

## Session 1

LO: To explore different types of relationships



**Stimulus:** Boy in the Striped Pyjamas



**Question:** Some relationships are impossible to have. Do you agree?

What does "impossible" mean? Can something just feel impossible?

Are r  
alway

What  
mean t

Class discu  
TA support

Class  
discuss



Georgie and Aaron's dad adopted them when they were ready for children.



Isabella and Emilio live with their grandparents.



university  
children.



Alison's mum and dad are separated. She doesn't see her dad.

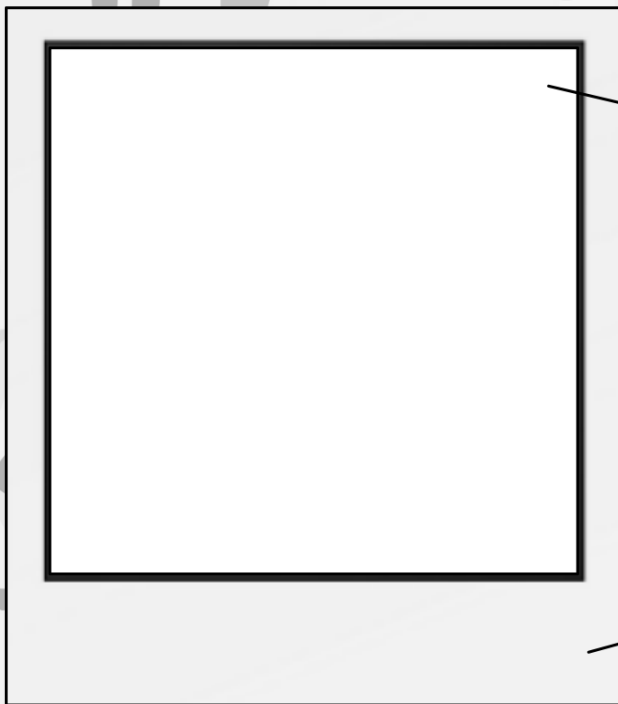
ok a certain way.



Dan's parents split up and both of them married someone else. Dan's step-dad already had a daughter - Isla. Sometimes, they stay with his mum, sometimes his dad.

What is the role of each person in your family?  
Fill in the family album portraits (you can take as many polaroids as you need) and write underneath who it is and what they do in your family.

Pro  
sup  
exp  
far  
me



This is my  
drawing of my...

Their role is to...

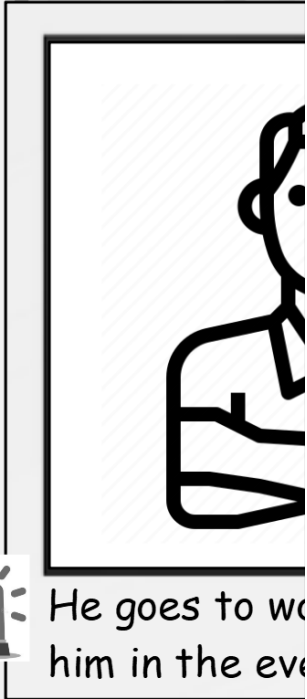
Did anyone include anything like this in their family album?



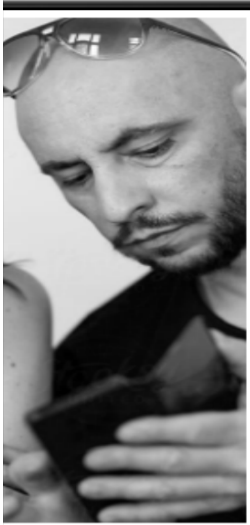
What do we mean by stereotypical gender roles ?

Are these a problem, in your opinion?

Does your family work this way or differently?







job is to snoop.  
without even

Someone wrote this on their parents' polaroid.

Do you think parents have the right to look at your devices?

We are going to hold a class court.



A large, rounded rectangular box containing six horizontal lines for writing a conclusion.

Tell me your conclusion.

How many things can we list in 1 minute to show how much our family does for us?



How can we show appreciation to the people in our family?



We are going to come up with attributes that we value in a friend. You have 2 minutes to do this alone.

Then, share them with your table. Recycle any duplicates.



Then, we will share them as a class. We will remove any duplicates again.

Now, let's order them on our friendship continuum from most to least important. We cannot have any at the same point. We have to rank them all!

What is your responsibility in a friendship?

Think about the different qualities and attributes that you need to demonstrate.

Do you think that you manage to fulfill your responsibilities as a good friend all of the time?



I am good at...



I always...



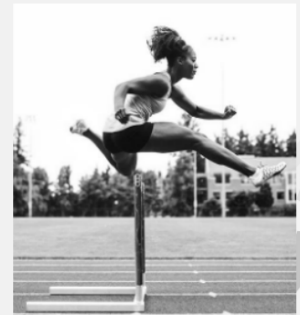
I need to improve on...

Complete your 2 stars and a wish about your own friendship skills.

TA st

Do  
we  
th  
no

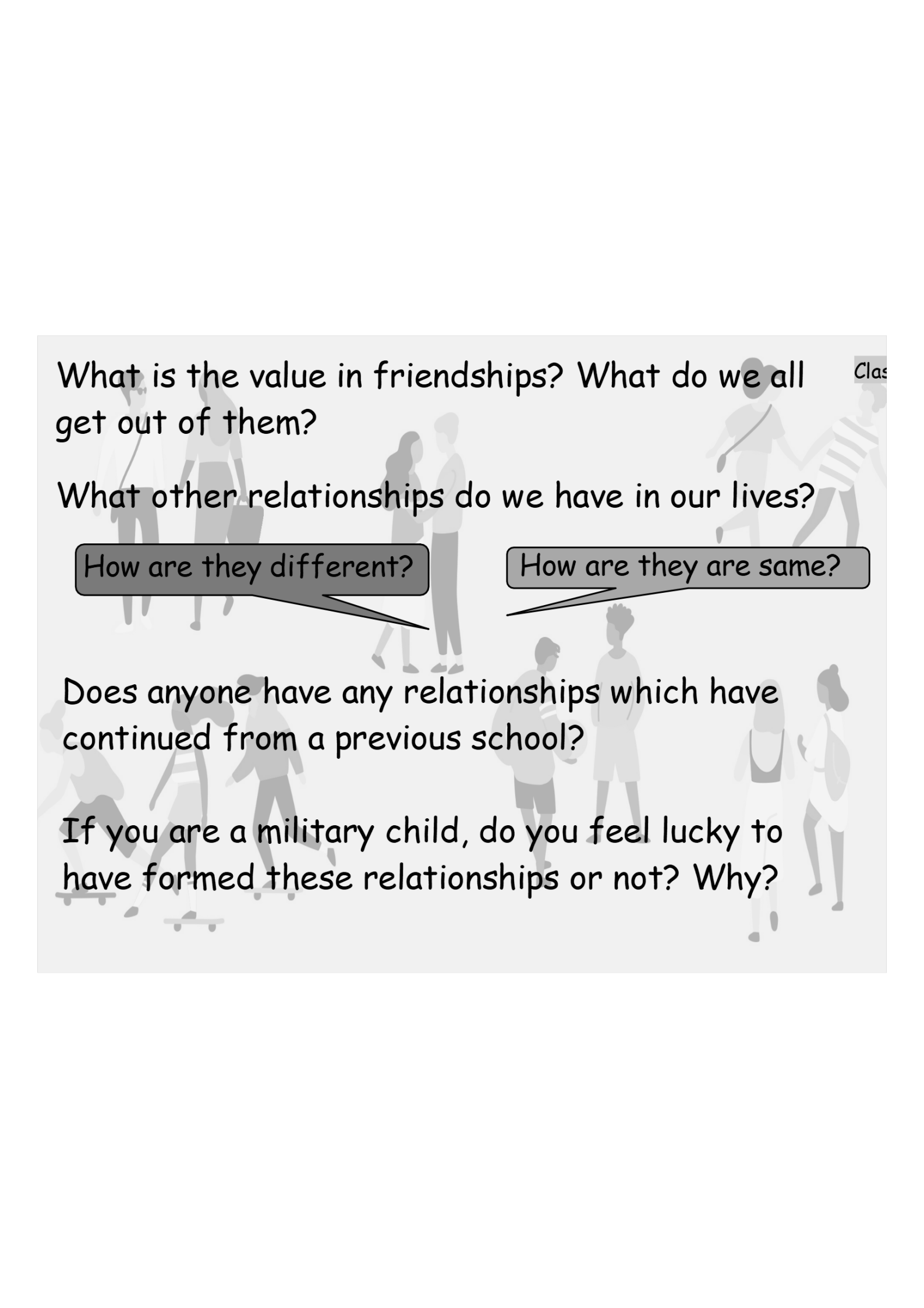
What barriers might we face when trying to take responsibility?



I'm looking for someone to be brave enough to share a barrier that they face. Walk up to the hurdle.

Let's act as a team and help each other to find ways to overcome the barrier.

When you hear a solution that would work for you, jump over the hurdle!



What is the value in friendships? What do we all get out of them?

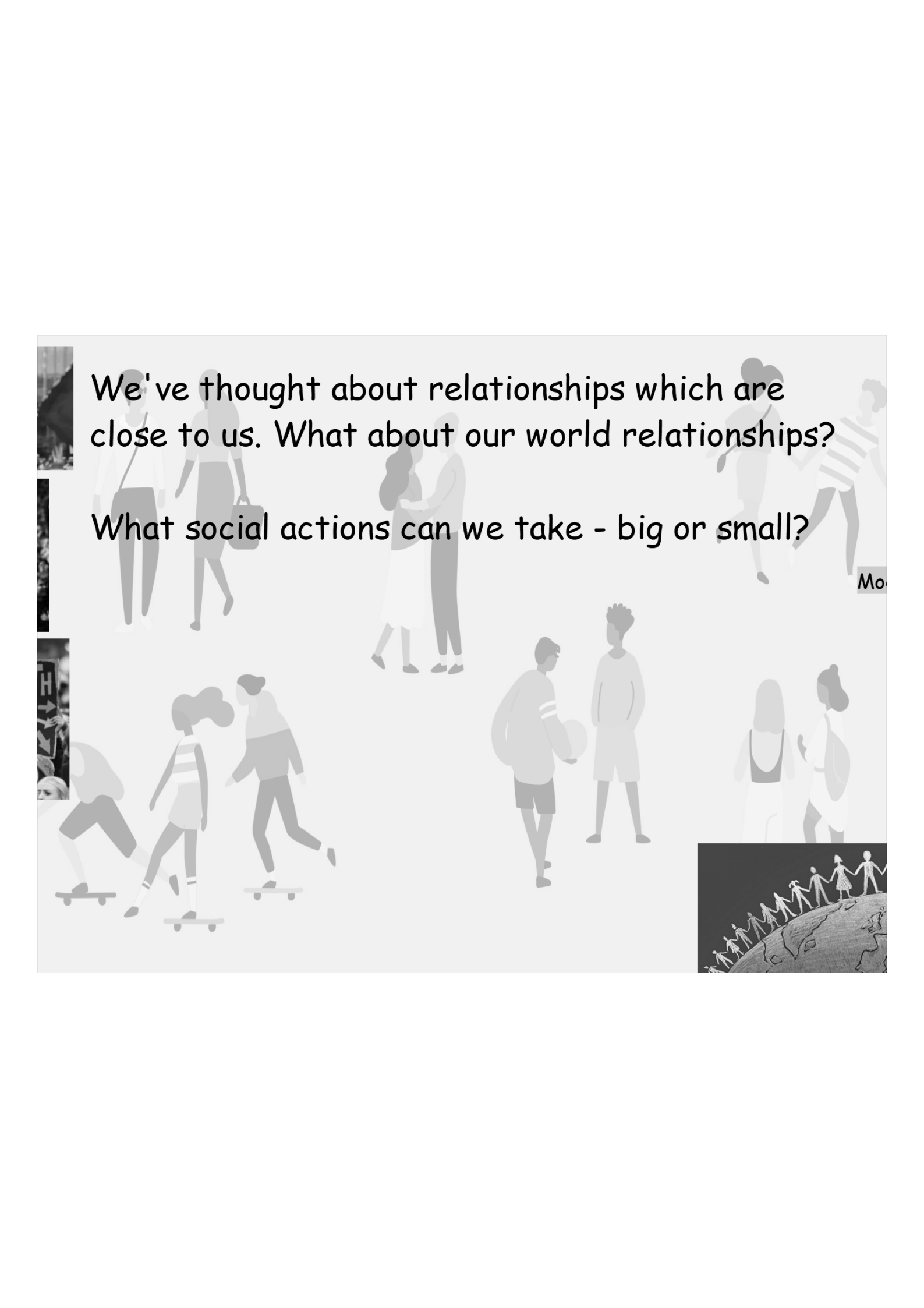
What other relationships do we have in our lives?

How are they different?

How are they are same?

Does anyone have any relationships which have continued from a previous school?

If you are a military child, do you feel lucky to have formed these relationships or not? Why?



We've thought about relationships which are close to us. What about our world relationships?

What social actions can we take - big or small?

Mo





This is a photo of around 100 teachers (Mrs Harman-Box is in the photo somewhere!) who all decided to spend their summer holiday training teachers in other countries. Why did these teachers pay to spend their holiday working?

What is the value of voluntary service?



People in other countries always need our help.





What are your  
fundamental human  
rights?

Do you think that every child and young person in  
the world has the same rights?

What barriers might exist  
to stop other young people  
experiencing these rights?



What impact can my actions have on me and others?

What impact do others have on me?

Look at the Convention on the Rights of the Child. Which do you think is most important?

With your table, come up with a strategy to improve one of these rights for children in Talavera, in Aldershot, in Britain or globally.



CONVENTION ON THE RIGHTS OF THE CHILD

Which c chosen?
Why? What ar being er
Give 5 k will und
What pi
What w



We are going to create a piece of abstract artwork to represent our mental health.

Create a piece to represent how your most positive friendships make you feel.

One key element of being an artist is explaining your work. I'm going to be asking you to describe what is represented, how and why.

## Session 2

LO: To understand when relationships are not safe and how to get support

FLAG #RAISEAFLAG

LIES BELITTLE VIOLENCE PRESSURE ISOLATION

TRUST COMMUNICATION RESPECT SUPPORT LOYAL

LOVE SAFE COMPROMISE AFFECTION HONESTY

If you'd like more information on healthy relationships visit... [hampshire-pcc.gov.uk/flag](http://hampshire-pcc.gov.uk/flag)

red flag visit... [gov.uk/flag](http://gov.uk/flag)

YOUTH COMPRESSION 100% IN 100%



**Stimulus:** Hamps "Raise a Flag" sch

**Question:** Ca for help in re

#RAISEAFLAG #RAISEAFLAG

MANIPULATIVE JUDGED GUILT TWEAKS FEAR ISOLATION

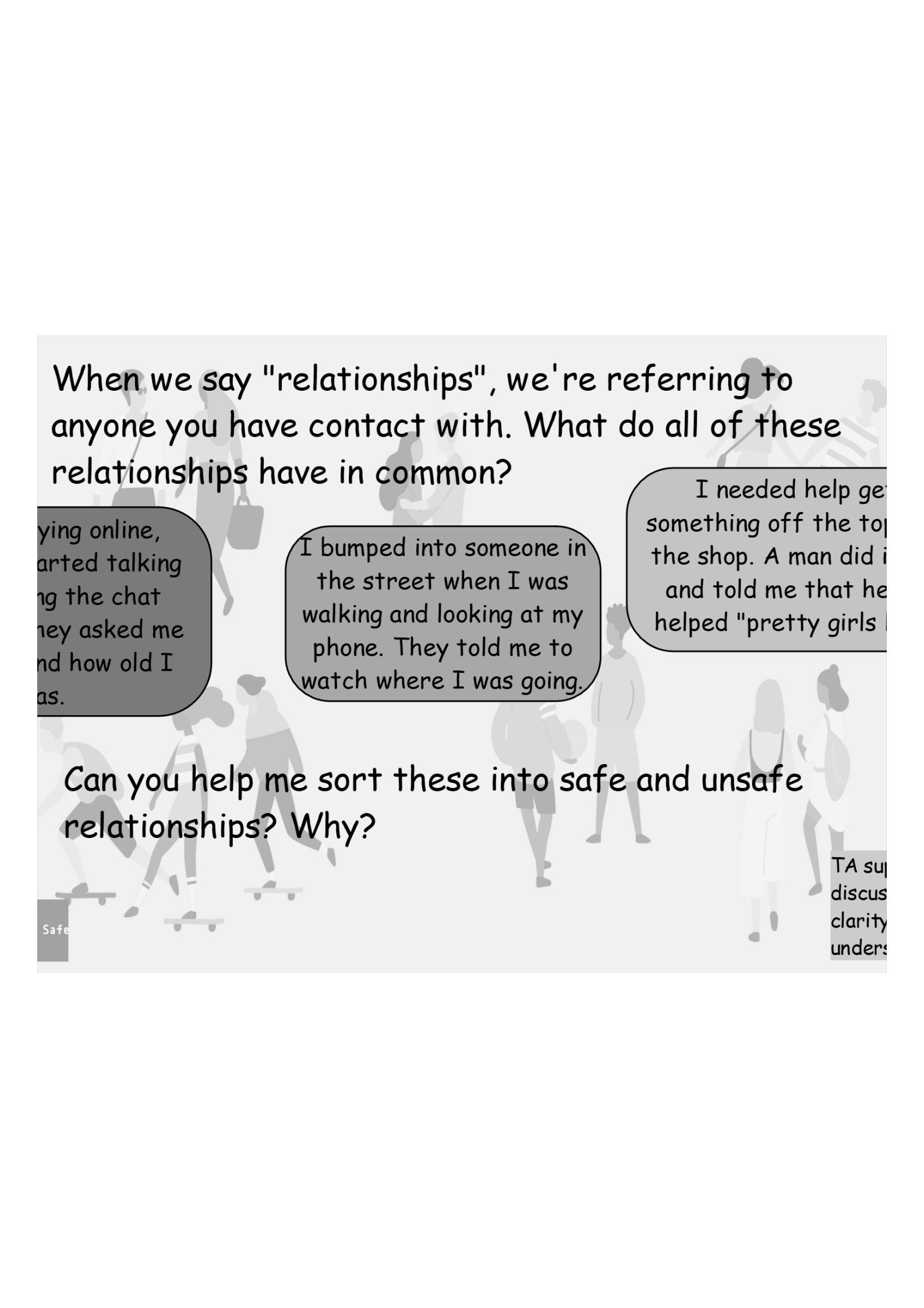
LIES BELITTLE VIOLENCE PRESSURE

TRUST COMMUNICATION RESPECT SUPPORT LOYAL

LOVE SAFE COMPROMISE AFFECTION HONESTY

If you'd like more information on healthy relationships visit... [hampshire-pcc.gov.uk/flag](http://hampshire-pcc.gov.uk/flag)

YOUTH COMPRESSION 100% IN 100%



When we say "relationships", we're referring to anyone you have contact with. What do all of these relationships have in common?

...ing online,  
...arted talking  
...ng the chat  
...hey asked me  
...nd how old I  
...as.

I bumped into someone in the street when I was walking and looking at my phone. They told me to watch where I was going.

I needed help getting something off the top of the shop. A man did it and told me that he helped "pretty girls".

Can you help me sort these into safe and unsafe relationships? Why?

Safe

TA sup  
discus  
clarity  
unders

It can be difficult to notice when our personal relationships are not healthy. Why?

Which of these examples of child-on-child behaviour have you witnessed or experienced?

tact  
cause

Over-messaging  
someone so they  
feel bombarded

Cyberbullying

How sh  
respon  
see or  
one of

ng someone  
ing them

Physical contact  
to a private body  
area

Sharing  
inappropriate  
content

Cyberbullying can take lots of forms. What can we do about it? What is your responsibility as a member of our community?

What is your responsibility if you see someone experiencing cyberbullying? Tick the actions you'll take.

- Use the report function if there is one
- Talk about it with friends at school
  - Tell an adult
- Delete the person doing the bullying
  - Take a screenshot
- Delete all the messages
- Keep it secret if your friend asks you to

Whose responsibility is it to "stop" children?

What does "bingeing" mean?



How can social media help and hinder relationships?

What are the possible ramifications if children over-use social media?





Do you think that adults are doing enough to protect young people online?

Are they doing too much?



We are going to create our own Online Safety Bill.

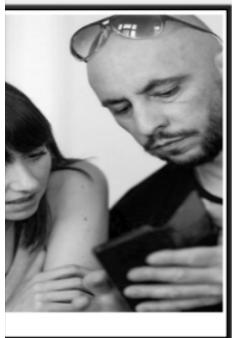
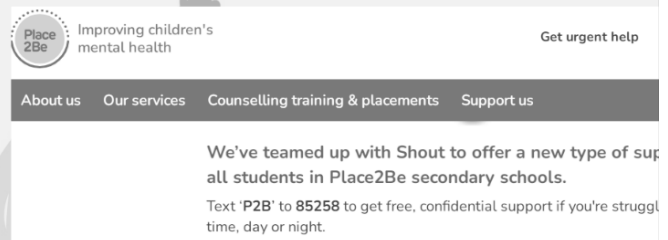
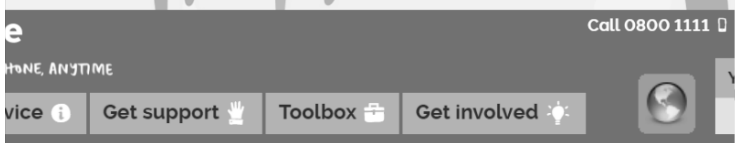
Let's start by mind-mapping some key ideas which are important to us.

Safe

Class disc

You have the choice in every interaction that you have. You do not need to consent to any communication that makes you uncomfortable.

You are not to blame if you have an interaction that makes you feel uncomfortable. Who can you talk to if that happens?



Think their job is to snoop. They can check your phone without even

Do you remember when we talked about this? It's important to think about your right to privacy versus your right to be protected.



Ensure  
underst

Sometimes, people try to gain power or control over you. What signs might you see that this is happening?

We are going to create our own puppet to show the signs we might see.

Then, we are going to write the impact these actions have on us on the back.

Finally, we are going to cut each one off to represent our own strength.



Ensure c  
understa

Let's think about another scenario that we might experience.

Can you take this bag with you next time you go into town? Don't worry about what's in it - that doesn't matter. Make sure you don't tell anyone, though. If you can do it, and keep it a secret, I'll get you those new trainers.

You've got the chance to write a short script with your group to show how you would respond to this.

We will hold us scores to show how assertive you have managed to be.



5 = assertive enough

3 = quite assertive

1 = not assertive enough

How can we resist the pressure to behave in a certain way?

We need to be able to say no when we feel uncomfortable. Why can this be difficult?



Group

Look at the scenarios that you've been given. Practise acting out the most effective way to say no in each case. Remember: shouting might not communicate your point effectively.

Scenario 1: Someone has told you that they found a video that they found online. They said it was rude and they want you to see it too.

Scenario 2: Your friends have fallen out and you've been asked to take their side.

Scenario 3: Your friend says that they've found something valuable and then to drop it. They tell you that you should get involved and that the person who asked them to do it is giving them a

What if you did say no but someone else didn't listen?

Remember: if someone else needs help, that is not your burden to carry. What does that mean?

The most important thing to remember is that you can always ask for help. If you are nervous about telling a parent/ carer or a teacher, who else could you talk to?

Call 0800 1111

Get support

Toolbox

Get involved



Improving children's mental health

Get urgent help Jobs

About us Our services Counselling training & placements Support us

We've teamed up with Shout to offer a new type of support for all students in Place2Be secondary schools.

Text 'P2B' to 85258 to get free, confidential support if you're struggling any time, day or night.

YOUNG

Let's get you

Find the  
You are n  
Which be



What impact might unhealthy relationships have on our mental health? For each example, we are going to turn our diagnosis (the impact) into a medication (the solution).

Record one on your sheet.



Diagnosis:

Medication options:



Diagnosis:

Medication options:



Diagno

Medication

TA supp

## Session 3

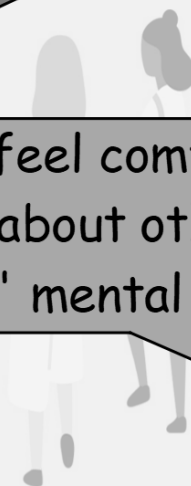
LO: To explore the link between physical and mental health in puberty

**Stimulus: Image**

**Question: Should we talk about our mental health?**

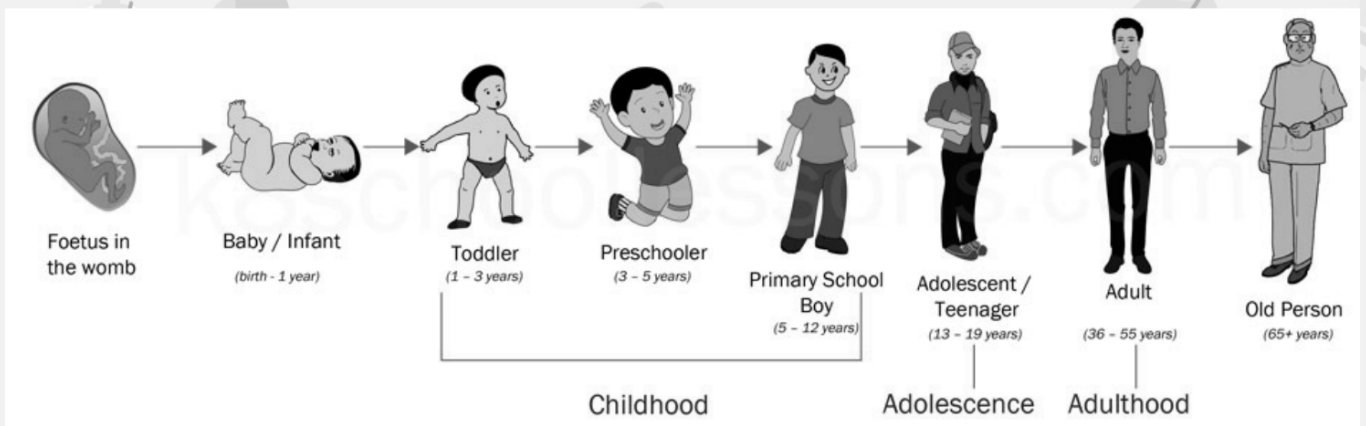
Do you feel comfortable talking about your mental health?

Do you feel comfortable talking about other people's mental health?





Do you recognise any parts of the human life cycle?



Which part of it are you in now?

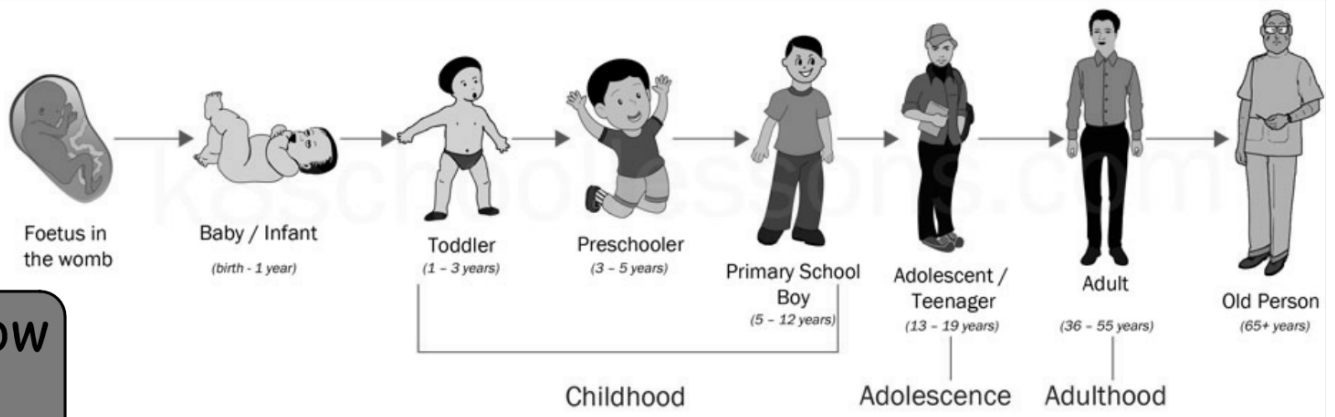
Do you know anyone in any of the other sections?

Which do you think is the best part? Why?

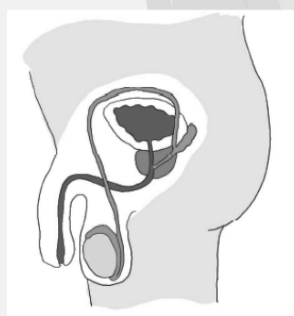
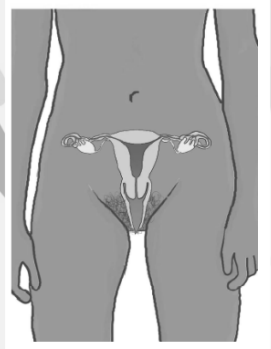
Class discussion

ty  
?

u know  
rty?



We have to use the correct language. Do you recognise any other these words?





Ensure  
language

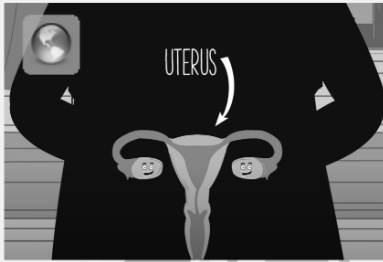
Lots of changes happen to our bodies throughout puberty. They can take years to settle into a routine for us, or may happen very quickly.

Sup  
ider  
unde

Help me to fill in what some of these changes may be.

	♀ Female	♂ Male
<b>Physical</b> 		
<b>Emotional</b> 		





Let's watch this video about menstruation. Afterwards, let's explore some common questions from our worry boxes.

Class  
discussion

I've started my period and I haven't. Why is there something wrong with me?

I don't want to tell my parents I've started my period. Where can I get pads or tampons from?

My first period came at an old age - way longer than I thought it would. Why is that? Is it normal?

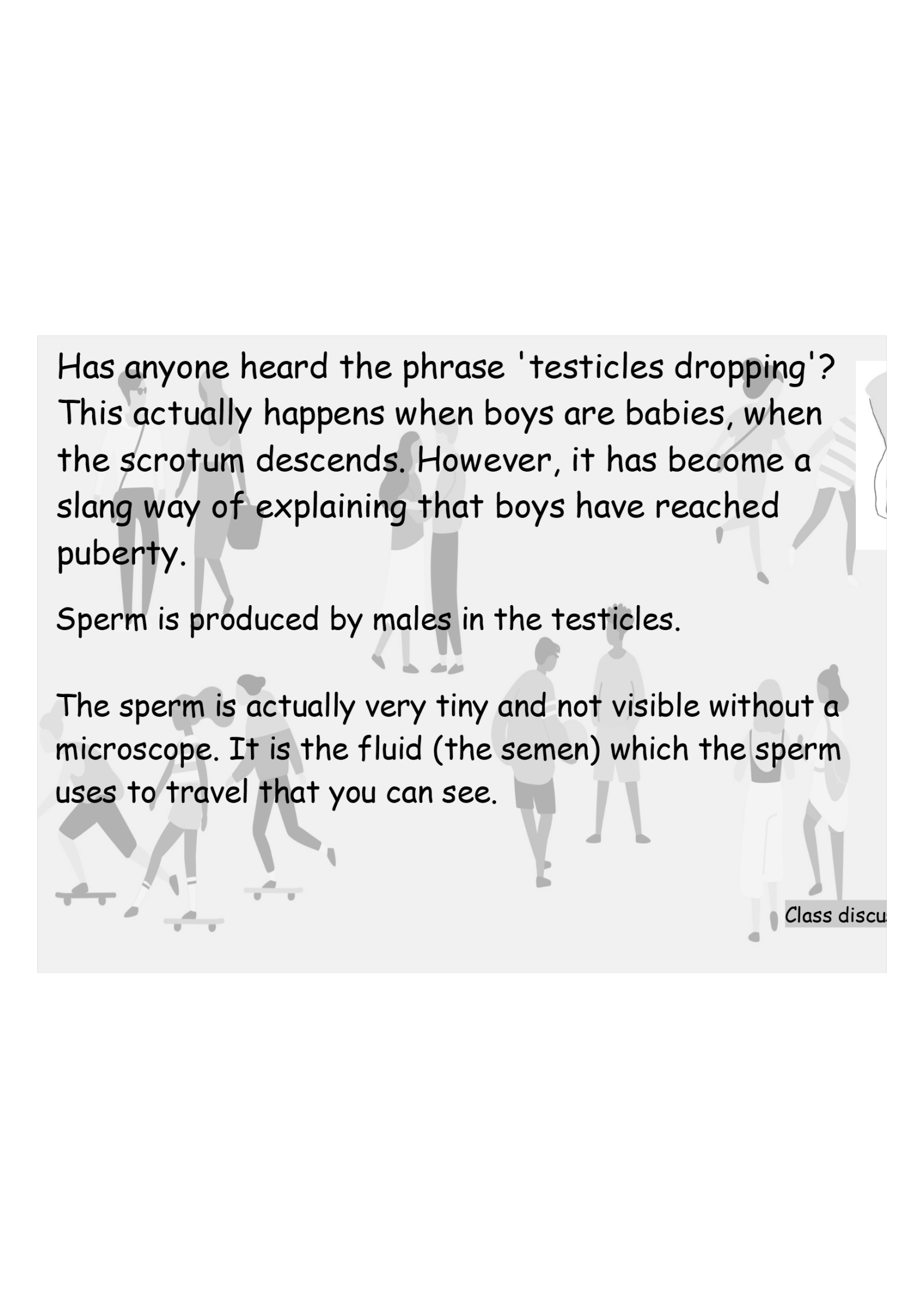
I'm the only one to have started my period. Is there something wrong with me?

I'm worried that I will bleed too much and it will come through the pad.

Let's look at different products and how to use them. How do they work?



When girls are on their period, they're really emotional.

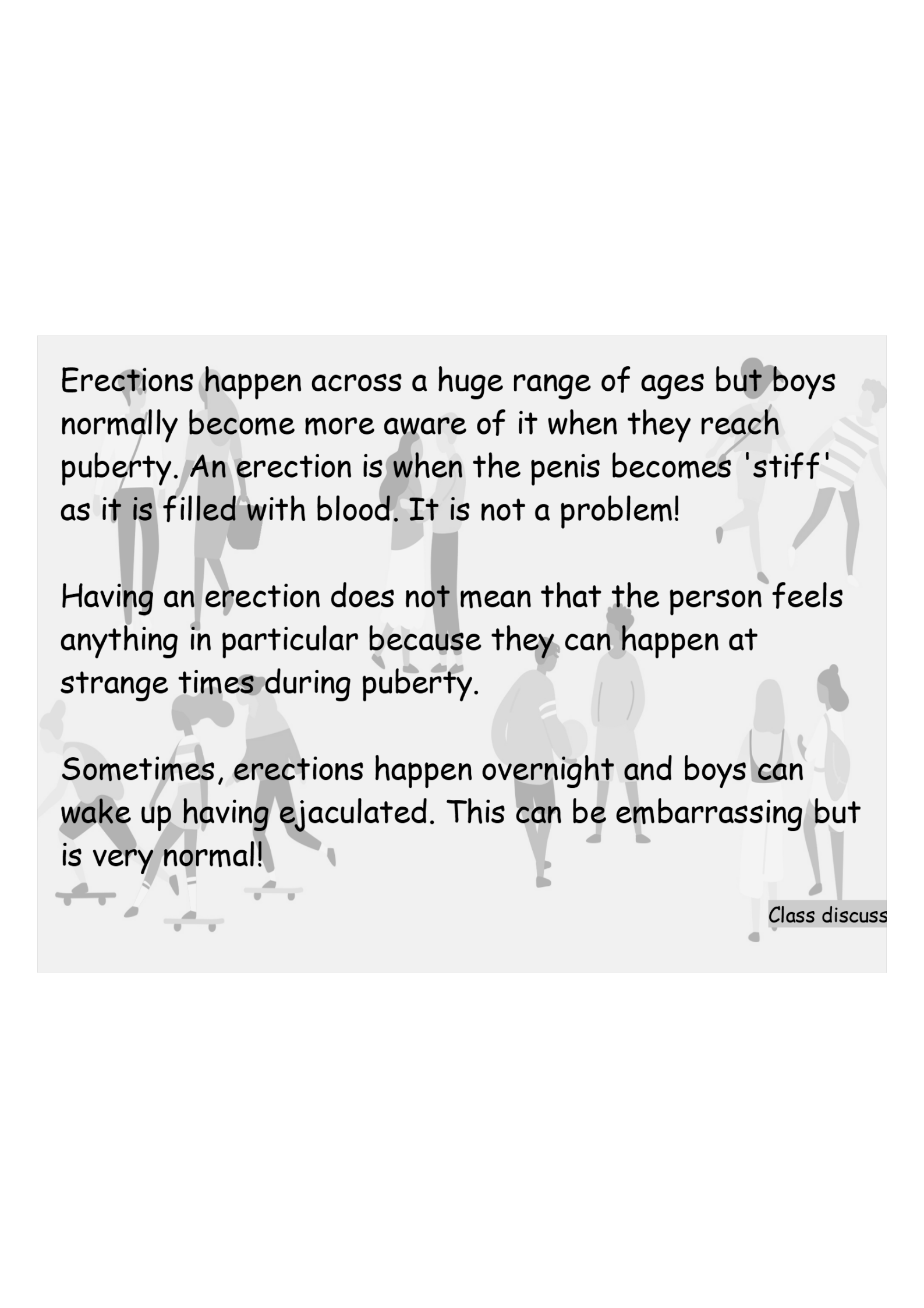
The background of the slide features a light gray illustration of a diverse group of people. In the upper section, there are silhouettes of people walking, some carrying bags. In the lower section, there are silhouettes of people on skateboards, a person holding a basketball, and a group of people standing together. The overall style is minimalist and modern.

Has anyone heard the phrase 'testicles dropping'? This actually happens when boys are babies, when the scrotum descends. However, it has become a slang way of explaining that boys have reached puberty.

Sperm is produced by males in the testicles.

The sperm is actually very tiny and not visible without a microscope. It is the fluid (the semen) which the sperm uses to travel that you can see.

Class discu



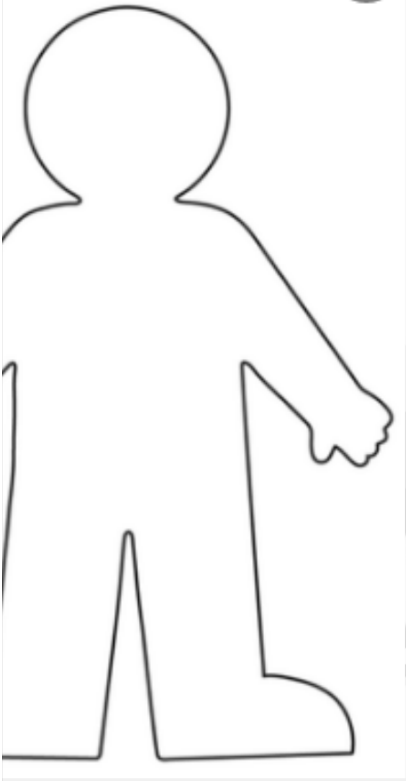
Erections happen across a huge range of ages but boys normally become more aware of it when they reach puberty. An erection is when the penis becomes 'stiff' as it is filled with blood. It is not a problem!

Having an erection does not mean that the person feels anything in particular because they can happen at strange times during puberty.

Sometimes, erections happen overnight and boys can wake up having ejaculated. This can be embarrassing but is very normal!

Class discuss

It's always been important to look after our physical health; it's especially important, though, to think about hygiene when you hit puberty.



What actions can we take for different parts of our body to ensure that they are clean and healthy?

You have all been given a genderless body outline. Think about your own needs when completing this task.

Which products will you use and where?

What else can we do for our physical health? Let's build a the tallest tower we can to show all of the different things that we can do.



scooting to and  
from school

joining in during PE

playing out in the sun

playing Tag with  
friends



Now, let's think about the impact that each one of these building blocks has on us.

For each tile, let's add a benefit on the other side.

self-regulation

lets out my anger

self-care

makes me feel  
stronger



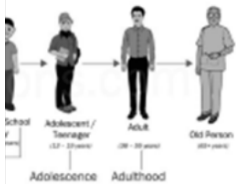
## Session 4

LO: To understand the facts of conception

Class

**Stimulus: Human lifecycle**

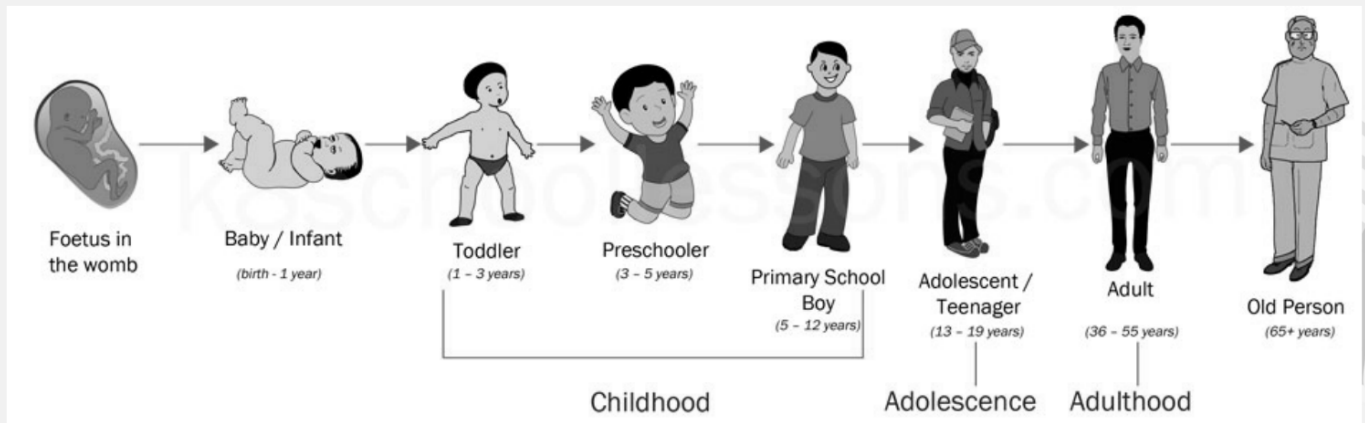
**Question: When are you grown-up?**



What does being grown-up mean?

How will you know you are grown-up?

Do you want to be an adult?



Remind me when puberty occurs.

Do you think that you are a grown-up if you are still going through puberty? Why?

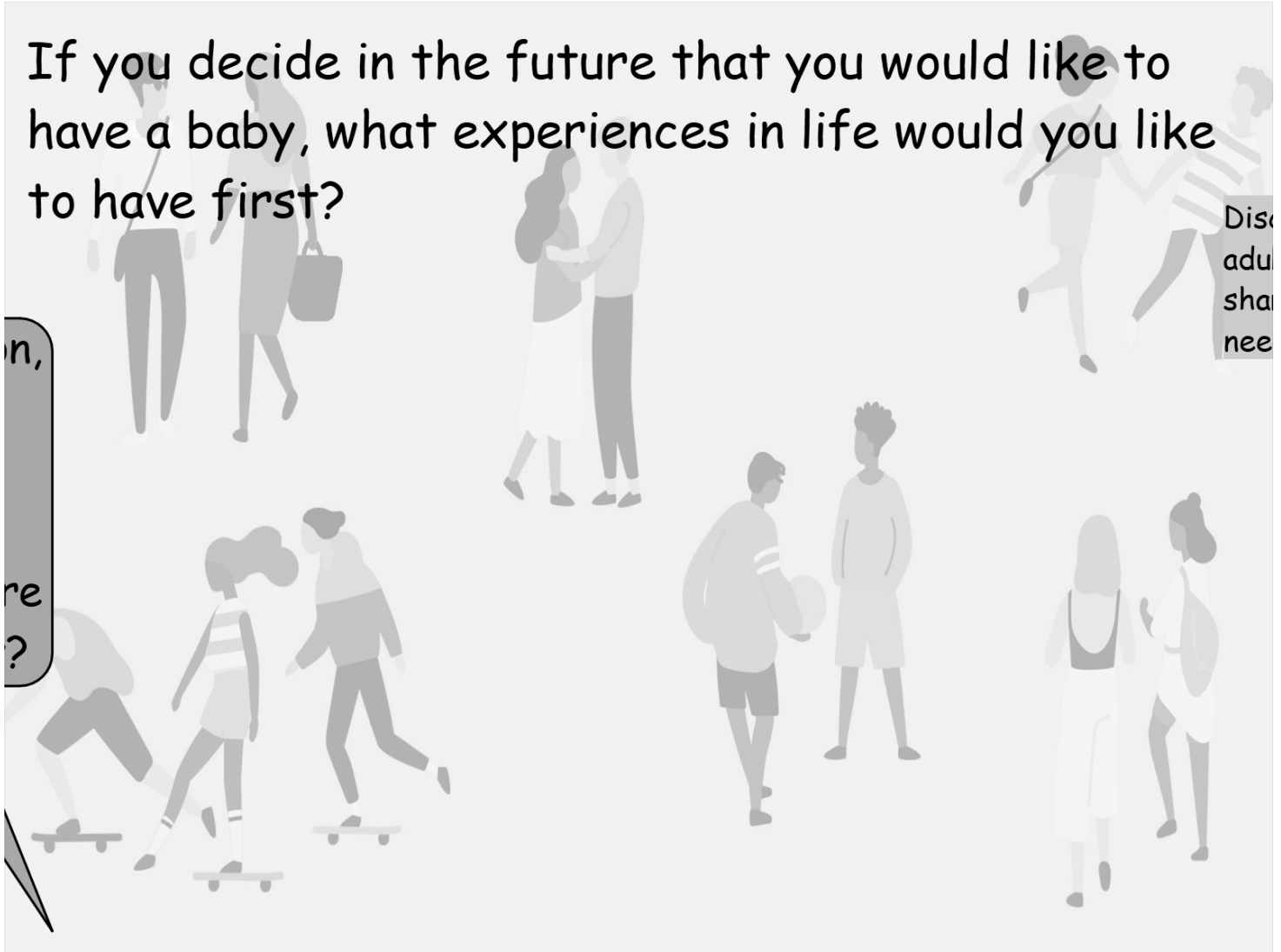
Where on the lifecycle do families get created?

Class discussion

If you decide in the future that you would like to have a baby, what experiences in life would you like to have first?

n,  
re  
?

Dis  
adu  
sha  
nee



I am going to hand out some pictures now which might make some people feel uncomfortable.

Remember our ground rules.



Once we've looked at the pictures, let's watch this video to help us understand the biological process of conceptions by looking just at the cells.

Consent means that we agree to do something or have something done to/for us.

In the video, we heard that 'it feels nice for both of them'.

Why do you think that is important?

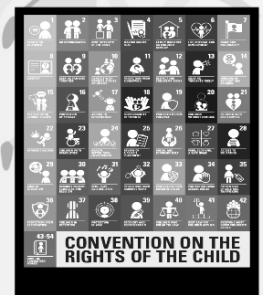
How is consent linked to the idea of trust?



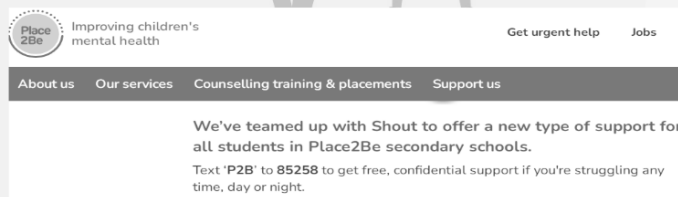
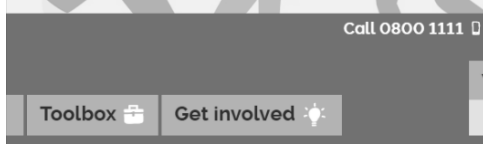
Ensure  
unders

If we felt that someone was touching or speaking to us or someone else inappropriately, who can we turn to for help?

What if you feel a bit confused - that it wasn't a horrible feeling but you didn't fully like it either?



You have the right to your own body and image. If someone makes you feel uncomfortable, you are not at fault. Lots of people and organisations are available to help you without any judgement.



YO  
fighting  
Let's  
Fin  
You  
Wh



Georgie and Aaron's dad adopted them when they were ready for children.



Isabella and Emilio live with their grandparents.



Alison's mum and dad are separated. She doesn't see her dad.



Dan's parents split up and both of them married someone else. Dan's step-dad already had a daughter - Isla. Sometimes, they stay with his mum, sometimes his dad.



Class Do - build way



Is someone's gender always matched up with their biological body parts?



Elliot Page



Miley Cyrus



Sam Smith



Laverne Cox

Imagine that one of your friends shares with you that they don't feel that they are the 'right' gender. How will you react?

## Session 5

LO: To explore peer pressure and our transition to secondary school

**Stimulus:** Previous learning

**Question:** Doing what my friends do is the easiest option. Do you agree?

Do you have the interests as you

Do friends encourage the same things they force you?

Friendship should be right? So, what's the

Class d

Based on everything we've explored, what do you think are the most important elements of a healthy relationship?

On word cards, write nine important things. Order them in a diamond 9. We'll discuss our different answers.

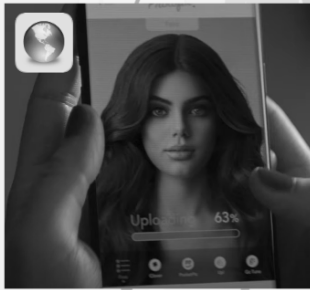
Why might we have different answers?

thy relationship,  
appy all of the time.

Now you've heard other peoples', would you like to change any of yours in purple pen?

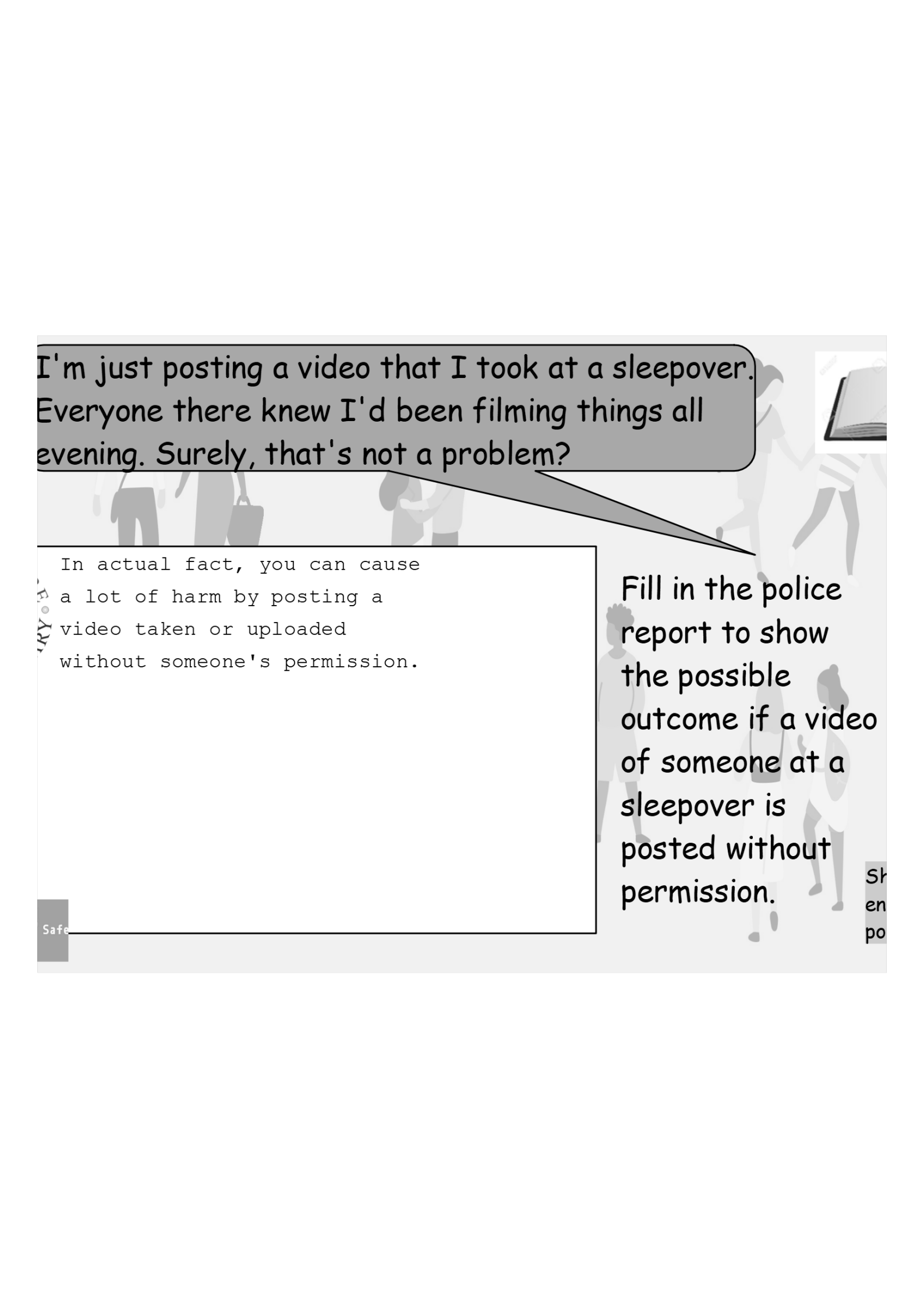
Gather i  
peers ar

What is peer pressure? How is this girl experiencing the effects of peer pressure? Have any of you felt this?



How might people treating children like they're older than they are cause problems?

Is the image that the girl posts real? Who has an instagram account? Do you think all of the images that you see on that are true?



I'm just posting a video that I took at a sleepover. Everyone there knew I'd been filming things all evening. Surely, that's not a problem?

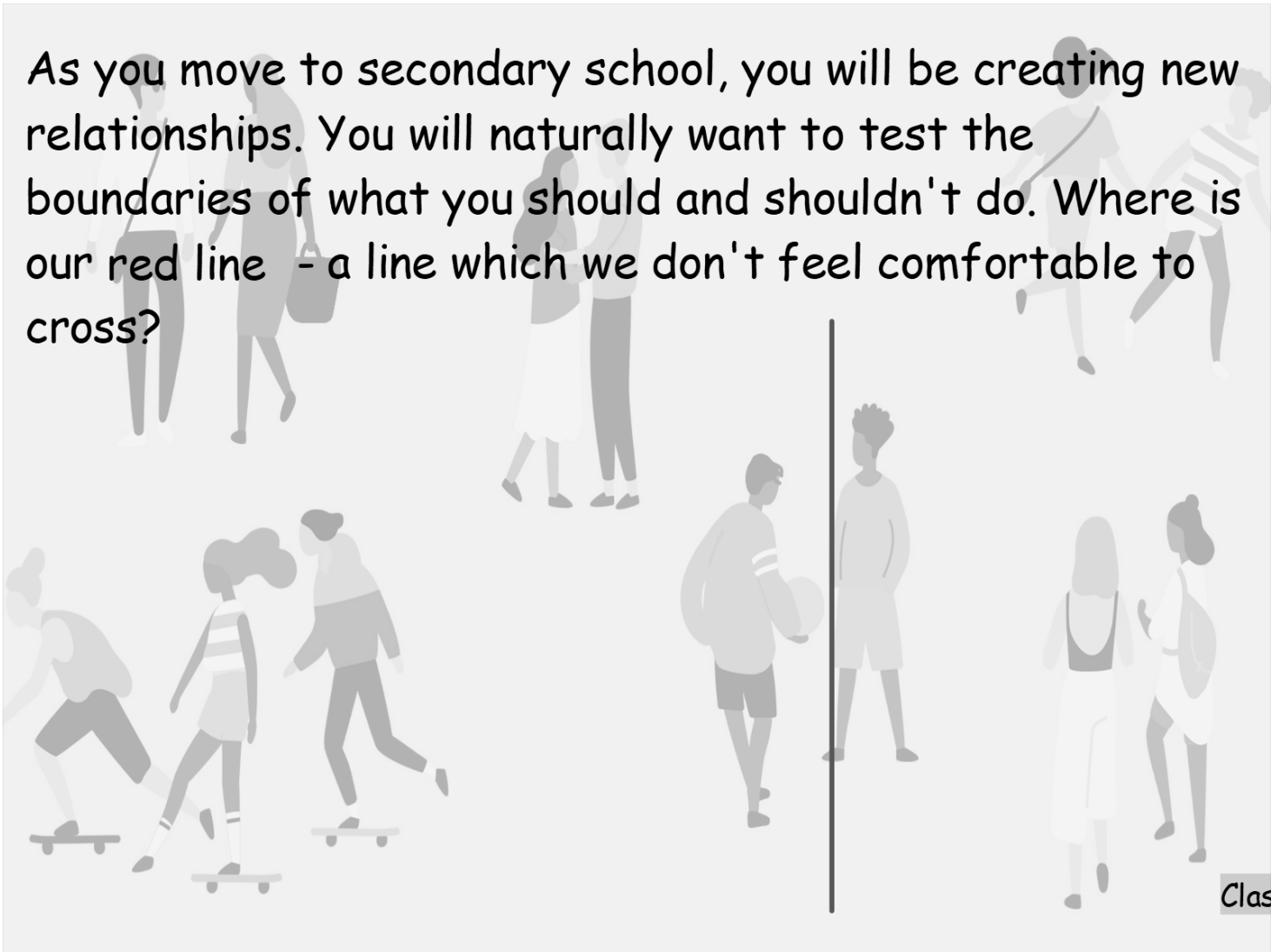
EVERYONE

In actual fact, you can cause a lot of harm by posting a video taken or uploaded without someone's permission.

Fill in the police report to show the possible outcome if a video of someone at a sleepover is posted without permission.

Sh  
en  
po

As you move to secondary school, you will be creating new relationships. You will naturally want to test the boundaries of what you should and shouldn't do. Where is our red line - a line which we don't feel comfortable to cross?



We know that some images we see online are not true or don't reflect reality. Do you remember when we looked at this in PSHE?



Class

What about videos? Do they have to be real or reflections of reality?



This video was posted as a joke but what about videos which we believe represent the way we should behave or how we are expected to respond to certain situations?

Safe

Remind me of how many different ways can you think of that someone might say, 'No', possibly without using words?

