

## Session 1

LO: To explore different types of relationships



What does family mean to you?



**Stimulus:** Initial discussion

What do we mean by "important"?

**Question:** Is family the most important thing in the world?

Is everyone's family the same?

What else might be important to you?

Class discussion



Look at the cards that you've been given. Which of them are needed to make a family?



Class discussion

Gran

Aunt

Imagine I had given these cards to you. Which cards would you need?

Biological mum

Step-mum

Why might I need to give everyone a few different sets of the cards?

Grandad

Uncle

Adoptive mum

Step-dad

Biological dad

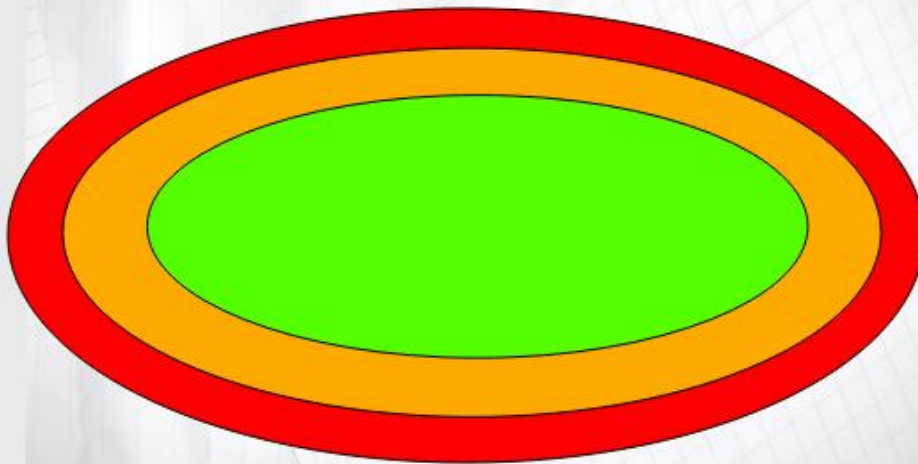
Adoptive dad



Families look a certain way.



We've started thinking about what all families need. Instead of thinking about the people they need, let's think about the qualities.



Can you come up with a quality or an **attribute** and then we will put it in the most appropriate place on our zone of relevance?

Another important type of relationship for us is friendship. What does friendship mean to you? Write your answer on a small piece of paper and we will pull some out of the hat to share.



Based on everything we've looked at so far, we are going to explore the attributes that we do and don't want in our friends.

kindness	respect
good to play games with	good sense of humour
quick to make judgements	strong-willed
good-hearted	loyal to me
will absolutely always keep a secret	selfless
forgiving	knows you better than anyone
always knows what they want to play	likes all of the exact same things as me

Which of these are always good qualities? Which have I missed?

rk

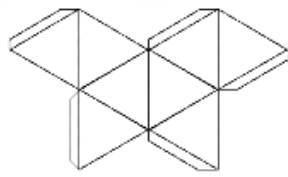


What is **our** role in friendship? How can we improve our friendships by taking an active role in them?

Adult support as needed

**Station 1: Sharing**

You all need to complete the challenge on your table but you have one pair of scissors and one glue stick between all of you.



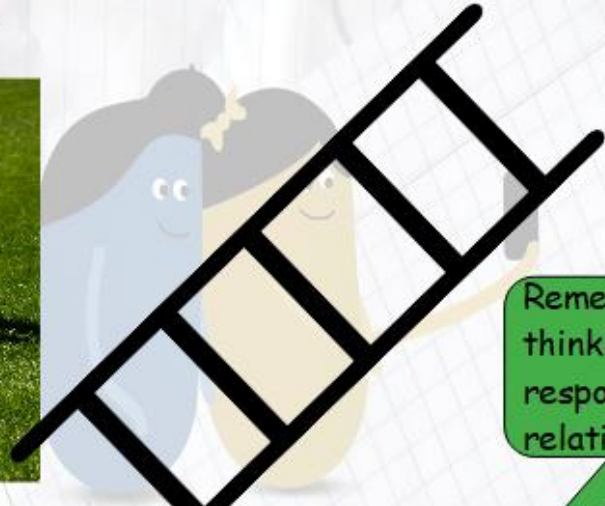
**Station 2: Honest**  
Using the cards that you've been given **only**, play Truth or Dare.

Yes	Tell your friend about the last time you were angry. How do you usually deal with it?	Yes	Tell your friend about the last time you were sad. How do you usually deal with it?
No	Share a secret about your friend that you think they would be surprised to hear.	No	Tell your friend about the last time you were nervous. How do you usually deal with it?
Yes	Share a compliment about your friend that you think they would be surprised to hear.	Yes	Tell your friend about the last time you were happy. How do you usually deal with it?
No	Share a piece of advice that you think your friend would find helpful.	No	Tell your friend about the last time you were excited. How do you usually deal with it?
Yes	Share a piece of advice that you think your friend would find helpful.	Yes	Tell your friend about the last time you were surprised. How do you usually deal with it?
No	Share a piece of advice that you think your friend would find helpful.	No	Tell your friend about the last time you were disappointed. How do you usually deal with it?
Yes	Share a piece of advice that you think your friend would find helpful.	Yes	Tell your friend about the last time you were proud. How do you usually deal with it?
No	Share a piece of advice that you think your friend would find helpful.	No	Tell your friend about the last time you were embarrassed. How do you usually deal with it?

**Station 3: Showing appreciation**  
Write a short note and decorate it. Give it to someone who has helped you this week. It could be with work or with anything else!

**Station 4: Personal attribute:**  
Set yourself a target based on the previous attributes we explored. Remember to include **how** you will achieve it.

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



Remember: we are thinking about **our** responsibility in relationships.


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 paper tape.

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, smash through the barrier!

 Being aggressive is the best way to work through our emotions.

How might we behave differently in these different locations? Why?



At home



With siblings



Online



At school



With friends



Do you think that people should behave differently in different situations? Why?

Class discussion

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



Here are some headlines from around the world. On your table are some children's responses to them, which one do you think is showing the most of the British Value respect and tolerance?

Scribe or verbalise answer before sharing

Fuente Vizcaya News

### Mexico City on the verge of banning bullfighting

The prohibition of bullfighting was proposed at the beginning of last September with the aim of establishing a ban on holding public shows.

8 Dec 2021



The Guardian

### Inside Just Stop Oil, the youth climate group blocking UK refineries

Protests ended after the government said it would order soldiers to ... of civil resistance in response to the climate change science.

1 month ago



Global Citizen

### The Girls Who Risk Everything to Get an Education

The COVID-19 pandemic disrupted education for 1.4 billion children, but the public health crisis disproportionately impacted marginalized girls.

3 days ago



In what ways can we show support for others around the world?



## Session 2

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



**Stimulus:** *Clever Never Goes*

**Question:** "People you don't know are the most dangerous."

Do you agree?

What do we mean by dangerous?

What makes someone dangerous?

Can anyone else make us feel unsafe?

Support to ensure message is clear

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?

Katie feels uncomfortable around Aayush who often tells her that she 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!



Angus and Pristina have had a big argument, in which both of them have pushed the other. It's their first 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.

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?



ding

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!



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

ed

Have you ever binge-watched videos online that have become more and more weird? Ever wondered why this might be?

Who can be honest and say they go 'down the rabbit hole'?



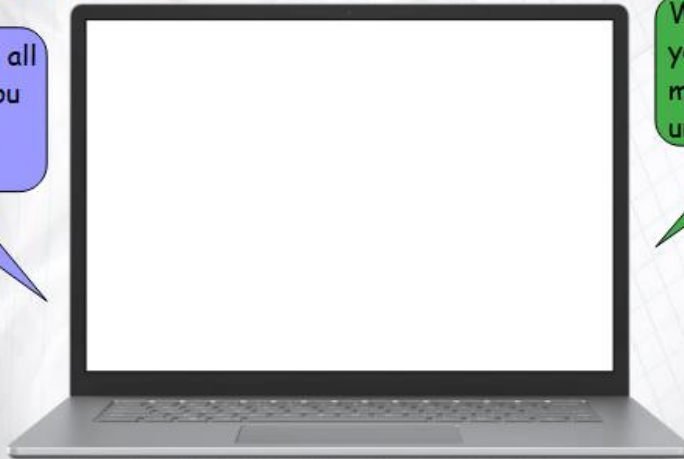
What impact do you think this can have on us?

**Binge-watching: Down the rabbit hole**



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

Fill the laptop with all of the ways that you know you can stay safe.



What actions can you take if someone makes you feel unsafe?

Class discussion first - share ideas with partner





What does an unhealthy relationship look like? What things might happen?



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



Group work



On our mind outline, each table is going to write a key parts 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?



Class discussion

**YOUNGMINDS**  
Helping young people mental health

Let's get you where you need to go

Find the help and advice you need.  
You are not alone.  
Which best describes you?

I am a young person

I am a parent

**Shout**  
Increasing children's mental health

Get support on your phone

Alcohol • Our services • Counselling training & placements • Support us

We've teamed up with Shout to offer a new type of support for all students in Platts2Be secondary schools.

Text: 923 to 85258 to get free, confidential support if you're struggling any

**childline**  
ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 11

Info and advice • Get support • Toolbox • Get involved

### 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?



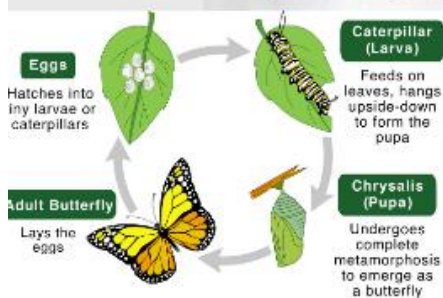
Do you feel comfortable talking about other peoples' mental health?

insure

Do you recognise any of these lifecycles?



Class input



Where in this lifecycle is puberty?



What is the purpose of puberty?



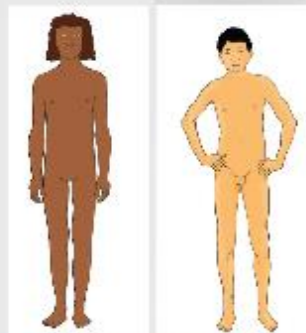


When do you think these animals are ready to reproduce?

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.



Before puberty

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



During/ after puberty

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

How can we tell which pair have gone through or are going through puberty?



When you start going through puberty, personal hygiene is really important. Perspiration, or sweat, comes from sweat glands that you've always had in your body. But, thanks to puberty, these glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odour. You might notice this odour under your arms in your armpits

What do we mean by personal hygiene - what areas does it cover?



What does consent mean?



To give permission for something to happen.

Does this mean you can ignore your parents when they tell you to wash your body? Why is this different? Can you think of any other examples?

Whole class activity

Discuss personal hygiene

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.



As you jump, shout out whether it is a change that happens to boys, girls or both.



Boys get angry and girls cry.

voice dropping  
pubic hair  
increased mood swings  
increased sweat  
hair under the armpits  
growth of penis  
widening of shoulders  
widening of hips  
growth of breasts  
increased anxiety  
menstruation  
skin outbreaks



Emotional!



Physical!



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

Class discussion

My friends have started their periods and I haven't. Does that 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 lasted for ages - way longer than it says they should - and then I haven't had another one. Is that 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.



Group work

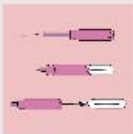
What if I start my period? Where can I get hold of menstrual products?



- 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.

Dis  
an

Look at the different emotions that the Colour Monsters experience.

Sadness



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fear



Anger



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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



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 whilst we experience these changes?



### Session 4

Class discussion

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 medical professional?

What type of help does someone with mental health needs want?

Where have you had help before?

Did you know that our physical health can impact our mental health **and** our mental health can impact our physical health?



If we can get into good habits, it helps us in lots of different ways.

What good habits can you name that **benefit** either your physical or mental health?



Some emotions are normal and some are just too big to handle. If these huge emotions build up, they can become difficult to manage.



As a class, we are going to anonymously write some situations and emotions which arose from them. We are going to tape these to a book. Then, we are going to build up a huge stack of worries. You will notice how difficult it is for your teacher to carry all these worries.

Can you help us work out how we could handle each situation?

My brother is scared of the dark so he comes into bed with me. I don't sleep well and then I find school really hard.

Each time, we will take a book off the stack.



Nutrition is a very important element of our physical and mental health. Our brains need the energy and nutrients that we get from a wide-ranging diet.

Support with preparation

Look at the food you've been given and create a fruit salad to help power you through the rest of the lesson.



How can unhealthy food affect us over time?

We are having fruit today but why is the fruit portion of the food plate slightly smaller?

What does healthy food give us the energy to do?







We are going to explore how doing something physical helps us with our self-regulation.

Let's start by trying to solve this puzzle.

Now, we are going to take a break to stretch, move our bodies slowly and to meditate.

Finally, let's return to the puzzle. Did anyone notice any difference?

	1	2	7	9		
	4	9	1	3	8	
	7		4	5		1 3
3	7		2	9		6 1
1	8	5	3			9
9				4		7 8
	6	7				2
2	1	8	6	3		5



One thing that can help our mental health enormously is working together to build something.

group work

Our human brains are built for community.

We have created something of which we can be proud.

Warm up your team's communication skills by sorting yourselves into the different categories that I give you.



- age
- favourite genre of film
- number of pets
- favourite food



# SNEAK PEEK

We are going to play a game called Sneak Peak.

I'm going to freeze the board. Then, one of your team will come up to look at an image of a building. It will be their job to return to the team and describe it so you can begin building.

After a few minutes, I will allow another member of your team the chance to take a look.



We now have some self-care stations set up around the classroom. You can choose one to stay in or you can experiment with lots of them.

Group work



There is a comfy reading station.



If you need a snack, have some of these fruit and vegetables.

Keep thinking about other people's mental health too; are you behaving in a way to help them?



Take off your shoes and socks - take a soak if you'd like to.



You can colour, draw or craft here.