

HIT resources and support

Below you will find a range of resources and support to help you deliver health and wellbeing topics at your school.

To help you navigate these resources, they have been split into health topics.

- [Nutrition, exercise and oral health](#)
- [PSHE](#)
- [Mental health and emotional wellbeing](#)
- [RSE](#)
- [Safeguarding prevention](#)

You may also wish to use our [resource list](#) (pdf) to access a range of resources.

Related services

[Health improvement 2021/22](#)

Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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