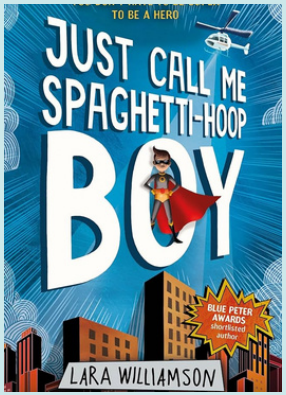
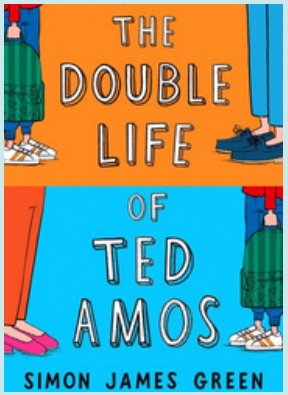
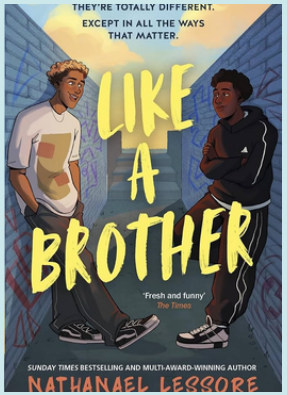
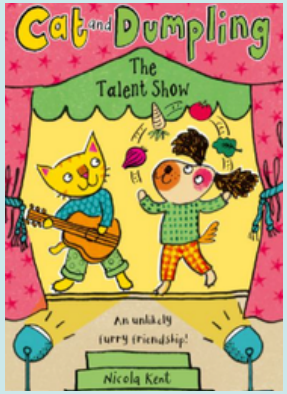
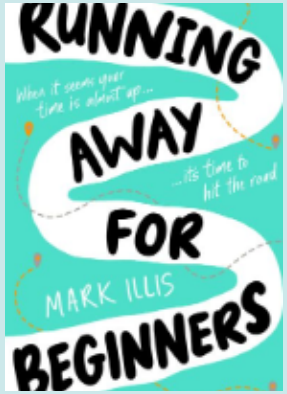
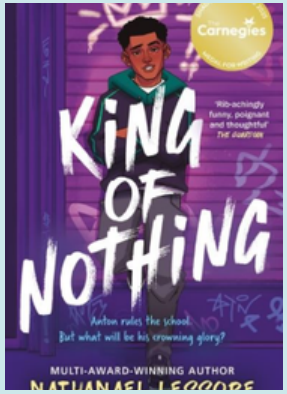
ELS Book List

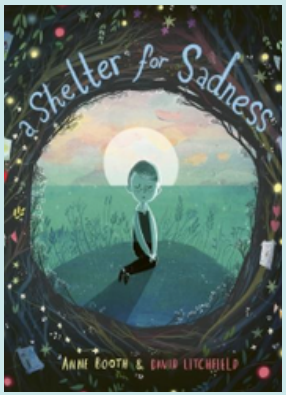
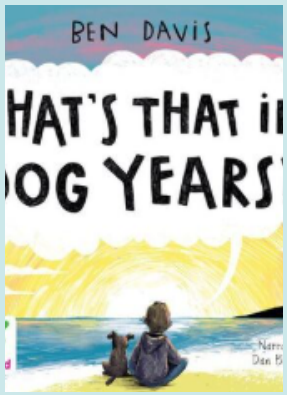
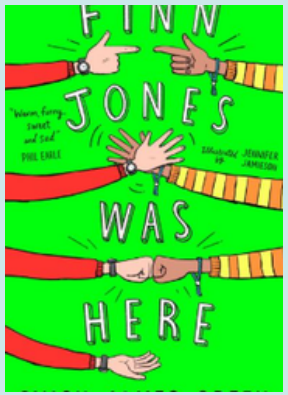
Supporting RSHE and Health Education Guidance (Sept. 2026)

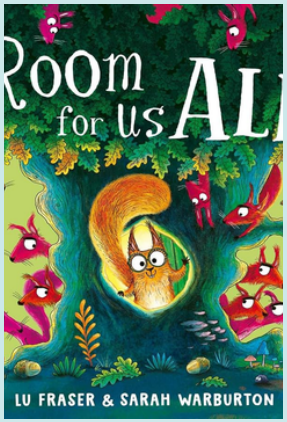
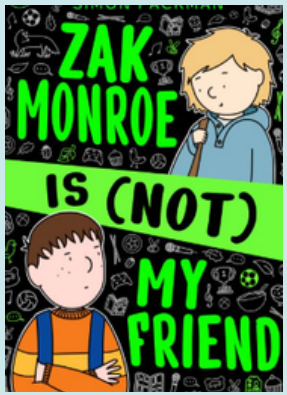
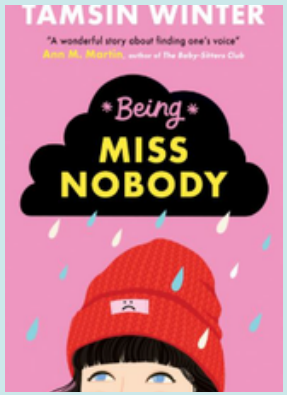
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Families and belonging	Different families, love, care, home, security	Family differences, adoption, fostering, kinship care, separation	Family change, divorce, bereavement, young carers	Committed relationships, family responsibilities, changing relationships	Include books showing a wide range of family structures positively. Avoid books that imply one "normal" family model.
Suggested ELS Books/Authors	Peter, G "My Mummies Built A Treehouse"	Williamson, L "Just call me spaghetti-hoop boy"	Green, S J "The double life of Ted Amos"	Lessore, N "Like A Brother"	
					

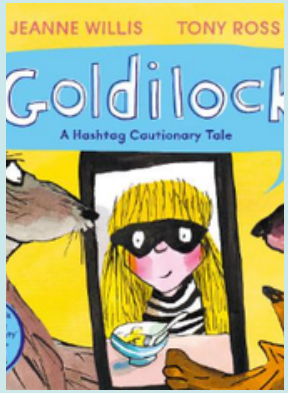
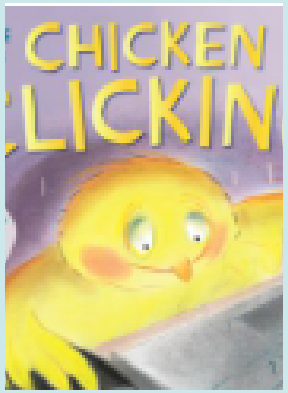
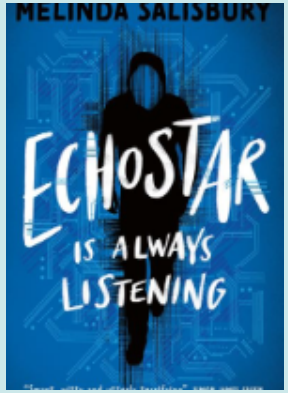
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Friendship and kindness	Making friends, sharing, turn-taking, saying sorry	Friendship problems, exclusion, loneliness, repair	Peer pressure, loyalty, conflict, managing friendship changes	Ending relationships, trust, kindness, conflict resolution	Strong area for picture books, early fiction and class reads. Useful for assemblies and nurture work.
Suggested ELS Books/Authors	Chetty, D "I'm Going To Make A Friend"	Kent, N "The talent show"	Ho-Yen, Polly "When the storm comes"	Illis, M "Running away for beginners"	
					

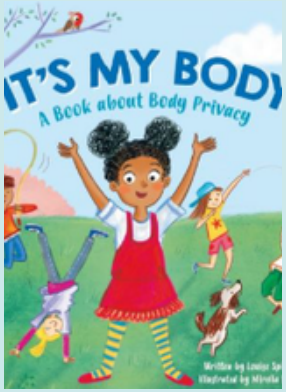
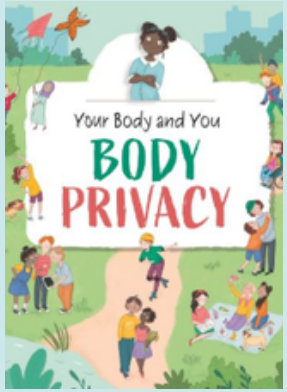
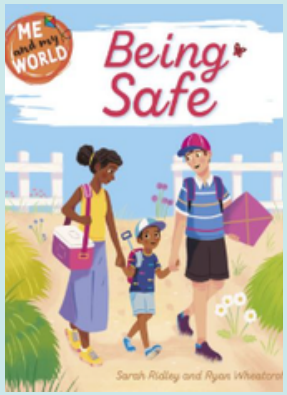
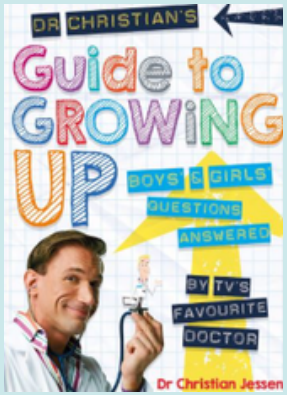
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Respectful relationships	Manners, kindness, difference, empathy	Respecting views, stereotypes, fairness	Assertiveness, boundaries, self-respect, challenging stereotypes	Consent, power imbalance, prejudice, misogyny, equality	For younger 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"	Lessore, N "King of nothing"	
					

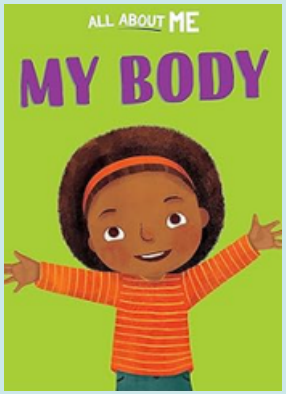
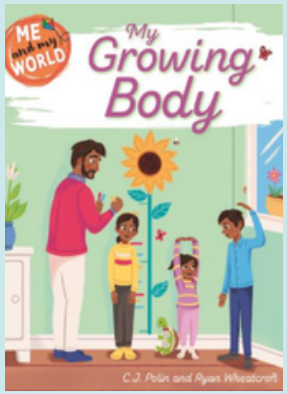
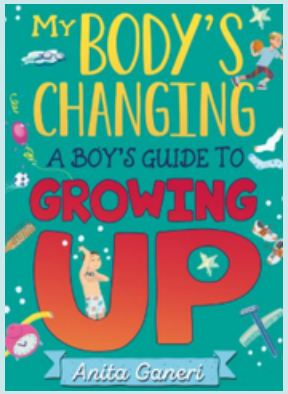
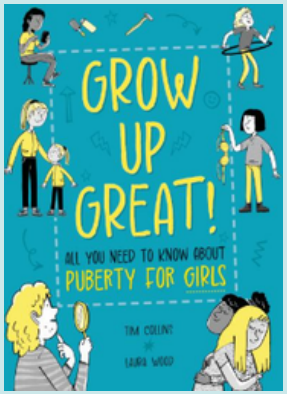
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Feelings and emotional literacy	Naming feelings, calming down, worries	Big feelings, anxiety, anger, resilience	Self-esteem, emotional regulation, coping with change	Mental wellbeing, anxiety, depression, loneliness, seeking help	Prioritise 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"	
					

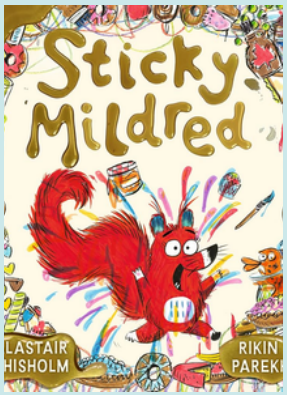
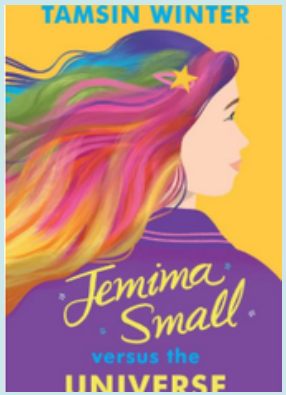
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Change, loss and bereavement	Missing someone, sadness, memory	Death of a pet, grandparent loss, grief	Complex grief, family illness, separation	Bereavement, trauma, recovery, supporting others	Include gentle picture books for younger 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?"	Goodfellow, M "Six Weeks"	Green, S J "Finn Jones was here"	
					

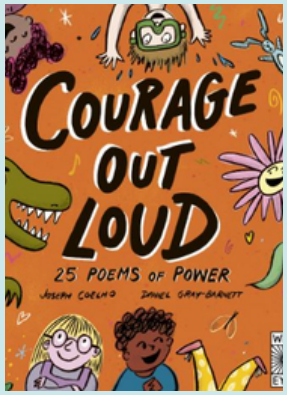
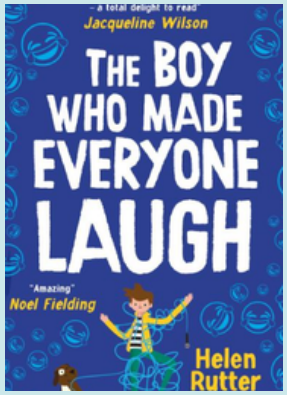
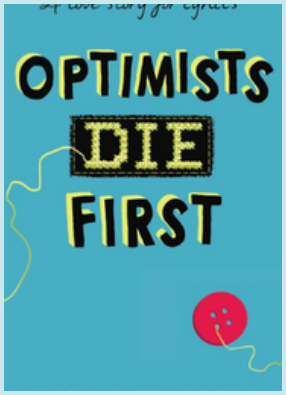
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Bullying, inclusion and bystanders	Being unkind, saying sorry, asking for help	Bullying, teasing, difference, disability, racism	Online bullying, prejudice, stereotypes, reporting	Harassment, discrimination, hate, peer culture	Useful to map to anti-bullying week, protected characteristics and school values work.
Suggested ELS Books/Authors	Fraser, Lu "Room For Us All"	Earle, P "The war next door"	Packham, S "Zak Monroe is (not) my friend"	Winter, T "Being miss nobody"	
					

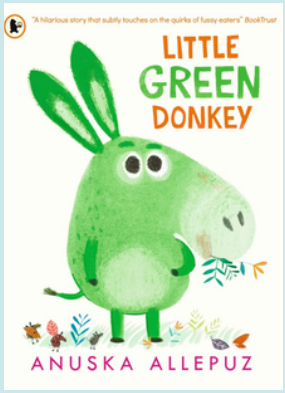
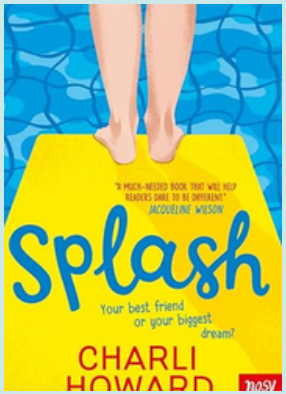
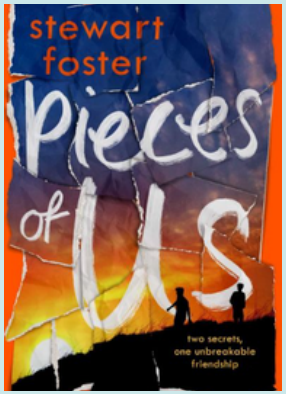
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Online safety and digital life	Screen balance, asking an adult, privacy	Online kindness, gaming, privacy, trusted adults	Social media age limits, sharing images, misinformation	AI, deepfakes, sextortion, online harassment, pornography, 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 clicking"	Salisbury, M "EchoStar is always listening"	
					

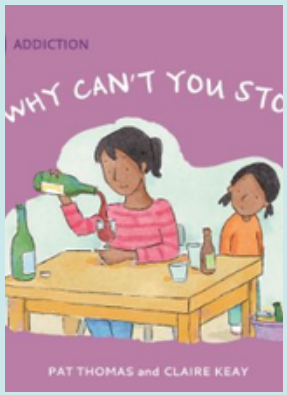
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Being safe / safeguarding	My body belongs to me, safe adults, secrets and surprises	Privacy, safe and unsafe touch, telling an adult	Boundaries, pressure, unsafe relationships, reporting concerns	Consent, sexual harassment, exploitation, 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 Wheatcrooft	"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	
					

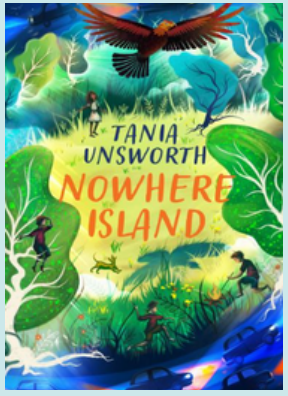
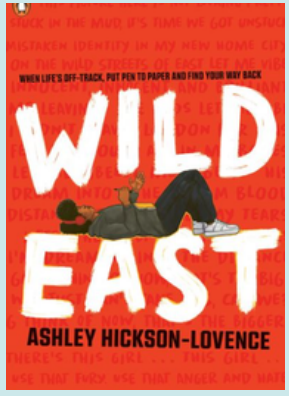
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Puberty and changing bodies	Body confidence, correct body part vocabulary where appropriate	Growing up, hygiene, privacy	Puberty, menstruation, emotional and physical changes	Menstrual health, reproductive health, fertility, menopause	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	
					

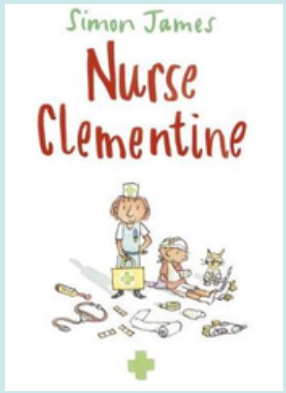
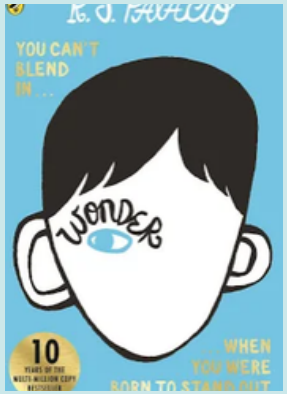
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Physical health and healthy lifestyles	Food, sleep, movement, hygiene	Healthy eating, active lifestyles, dental health	Sleep, body changes, illness prevention, vaccination	Healthy weight, cardiovascular health, self-care, healthcare systems	Include engaging non-fiction, graphic guides and books that promote positive body image rather than dieting.
Suggested ELS Books/Authors	Chisholm, A "Sticky Mildred"	"Exercise your body" by R Hardyman	Winter, T "Jemima Small versus the universe"	Rutter, B "Slow coach"	
					

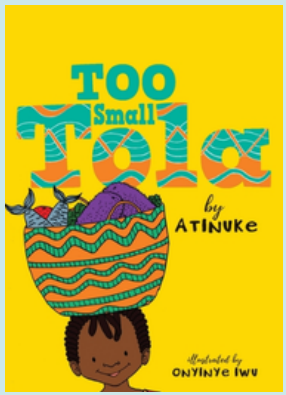
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Mental wellbeing and self-care	Rest, hobbies, family time, asking for help	Managing worry, loneliness, confidence	Resilience, self-worth, friendship worries	Stress, anxiety, depression, gambling harms, alcohol/drugs and mental health	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"	
					

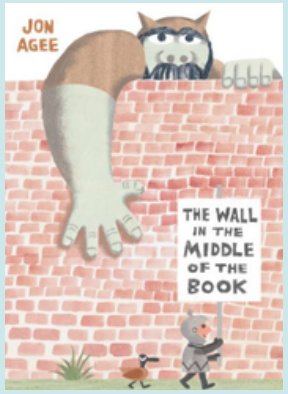
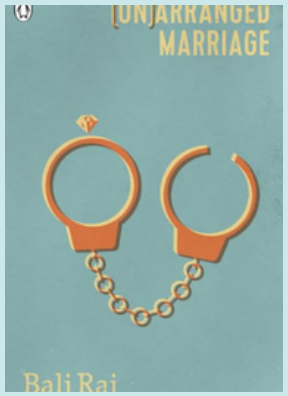
Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Healthy eating and body image	Trying foods, body appreciation	Balanced meals, food and feelings	Media influence, body confidence	Online comparison, eating disorders, unhealthy weight gain	Be careful with books that mention calories, weight or eating disorders. Secondary only for more sensitive content.
Suggested ELS Books/Authors	Allepuz, A "Little Green Donkey"	"Eat healthy food" by R Hardyman	Howard, C "Splash"	Foster, S "Pieces of us" (14+)	
					

Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	Book list notes
Drugs, alcohol, tobacco and vaping	Medicines and safety	Harmful substances, smoking/vaping 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 / Area	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	Slater, D "Wild Blue"	My first aid guide series by Booklife publishing	"Nowhere island" by T Unsworth	"Wild east" by A Hickson-Lovence	
					

Theme / Area	EYFS / KS1	Lower KS2	Upper KS2	KS3 / KS4	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 / Area	EYFS / KS1	Lower KS2	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 / Area	EYFS / KS1	Lower KS2	Upper KS2	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"	
					

Recommended age-band for ELS stock

Label	Use for
EYFS / KS1	Gentle picture books about feelings, families, friendship, kindness, bodies, privacy and asking trusted adults for help.
Lower KS2	Books about friendship challenges, difference, loneliness, online behaviour, family change, emotional vocabulary and healthy habits.
Upper KS2	Books about puberty, body changes, self-esteem, peer pressure, online safety, bereavement, bullying, boundaries and safe adults.
KS3	Books exploring identity, consent, healthy relationships, social media, mental health, discrimination, risk-taking and personal safety.
KS4	More mature books covering sexual health, coercion, domestic abuse, exploitation, harmful online content, substance misuse and complex mental health themes.
Adult-led / sensitive content	Any book involving abuse, sexual harassment, eating disorders, self-harm, suicide, pornography, FGM, forced marriage, domestic abuse, exploitation, drugs or significant trauma.
Parent awareness recommended	Titles that may be used to support puberty, sex education, bereavement, gender identity, sexual orientation or safeguarding themes.

Priority areas for initial ELS stock audit

- Friendship, kindness, empathy and conflict resolution across all primary phases.
- Families in all forms, including adoption, fostering, kinship care, young carers, separation and bereavement.
- Emotional literacy, self-esteem and mental wellbeing, especially practical coping strategies.
- Online safety and digital wellbeing, including gaming, screen time, privacy, misinformation and AI for older pupils.
- Puberty, body confidence, menstruation and hygiene, particularly upper KS2 and KS3.
- Consent, boundaries and personal safety, clearly age-banded and mostly adult-led.
- Diversity, equality and challenging stereotypes, embedded across the whole list rather than isolated as a separate theme.
- Physical health, sleep, food, exercise, dental health and first aid, supported by accessible non-fiction.

