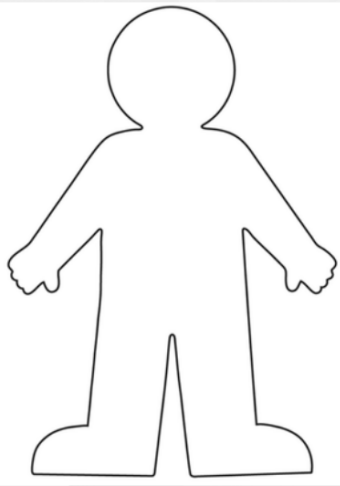


Session 1

LO: To explore different types of relationships



Let's start by thinking about all of the things that our parents and carers do for the family.

What is a parent?

What type of things should they do?

Do everyone's parents behave in the same way?



Stimulus: Role on the wall activity

Question: What is a parent's main job?



Does this look like your family?

What is similar to your family?

What is different to your family?

What type of family events do you have where everyone is showing emotions like this?



It's very unlikely that your family display this emotion all of the time. Do you see any different emotions in your family?

As a class, let's come up with all the emotions that our families experience - and what can cause them.



We've been thinking about the emotions that our families feel. What qualities and attributes do you think our families should have?



I've suggested three. Do you agree?

Put your ideas into your potion bottles, ready to share in our class cauldron.

up work



Families show all of these all of the time.

Now, we are going to explore our recipe for friendship.

Gr

Use the ingredients that you've been given and tell me as you add them what each one should represent.

We will write labels for your ingredients and then compare our choices.



good sense of
humour

plays good games

helps me when I'm
stuck

What similarities
are there
attributed
chose for
families?

What differences
are there?

We've thought a lot about what other people do to make our friendships strong. While our friendship cakes bake, let's fill up our cupcake cases with our responsibilities.



Has anyone got any ideas that they would like to share?

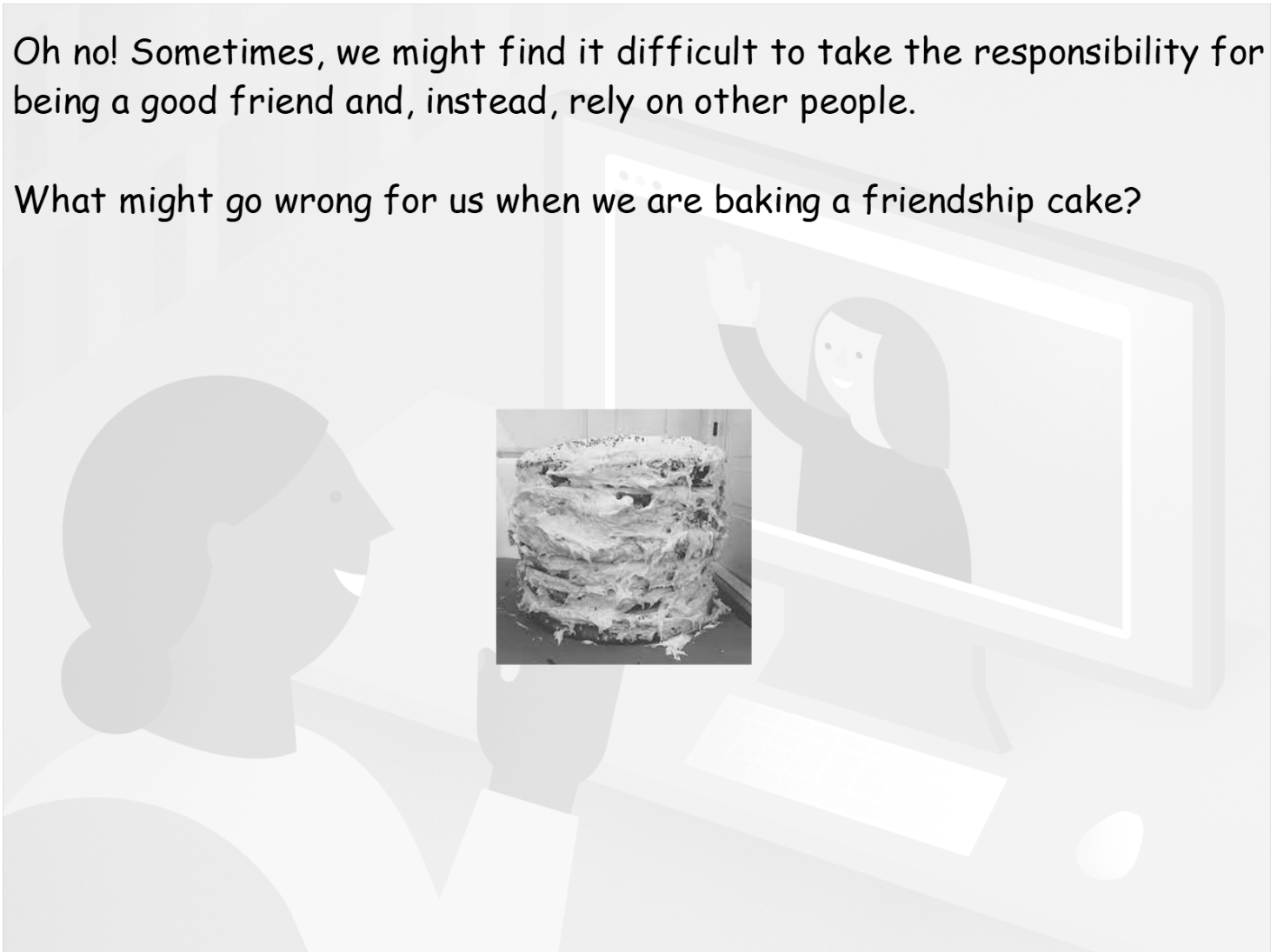
Think about the way that you speak to people.

Think about the way you behave around other people.

ideas as a class initially

Oh no! Sometimes, we might find it difficult to take the responsibility for being a good friend and, instead, rely on other people.

What might go wrong for us when we are baking a friendship cake?



We have a responsibility to other people besides our family and friends. We are world citizens. What do you think this means?

East, belching is considered a compliment to the chef and a sign of a good meal.

In many cultures, it is considered an insult to point your feet (particularly the soles) at someone in any way, for example, by resting with your feet up.

In many cultures, it is considered self to clear your plate out of politeness – it would be very impolite to leave it empty. Instead, you should leave some food on your plate as a sign of respect for your host's generosity.

In many cultures, it is an insult, rather than a compliment, and for them, it is considered an insult.

In many cultures, waving your open palm is extremely offensive. Such gestures are considered "top" sign. If you do wish to wave goodbye to someone in a friendly way, use your palm facing in.

In many cultures, and South America, it is essential to remove your shoes before entering a home. In most of Europe it is polite to ask your host whether they have shoes to wear.

In many cultures, the left hand is considered unclean, and it is extremely rude to offer it for anything. In many cultures, it is impolite to pass food or eat with the left hand. If you are in a desert, historically, people living in deserts didn't have access to running water, so they used to clean themselves for "hygienic functions," then cleaned by rubbing it in the sand.

People all around the world have different cultures which value different things. Take a look at the list of some differences between cultures.



Do any of them surprise you?

With your partner, model one of these in a respectful way and we will see if we can identify which you are showing.

Does your culture have any ways of showing respect that are different to someone else's?



We need to show support to other people around the world. It is being a good global citizen to acknowledge ways that we can help.

change



Pollution/ littering

Hunger/ poverty



Ed

Here are some ideas that you can use. We are going to write letters to Member of Parliament Leo Docherty, who represents us in Aldershot. It is his job to tell the Prime Minister the issues that we care about.

With your group, explain how we need to support the world.

Session 2

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

Stimulus: Unit review

Question: "You are as safe as you can be when you're online because no one can touch you." Do you agree or disagree?

What action can you take to keep yourself safe?

Let's think about our Online Safety unit that we completed last term.

What does being safe mean?

Can you be harmed in other ways?

Sometimes, we feel like our relationship is over because we've had an argument. In your opinion, which of these scenarios show unhealthy relationships and which are friendships which need some help?

is uncomfortable
ish who often tells
is doing things
wrong.

Your parents tell you that
you can't play out until
you've tidied your room
but your friend is going in
soon. You're so angry!

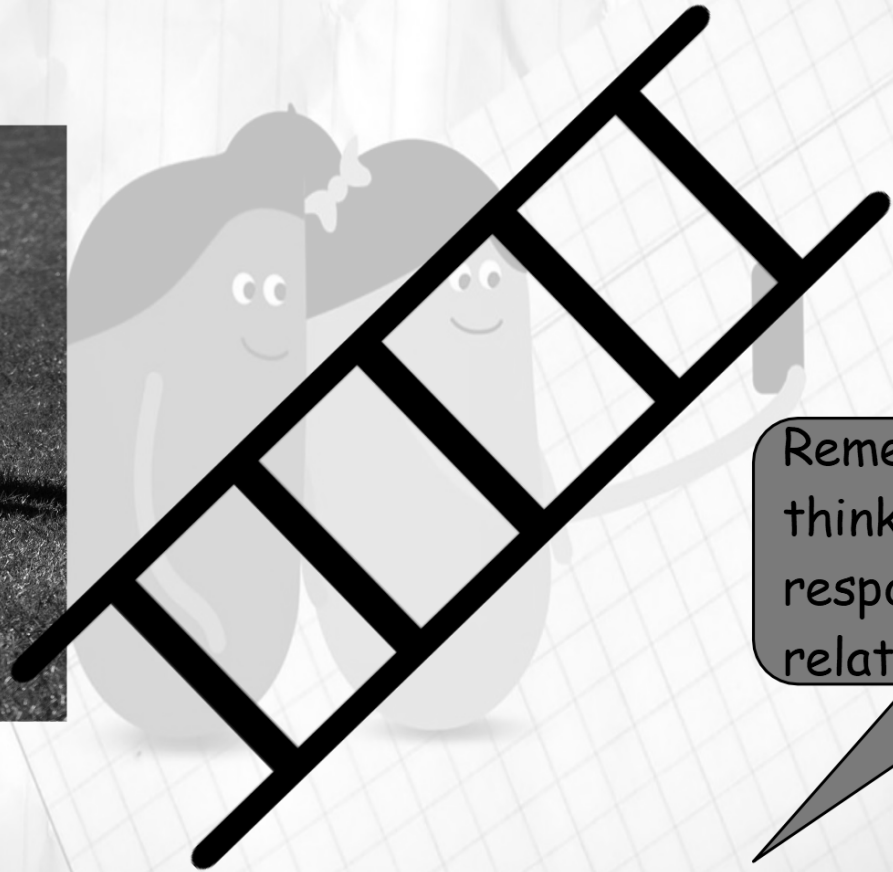
nd Pristina have
g argument, in
h of them have
he other. It's
rst argument.

Your mum's friend comes over
and says something that makes
you feel unsafe. They tell you
not to tell your mum.



You can't be unsafe around women.

Using the ladders, we are going to come up with a series of steps to help us build resilience in our relationships.



Remember: w
thinking abou
responsibility
relationships

Pract
befor

One non-negotiable in relationships is knowing that we will always have safe touch. Which of these types of touch are you personally happy with?



You have the right to your own body. How might you give consent to types of touch?

How can you say no to the touch that you're not happy with?

1	16	2	3	4
RIGHT TO LIFE	NON-DISCRIMINATION	BEST INTERESTS OF THE CHILD	RIGHTS TO LIFE	
5	6	7	8	9
IDENTITY	STRONG FAMILIES TOGETHER	CHILDREN'S BEST INTERESTS	PROTECTION FROM ABUSE	
10	11	12	13	14
15	16	17	18	
19	20	21	22	23
24	25	26	27	28
29	30	31	32	33
34	35	36	37	38
39	40	41	42	43
44	45	46	47	48
49	50	51	52	53
54	55	56	57	58
59	60	61	62	63
64	65	66	67	68
69	70	71	72	73
74	75	76	77	78
79	80	81	82	83
84	85	86	87	88
89	90	91	92	93
94	95	96	97	98
99	100	101	102	103
104	105	106	107	108
109	110	111	112	113
114	115	116	117	118
119	120	121	122	123
124	125	126	127	128
129	130	131	132	133
134	135	136	137	138
139	140	141	142	143
144	145	146	147	148
149	150	151	152	153
154	155	156	157	158
159	160	161	162	163
164	165	166	167	168
169	170	171	172	173
174	175	176	177	178
179	180	181	182	183
184	185	186	187	188
189	190	191	192	193
194	195	196	197	198
199	200	201	202	203
204	205	206	207	208
209	210	211	212	213
214	215	216	217	218
219	220	221	222	223
224	225	226	227	228
229	230	231	232	233
234	235	236	237	238
239	240	241	242	243
244	245	246	247	248
249	250	251	252	253
254	255	256	257	258
259	260	261	262	263
264	265	266	267	268
269	270	271	272	273
274	275	276	277	278
279	280	281	282	283
284	285	286	287	288
289	290	291	292	293
294	295	296	297	298
299	300	301	302	303
304	305	306	307	308
309	310	311	312	313
314	315	316	317	318
319	320	321	322	323
324	325	326	327	328
329	330	331	332	333
334	335	336	337	338
339	340	341	342	343
344	345	346	347	348
349	350	351	352	353
354	355	356	357	358
359	360	361	362	363
364	365	366	367	368
369	370	371	372	373
374	375	376	377	378
379	380	381	382	383
384	385	386	387	388
389	390	391	392	393
394	395	396	397	398
399	400	401	402	403
404	405	406	407	408
409	410	411	412	413
414	415	416	417	418
419	420	421	422	423
424	425	426	427	428
429	430	431	432	433
434	435	436	437	438
439	440	441	442	443
444	445	446	447	448
449	450	451	452	453
454	455	456	457	458
459	460	461	462	463
464	465	466	467	468
469	470	471	472	473
474	475	476	477	478
479	480	481	482	483
484	485	486	487	488
489	490	491	492	493
494	495	496	497	498
499	500	501	502	503
504	505	506	507	508
509	510	511	512	513
514	515	516	517	518
519	520	521	522	523
524	525	526	527	528
529	530	531	532	533
534	535	536	537	538
539	540	541	542	543
544	545	546	547	548
549	550	551	552	553
554	555	556	557	558
559	560	561	562	563
564	565	566	567	568
569	570	571	572	573
574	575	576	577	578
579	580	581	582	583
584	585	586	587	588
589	590	591	592	593
594	595	596	597	598
599	600	601	602	603
604	605	606	607	608
609	610	611	612	613
614	615	616	617	618
619	620	621	622	623
624	625	626	627	628
629	630	631	632	633
634	635	636	637	638
639	640	641	642	643
644	645	646	647	648
649	650	651	652	653
654	655	656	657	658
659	660	661	662	663
664	665	666	667	668
669	670	671	672	673
674	675	676	677	678
679	680	681	682	683
684	685	686	687	688
689	690	691	692	693
694	695	696	697	698
699	700	701	702	703
704	705	706	707	708
709	710	711	712	713
714	715	716	717	718
719	720	721	722	723
724	725	726	727	728
729	730	731	732	733
734	735	736	737	738
739	740	741	742	743
744	745	746	747	748
749	750	751	752	753
754	755	756	757	758
759	760	761	762	763
764	765	766	767	768
769	770	771	772	773
774	775	776	777	778
779	780	781	782	783
784	785	786	787	788
789	790	791	792	793
794	795	796	797	798
799	800	801	802	803
804	805	806	807	808
809	810	811	812	813
814	815	816	817	818
819	820	821	822	823
824	825	826	827	828
829	830	831	832	833
834	835	836	837	838
839	840	841	842	843
844	845	846	847	848
849	850	851	852	853
854	855	856	857	858
859	860	861	862	863
864	865	866	867	868
869	870	871	872	873
874	875	876	877	878
879	880	881	882	883
884	885	886	887	888
889	890	891	892	893
894	895	896	897	898
899	900	901	902	903
904	905	906	907	908
909	910	911	912	913
914	915	916	917	918
919	920	921	922	923
924	925	926	927	928
929	930	931	932	933
934	935	936	937	938
939	940	941	942	943
944	945	946	947	948
949	950	951	952	953
954	955	956	957	958
959	960	961	962	963
964	965	966	967	968
969	970	971	972	973
974	975	976	977	978
979	980	981	982	983
984	985	986	987	988
989	990	991	992	993
994	995	996	997	998
999	1000	1001	1002	1003

CONVENTI RIGHTS OF

Sometimes, we use language that upsets other people. We might want to hurt them in that moment or we might speak without thinking. Help me turn these thoughts into a more productive way of speaking.

I'm so sick of you talking to me like that!

A writing area with four horizontal lines.

What damage might we do to our friendships if we speak without giving ourselves the chance to calm down?

It is just as important to be safe online as it is in person.

with all
at you
stay

What
you to
make
unsaf



afe

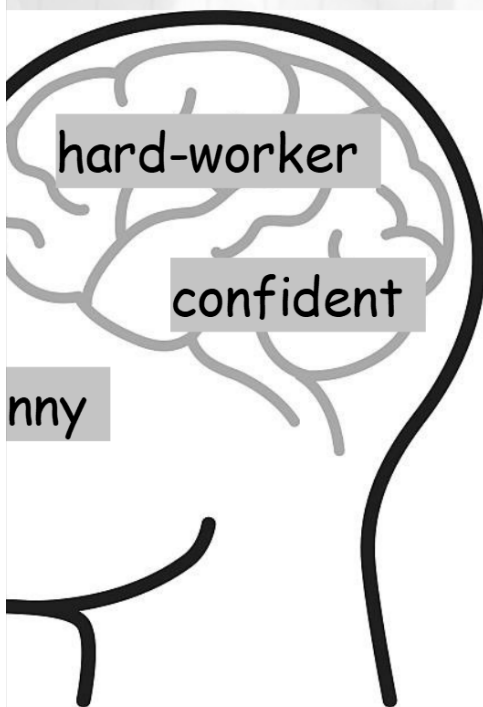
C
f
w

How might being in an unhappy relationship affect your mental health?

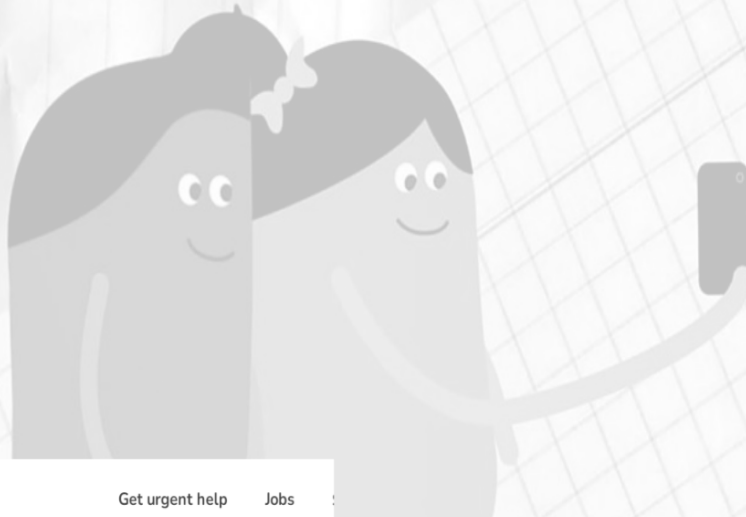
On our mind outline, each table is going to write a key part of your personality that you like.

I've put some on mine already. Can you help me think of anymore?

When a relationship is unhealthy, it can hide these amazing parts of you. We are going to splat our minds with paint to show this.



There are lots of people around you who want to help. Here are some third party companies who exist solely to help you. Who else do you know?



ce
e

Improving children's mental health

Get urgent help Jobs

out 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.

childline

ONLINE, ON THE PHONE, ANYTIME

Info and advice ⓘ Get support 🙋 Toolbox 🧰 Get invol

Session 3

LO: To explore the physical and emotional changes in puberty

Stimulus: Image

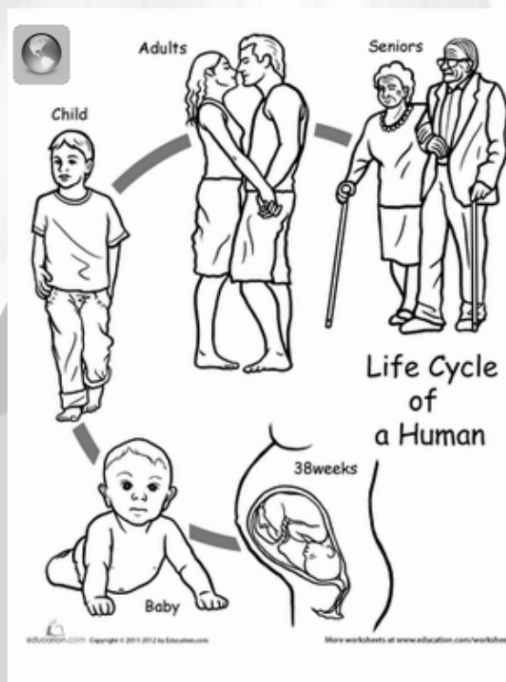
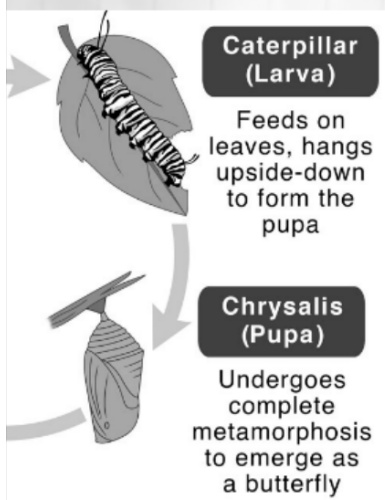
Question: Should we talk about our mental health?

Do you feel comfortable talking about your mental health?

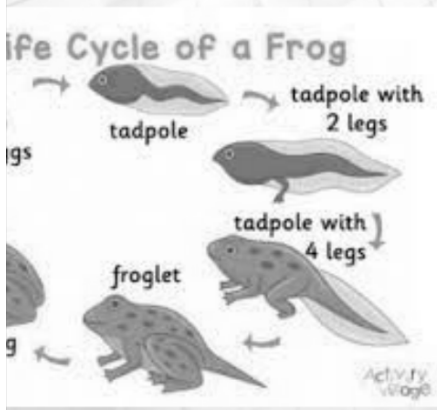
Do you feel comfortable talking about other people's mental health?

g with

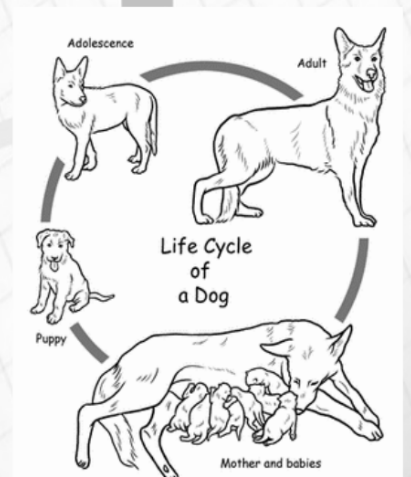
Do you recognise any of these lifecycles?

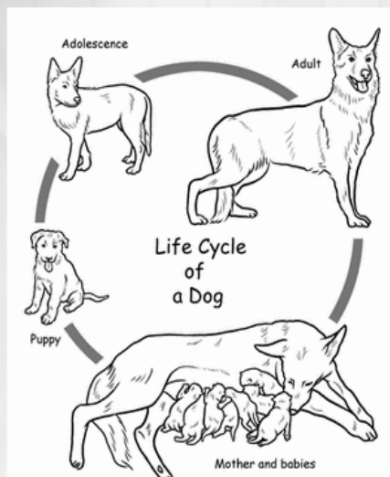


Where in this lifecycle is puberty?



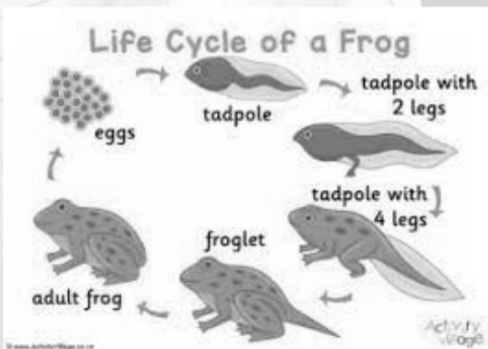
What is the purpose of puberty?





When do you think these animals are ready to reproduce?

One of the most important differences during mammal puberty is that the male produces seed called sperm and the females produce eggs called ovum.



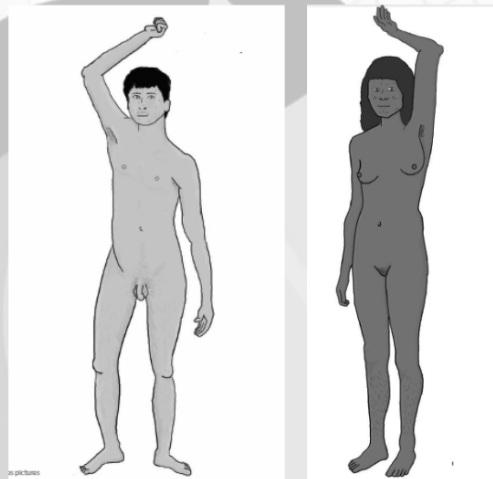
Both these are needed to create a baby.



puberty

Do you recognise any of this language? Which part of the body does each word refer to?

tell which pair through or are through puberty?



During/ after puberty

- penis
- armpits
- womb
- fingers
- vagina
- nipples
- face
- testicles
- ears



We are going to play cross the river . I'm going to read out some physical and emotional changes that happen during puberty. I want you to jump to one side for emotional changes and another for physical.

u jump, shout
hether it is a
e that happens
vs, girls or

ngry and



Emo



Phys



Class:
disc

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

My friends have started their periods and I haven't. Does this mean there's 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 11 years old. My friend's first period came at 13 years old. Is it normal to have your first period at different ages - what does the doctor say then I have another period? Is it normal?

I'm the only one in my class 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.

What if I start my period? Where can I get hold of menstrual products?



- Parents
- Shop
- School

If you decide to get your own menstrual products, it can be a bit bewildering.

Let's explore how they all work and see if we have a preference. We will also talk about how they are used.



Earlier, we discussed some of the emotional changes that you might experience during puberty.

Look at the different emotions that the Colour Monsters experience.

Which of the physical changes that happen during puberty might make you feel each of these emotions?

Fear



Love



Calm



Joy



However, we've shown that we can be fantastic friends to each other. How can we show support so that we can experience love, calm and joy?



Session 4

Class

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

Stimulus: ChildLine

Question: Only medical professionals can help with mental health. True or false?

What is a professional?

What does someone with mental health want?

Where have you sought help before?

Support

Toolbox