

Session 1

LO: To explore different types of relationships



What does family mean to you?



Stimulus: Initial discussion

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

What do we mean by "important"?

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?

Gran

Aunt

Biological mum

Step-mum

Grandad

Uncle

Adoptive mum

Step-dad

Biological dad

Adoptive dad



Families look a certain way.

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

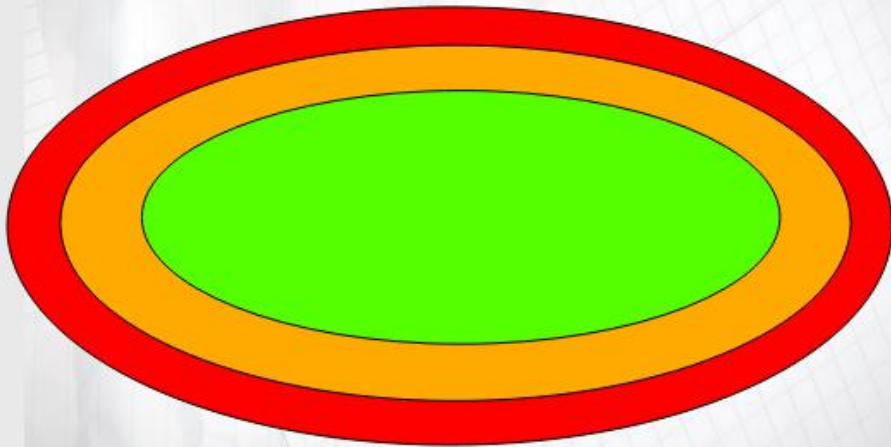
Why might I need to give everyone a few different sets of the cards?



Class discussion



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?



What about friendships?

Are there similarities between families and friendships?

Group work

What differences are there?



As children, you have friendships with boys and girls. What language can friends sometimes use that makes you feel uncomfortable at you age?

Boyfriends/
girlfriends/
dating/fancy/
love

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?

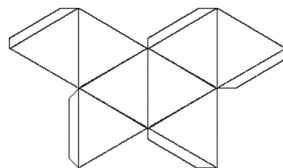
rk



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: Honesty
Using the cards that you've been given only, play Truth or Dare.

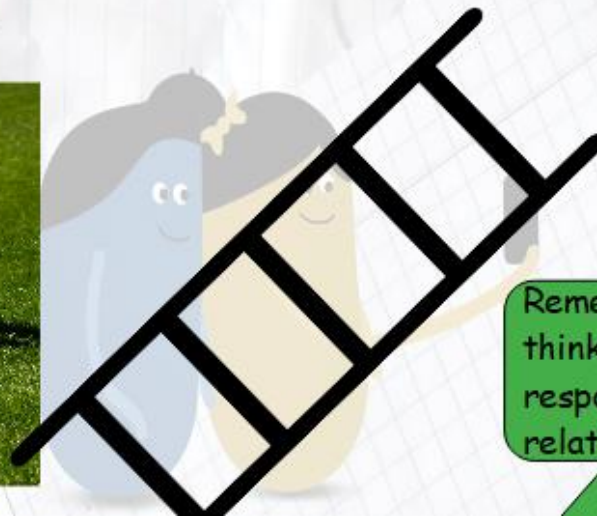
Truth: Tell everyone on the table what you would like to be when you grow up.	Truth: Tell everyone on the table your biggest fear.
Truth: Tell everyone on the table the last lie that you told.	Truth: Tell everyone on the table why you dislike one subject in school in particular.
Truth: Tell everyone on the table if you've ever blamed something on someone else when it was your fault.	Truth: Tell everyone on the table about one thing that annoys you more than anything else.
Truth: Tell everyone on the table about the strongest dream you've ever had.	Truth: Tell everyone on the table what you would do if you won a million pounds.
Truth: Tell everyone three wishes that you would make if you had a genie.	Truth: Tell everyone on the table the best surprise you've ever got.
Dare: Draw a cartoon character.	Dare: Quack like a duck as you walk around the table.

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.

Station 5: Draw a picture of what a perfect friend would be like (label around the edge).

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?



Model and practise example before completing

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

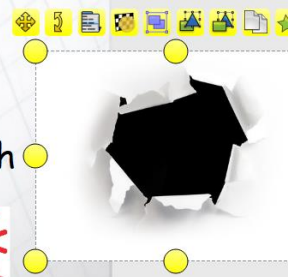
I upset my friend when I shouted at them and I know I should say sorry but I don't feel brave enough to talk to them. What if they don't like me anymore?

use board 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 emotion



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

Puerto Vallarta 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?



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.

Pair
Work



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?

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'?



Binge-watching: Down the rabbit hole

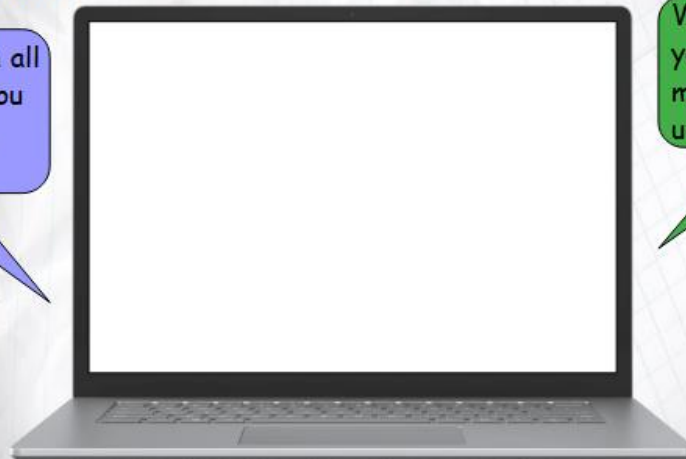
What impact do you
think this can have
on us?





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?

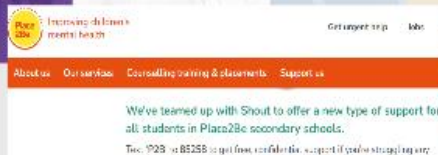
When a relationship is unhealthy, it can hide these amazing parts of you. We are going to splat our minds with paint to show this.



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



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?

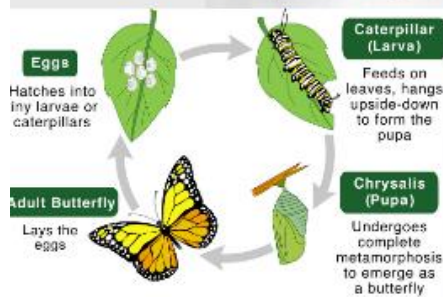
Do you feel comfortable talking about other peoples' mental health?

insure

Do you recognise any of these lifecycles?



Class input



Where in this lifecycle is puberty?



What is the purpose of puberty?



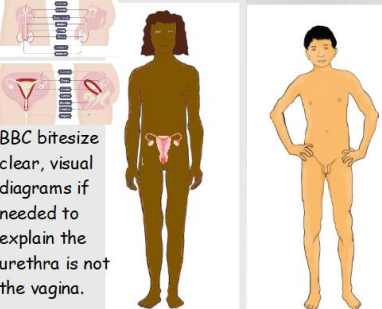
When do you think these animals are ready to reproduce?

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.

BBC bitesize
clear, visual
diagrams if
needed to
explain the
urethra is not
the vagina.



Before puberty

Do you recognise any of this language?
On your tables, label each word to the
correct part of the body.

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?

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. Help me sort the changes between male and female. Are there any that happen to all of us?




Sweat more
Periods start
Leg hair grows
Hair gets greasy





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?

What is
CONSENT?

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

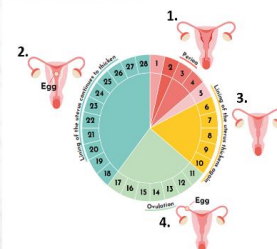
My friends have started their periods and I haven't. Does that mean there's something wrong with me?

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

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

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

My first period lasted for ages - way longer than it says they should - and then I haven't had another one. Is that normal?





Group work

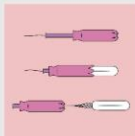
What if I start my period? Where can I get hold of menstrual products?



- 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.



Pads

Pads are pieces of absorbent material that attach to the inside of underwear.

Some pads have extra material on the sides (called "wings") that fold over the edges of your underwear and help hold the pad in place and prevent leaks.

Pads need to be changed every 3–4 hours and disposable pads should be disposed of in a bin, NEVER flushed.

Disposable Pads



Reusable Pads



Tampons



Unlike a pad, which catches menstrual blood after it leaves the body, a tampon absorbs blood from *inside* the vagina.

A tampon is made from absorbent material and is compressed into a tubular shape.

Like pads, tampons come in different sizes for heavier and lighter periods. You must change a tampon every 4–8 hours and tampons should be disposed of in a bin, NEVER flushed.

Applicator Tampon



Digital Tampon



Reusable Applicator



Menstrual Cups



Like a tampon, a menstrual cup is inserted into the vagina.

Instead of absorbing blood, though, the cup catches it before it flows out of the vagina.

Menstrual cups are made of flexible materials, like rubber or silicone. They are reusable and can be used for approximately 10 years, depending on the brand.

Period Pants



Period pants are essentially leakproof knickers, so you won't need to wear a pad, a tampon or menstrual cup if you wear them during your period.

A standard thickness for a pair of period pants is around 3mm, and they usually hold around two standard tampons' worth of menstrual blood, lasting up to 12 hours.

You can now buy period pants in a large range of styles, colours and patterns. You can even buy period swimwear. They are reusable and can be used for approximately 2 years, depending on the brand.



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.

Whole c



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.