

ELS Book List

*Supporting RSHH and Health
Education Guidance (Sept. 2026)*

Theme /
Area

EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

**Families and
belonging**

Different
families, love,
care, home,
security

Family
differences,
adoption,
fostering,
kinship care,
separation

Family change,
divorce,
bereavement,
young carers

Committed
relationships,
family
responsibilities,
changing
relationships

Include books
showing a wide
range of family
structures
positively. Avoid
books that
imply one
"normal" family
model.

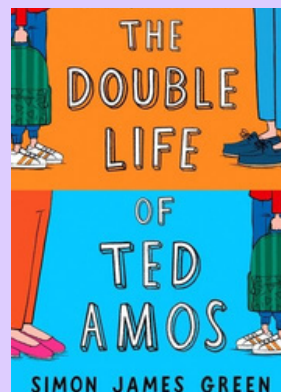
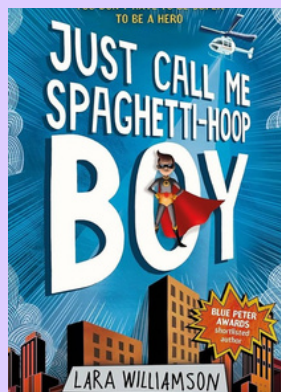
**Suggested ELS
Books/Authors**

Chinnery, E "We
grew a dragon"

Williamson, L
"Just call me
spaghetti-hoop
boy"

Green, S J "The
double life of
Ted Amos"

Foster, S
"Checkmates"



Theme /
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EYFS / KS1

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KS3 / KS4

Book list
notes

**Friendship and
kindness**

Making friends,
sharing, turn-
taking, saying
sorry

Friendship
problems,
exclusion,
loneliness,
repair

Peer pressure,
loyalty, conflict,
managing
friendship
changes

Ending
relationships,
trust, kindness,
conflict
resolution

Strong area for
picture books,
early fiction and
class reads.
Useful for
assemblies and
nurture work.

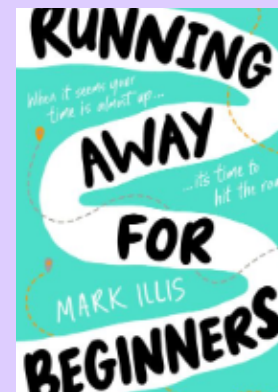
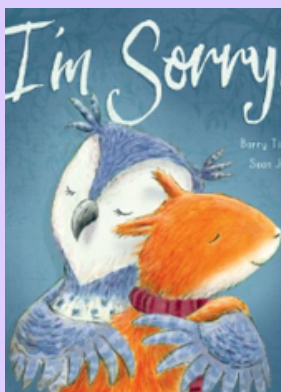
**Suggested ELS
Books/Authors**

Timms, B "I'm
sorry"

Kent, N "The
talent show"

Ho-Yen, Polly
"When the
storm comes"

Illis, M "Running
away for
beginners"



Theme /
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EYFS / KS1

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KS3 / KS4

Book list
notes

**Respectful
relationships**

Manners,
kindness,
difference,
empathy

Respecting
views,
stereotypes,
fairness

Assertiveness,
boundaries,
self-respect,
challenging
stereotypes

Consent, power
imbalance,
prejudice,
misogyny,
equality

For younger
pupils, focus on
kindness,
fairness and
difference. For
older pupils,
include books
that explore
social pressure
and identity
safely.

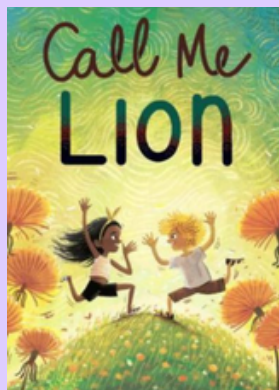
**Suggested ELS
Books/Authors**

Penfold, A "All
are welcome"

Chester, C "Call
me lion"

Eagleton, Ian
"Glitter boy"

Lessor, N "King
of nothing"



Theme /
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EYFS / KS1

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KS3 / KS4

Book list
notes

Feelings and
emotional
literacy

Naming
feelings,
calming down,
worries

Big feelings,
anxiety, anger,
resilience

Self-esteem,
emotional
regulation,
coping with
change

Mental
wellbeing,
anxiety,
depression,
loneliness,
seeking help

Prioritise books
with hopeful
endings and
clear routes to
support. Avoid
titles that
sensationalise
mental ill health.

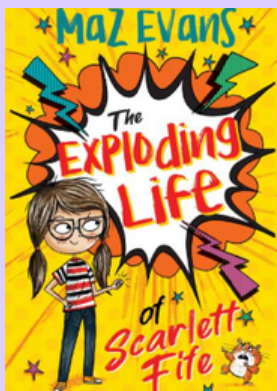
Suggested ELS
Books/Authors

Levington, R G
"Some days I'm
the wind"

Evans, M "The
exploding life of
Scarlett Fife"

Palmer, T "The
fear"

Simpson, D "The
memory
thieves"



Theme /
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EYFS / KS1

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KS3 / KS4

Book list
notes

**Change, loss
and
bereavement**

Missing
someone,
sadness,
memory

Death of a pet,
grandparent
loss, grief

Complex grief,
family illness,
separation

Bereavement,
trauma,
recovery,
supporting
others

Include gentle
picture books for
younger pupils
and fiction /
memoir-style
narratives for
older pupils. Flag
books that may
need adult
mediation

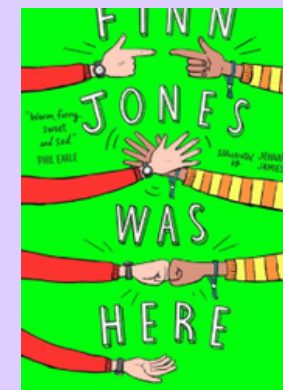
**Suggested ELS
Books/Authors**

Booth, A "A
shelter for
sadness"

Davis, B "What's
that in dog
years?"

Avery, T "Not as
we know it"

Green, S J "Finn
Jones was here"



Theme /
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EYFS / KS1

Lower KS2

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KS3 / KS4

Book list
notes

**Bullying,
inclusion and
bystanders**

Being unkind,
saying sorry,
asking for help

Bullying,
teasing,
difference,
disability,
racism

Online bullying,
prejudice,
stereotypes,
reporting

Harassment,
discrimination,
hate, peer
culture

Useful to map
to anti-bullying
week,
protected
characteristics
and school
values work.

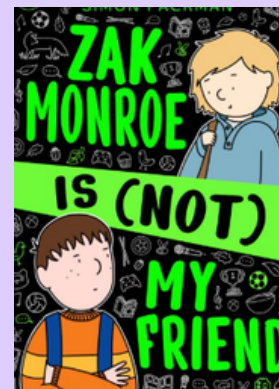
**Suggested ELS
Books/Authors**

Manley, B "The
pipsqueak"

Earle, P "The
war next door"

Packham, S
"Zak Monroe is
(not) my friend"

Winter, T "Being
miss nobody"



Theme /
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EYFS / KS1

Lower KS2

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KS3 / KS4

Book list
notes

**Online safety
and digital life**

Screen balance,
asking an adult,
privacy

Online
kindness,
gaming,
privacy, trusted
adults

Social media
age limits,
sharing images,
misinformation

AI, deepfakes,
sextortion, online
harassment,
pornography,
scams

Books for
KS1/KS2 should
avoid frightening
content. For
secondary, use
carefully
selected non-
fiction and
discussion-led
texts.

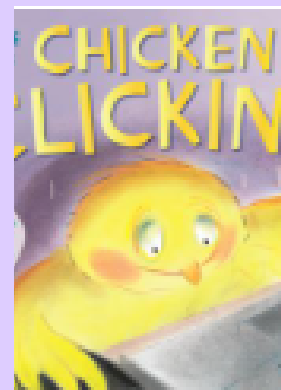
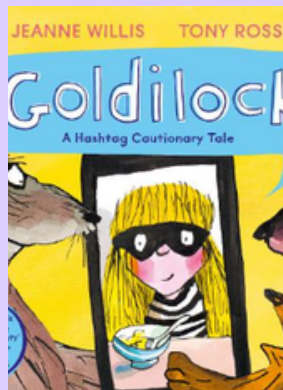
**Suggested ELS
Books/Authors**

Willis, J
"Goldilocks: a
hashtag
cautionary tale"

Willis, J "Troll
stinks"

Willis, J
"Chicken
licking"

Salisbury, M
"EchoStar is
always listening"



Theme /
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EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

Being safe /
safeguarding

My body
belongs to me,
safe adults,
secrets and
surprises

Privacy, safe
and unsafe
touch, telling an
adult

Boundaries,
pressure,
unsafe
relationships,
reporting
concerns

Consent, sexual
harassment,
exploitation,
domestic abuse,
forced marriage,
FGM

Essential to
categorise as
adult-led. Books
should use
correct language,
avoid alarm and
make clear that
abuse is never the
child's fault.

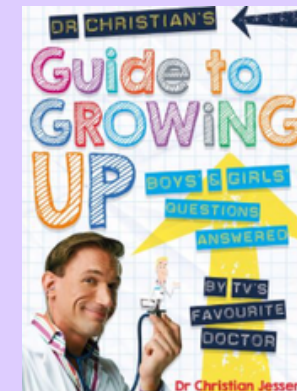
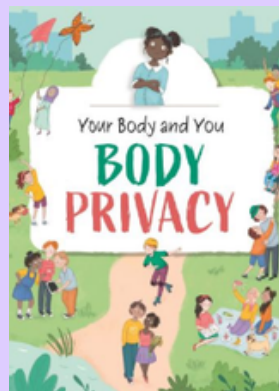
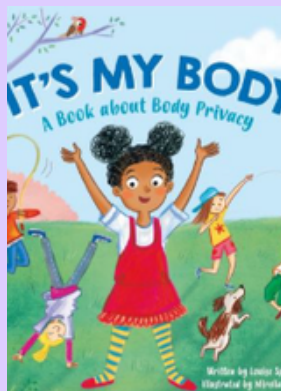
Suggested ELS
Books/Authors

"It's my body: a
book about body
privacy" by L
Spilsbury
"Keeping safe" by
R Wheatcroft

"Body privacy"
by A Ganeri

"Being safe" by
S Ridley

Hussey, W
"Hideous beauty"
(14+)
Dr Christian's
guide to growing
up by Dr C Jessen



Theme /
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EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

**Puberty and
changing
bodies**

Body
confidence,
correct body
part vocabulary
where
appropriate

Growing up,
hygiene,
privacy

Puberty,
menstruation,
emotional and
physical changes

Menstrual
health,
reproductive
health, fertility,
menopause

Upper KS2
resources need
careful labelling
for puberty
content. Include
inclusive, factual,
non-shaming
books.

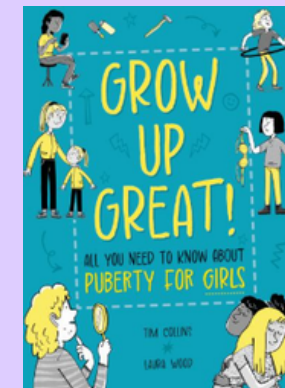
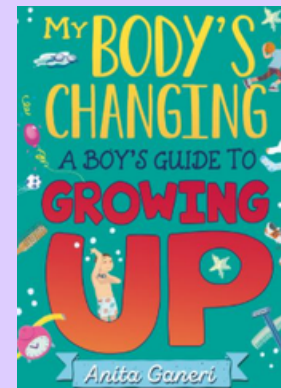
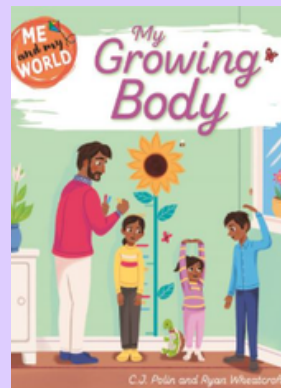
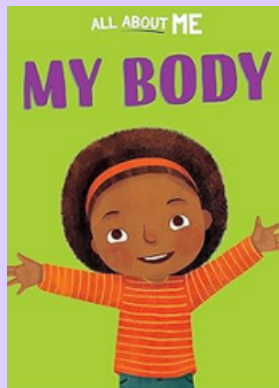
**Suggested ELS
Books/Authors**

"My body" by D
Lester

"My growing
body" by C J
Polin

Howard, C "Splash"
"My body's
changing: a
girl's/boy's guide
to growing" by A
Ganeri

"All you need
to know about
puberty for
girls/boys" by
T Collins



Theme /
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EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

**Physical health
and healthy
lifestyles**

Food, sleep,
movement,
hygiene

Healthy eating,
active lifestyles,
dental health

Sleep, body
changes, illness
prevention,
vaccination

Healthy weight,
cardiovascular
health, self-care,
healthcare
systems

Include
engaging non-
fiction, graphic
guides and
books that
promote positive
body image
rather than
dieting.

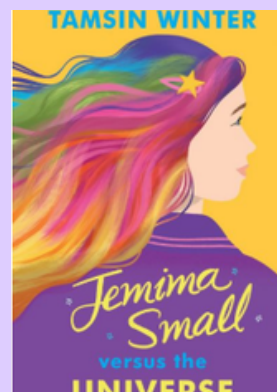
**Suggested ELS
Books/Authors**

Carr, M "Now
wash your
hands"

"Exercise your
body" by R
Hardyman

Winter, T
"Jemima Small
versus the
universe"

Rutter, B "Slow
coach"



Theme /
Area

EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

**Mental
wellbeing and
self-care**

Rest, hobbies,
family time,
asking for help

Managing
worry,
loneliness,
confidence

Resilience, self-
worth,
friendship
worries

Stress, anxiety,
depression,
gambling harms,
alcohol/drugs
and mental
health

Avoid books that
make ordinary
emotions seem
like clinical
diagnoses.
Include practical
coping strategies
and support-
seeking.

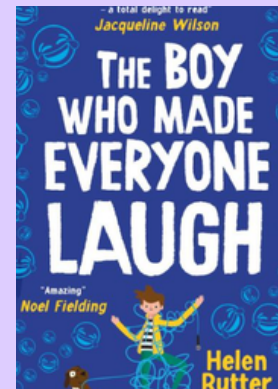
**Suggested ELS
Books/Authors**

Nwa Grace-
James, C N A
"Mama's
sleeping scarf"

Coelho, J
"Courage out
loud"

Rutter, H "The
boy who made
everyone
laugh"

Nielsen, S
"Optimists die
first"



Theme /
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EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

Healthy eating
and body
image

Trying foods,
body
appreciation

Balanced
meals, food
and feelings

Media
influence, body
confidence

Online
comparison,
eating disorders,
unhealthy
weight gain

Be careful with
books that
mention
calories, weight
or eating
disorders.
Secondary only
for more
sensitive
content.

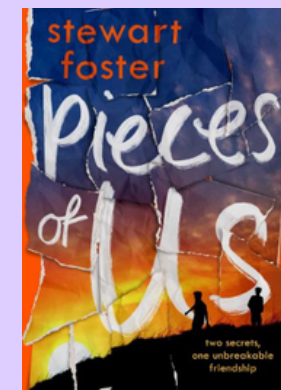
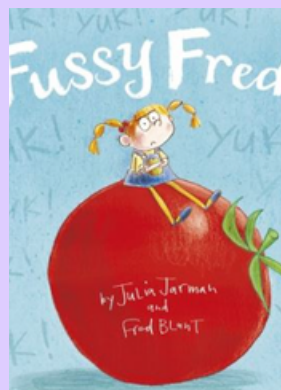
Suggested ELS
Books/Authors

Jarman, J
"Fussy Freda"

"Eat healthy
food" by R
Hardyman

Howard, C
"Splash"

Foster, S "Pieces
of us" (14+)



Theme /
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EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

**Drugs, alcohol,
tobacco and
vaping**

Medicines and
safety

Harmful
substances,
smoking/vapin
g basics

Peer pressure,
legal/illegal
substances

Alcohol, drugs,
vaping,
addiction,
prescribed
medicines

Mostly upper
KS2 and
secondary. Use
factual, non-
sensational
resources.

**Suggested ELS
Books/Authors**

"Keeping safe"
by R
Wheatcroft

"Why can't you
stop?" by P
Thomas

"Runaways" by
E L Norry

Ainsworth, E
"Just another
little lie"



Theme /
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EYFS / KS1

Lower KS2

Upper KS2

KS3 / KS4

Book list
notes

**Personal safety
and risk**

Road safety,
water safety,
fire safety

Hazards, first
aid, emergency
help

Rail, water,
roads, risk-
taking

Knife crime,
exploitation,
grooming,
independent
travel, public
spaces

Good scope for
practical non-
fiction and
local-context
resources.
Avoid fear-
based texts.

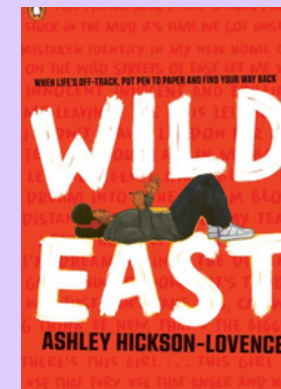
**Suggested ELS
Books/Authors**

Gurney, S
"Rabbit and the
big red scooter"

My first aid
guide series by
Booklife
publishing

"Nowhere
island" by T
Unsworth

"Wild east" by A
Hickson-
Lovence



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Book list
notes

**First aid and
emergencies**

Calling for help

Basic injuries,
trusted adults

Emergency
services, head
injuries

CPR,
defibrillators,
common injuries

Non-fiction,
visual guides
and accessible
formats would
be useful.

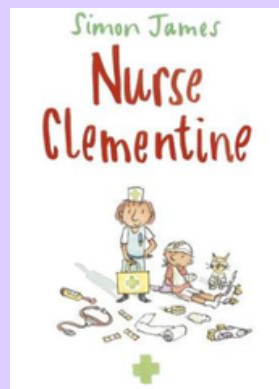
**Suggested ELS
Books/Authors**

"Nurse
Clementine" by
S James

"After the fall"
by D Santat

"Wonder" by R J
Palacio

"Diet soda club"
by C Hayden



Theme /
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EYFS / KS1

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Upper KS2

KS3 / KS4

Book list
notes

**Equality,
diversity and
identity**

Celebrating
difference

Different
beliefs,
cultures,
abilities

Stereotypes,
prejudice,
respect

Protected
characteristics,
prejudice,
tolerance,
LGBTQ+ content
where age
appropriate

Ensure
collections
reflect diversity
naturally across
all themes, not
just in "issue
books".

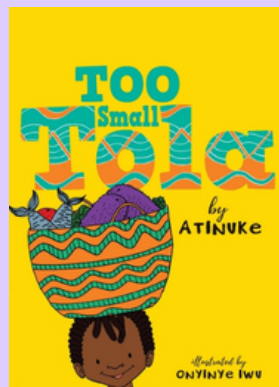
**Suggested ELS
Books/Authors**

Newson, K "The
same but
different too"

Atinuke "Too
small Tola"

Lapinski, L D
"Jamie"

Hagger-Holt, S
"The fights that
make us"



Theme /
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EYFS / KS1

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KS3 / KS4

Book list
notes

**Law, rights and
responsibilities**

Rules that keep
us safe

Fairness, rights,
responsibilities

Online rules,
privacy, asking
for help

Consent,
marriage, image
sharing,
gambling, drugs,
knives, hate
crime, medical
consent

Mainly upper
KS2/secondary.
Useful for non-
fiction,
citizenship and
PSHE support.

**Suggested ELS
Books/Authors**

Teckentrup, B
"The little
mouse and the
red wall"

Agee, J "The
wall in the
middle of the
book"

"How to be
more
hedgehog" by
A-M Conway

Rai, B
"(Un)arranged
marriage"

