBteam@hackney.gov.uk

How to book

If you would like to book a session, please fill out our booking form and email it to: HWBteam@hackney.gov.uk

Primary school sessions

Personal hygiene A fun and engaging session emphasising the importance of good hygiene as an essential part of healthy living.
Dental hygiene Looking at the importance of healthy teeth and techniques to look after them properly.
Healthy eating Covering the essentials of nutrition and healthy eating, this session looks at how a well-balanced diet contributes to mental and physical wellbeing.
Puberty The transition from childhood to teenage years can be challenging; this session helps children understand and cope with the physical and emotional changes brought on by puberty.
Body image Using straightforward language, we look at how the media and peer pressure can affect a child's self-image, and offer some strategies to develop resilience, self-esteem and self-confidence.
Internet safety and cyberbullying Looking at the potential risks associated with internet use, social media and messenger apps, this session also explores cyber-bullying and its impact.
Relationships An age-appropriate session, encouraging children to reflect on the differences between positive and negative relationships, primarily in their friendship groups and families.
Smoking prevention Examines the effects of tobacco and nicotine, and the potential harm associated with smoking.
Emotional wellbeing In this session, we aim to give young people the skills they need to manage their emotional responses, cope with stress in a healthy way, and maintain a sense of perspective when under pressure.

