

## Session 1

LO: To explore different types of relationships



**Stimulus:** Initial discussion

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

ne's family

What else might be important to you?

Who  
mea  
"imp

Class di

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

Gran

Aunt

mum

Step-mum

Uncle

Adoptive mum

ad

Biological dad

Adoptive dad

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

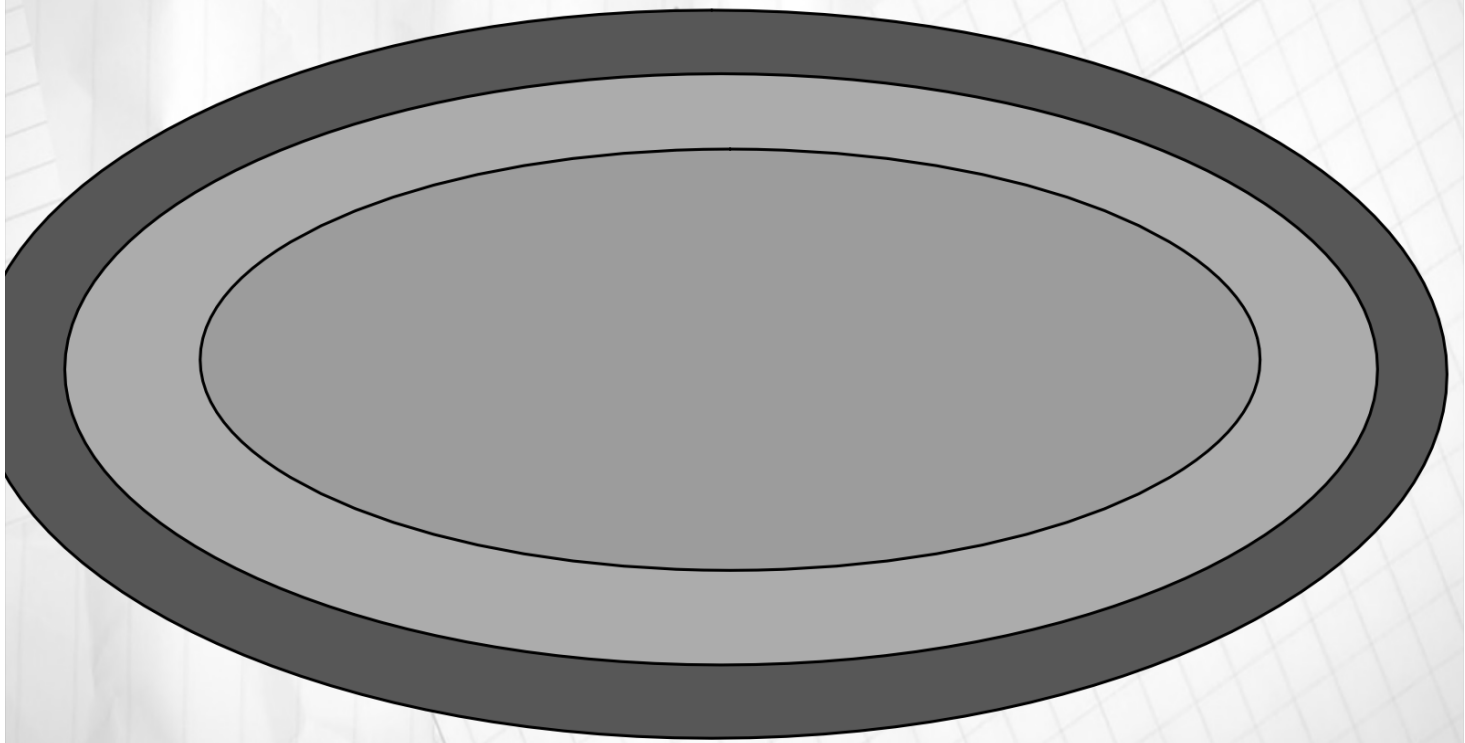
Why might I need to give everyone a few different sets of the cards?



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.



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.

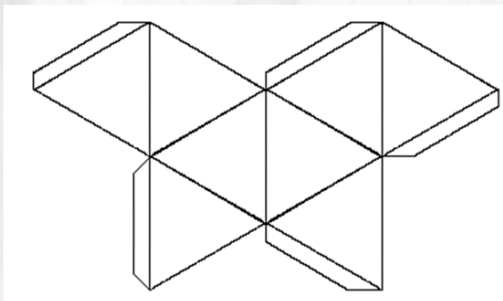
Based on everything we've looked at so far, we are going to explore the attributes that we do and don't want in our friends.

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?



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



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

Truth	Truth: Tell everyone on the table what you would like to be when you grow up.
Dare	Dare: Tell everyone on the table the last lie that you told.
Truth	Truth: Tell everyone on the table you've ever blamed something on someone else when it was your fault.
Dare	Dare: Tell everyone on the table about the strangest dream you've ever had.
Truth	Truth: Tell everyone three wishes that you would make if you had a genie.
Dare	Dare: Imitate a cartoon character.

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  
Set yourself a target for the previous attributes explored. Remember how you will achieve

d to  
he  
n  
but  
ne  
d  
ick  
l of

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 cardboard box.

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?



With siblings



home



At school



With friends



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

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

Here are some headlines from around the world. Pick one that you disagree with and explain to me why. We are showing the British Value of respect and tolerance for others - think about that when you're explaining.

/allarta News

### City on the verge of banning bullfighting

Decision on bullfighting was proposed at the beginning of last September  
in favour of establishing a ban on holding public shows...



 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

1 Citizen

### Girls Who Risk Everything to Get an Education

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



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  
by danger

What  
someo  
dange

Can anyone else make  
us feel unsafe?

Support  
messag

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!

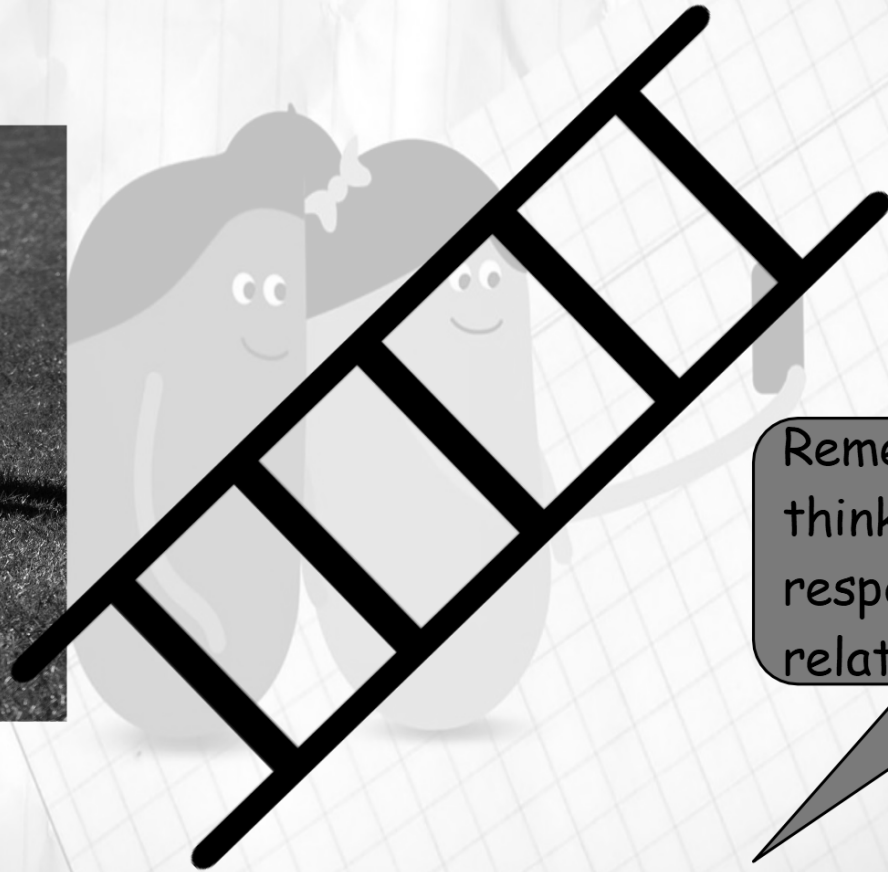
nd Pristina have  
g argument, in  
h of them have  
he other. It's  
rst argument.

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	2	3	4
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**



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.



Mental health is something to be hidden away.

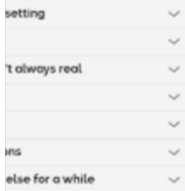
## Session 2

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



**Stimulus: NSPCC advice**

**Question: What is the most important thing to remember when online?**



discussion

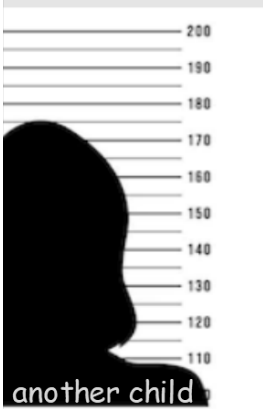
Safe

What advice would you give someone who was going online for the first time?

Is being online important to your friendships?

Can you get help if you're unhappy with something that's happened online?

# Why do you think these are child-on-child crimes?



Have any of you ever witnessed one of these crimes?

Have any of you ever committed one of these crimes?



If you've experienced one of them, how can you get help and support?

**childline** Call 0800 1111  
ONLINE, ON THE PHONE, ANYTIME  
Info and advice | Get support | Toolbox | Get involved

Place2Be 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.

When children are online, sometimes they think their behaviour can change because they are anonymous. What child-on-child crimes might happen online?



I want you to write two crimes. Then, we are going to discuss how we would deal with the different situations.

If you commit a crime, what price might there be to pay?

When we commit a child-on-child crime, the cost might not be so obvious. What might happen in Friendship Court if we behave inappropriately?



Discussion

## Sharing sexual images over WhatsApp

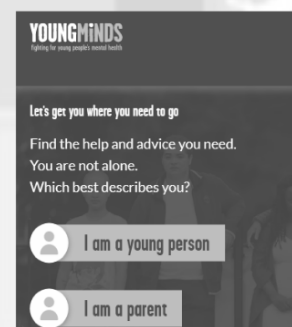
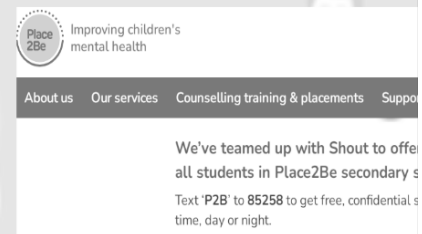
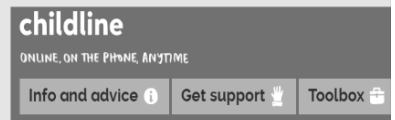


This is a crime that is sometimes committed by children to children online.

Why is this unacceptable?

If you receive an inappropriate image, it is not your fault. If someone sends an inappropriate image of you, it is not your fault.

The adults in school (and from external places) are here to help and support you.



Ensure clarity of messages

parents

- My parents seem to think it's their job to snoop on my phone, checking it even though it's my private property.

Do you remember when we talked about this in our last lesson?



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

Given everything that we've talked about today, why do you think it is so important for your parents and carers to look at your devices?

Which human right is more important? Go to the side of the room to show your answer.

Freedom

Privacy





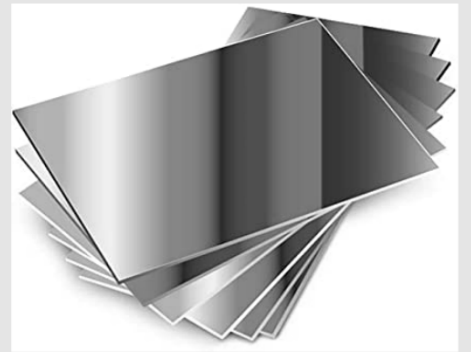
In the Magic Mirror that you've been given, draw an image of yourself or write words which reflect who you are when you're happiest.

Imagine, though, that someone is trying to control the way that you behave or convince you to do certain things.

I want you to think about the ways that people may behave or the things that they might say to convince you.

Write these ideas down on the strips of paper that you've been given.

I want you to look in the mirrors. This is tricky because we might feel silly but I want you to look at yourself and really try to image that someone has been controlling you. What changes about your expression?



Now, I want you to look at the second (bottom) Magic Mirror that you've been given.

Imagine that someone was controlling the things you said and did. Draw an image of yourself to represent how you would feel or write the words to reflect your emotions.

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.

Class  
dis

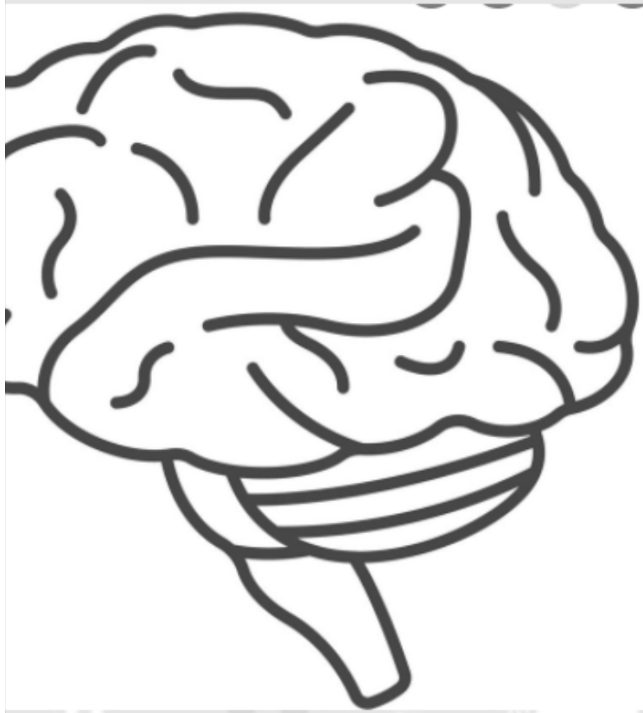
YOUNG  
fighting for young people

Let's get you

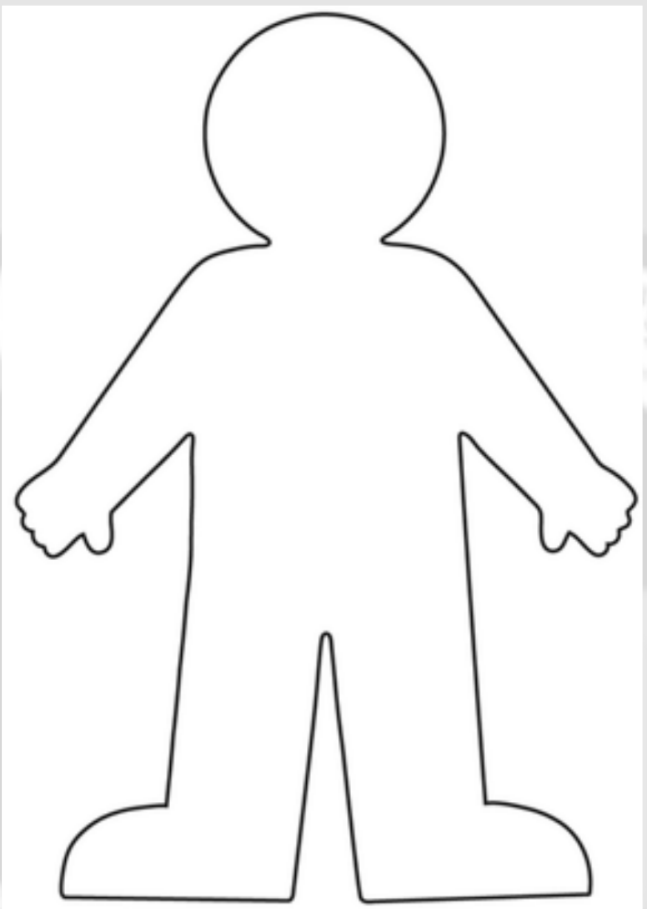
Find the  
You are n  
Which be



What impact might this type of behaviour have on your mental health?



How might it impact your wider life?



## Session 3

Class di:

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?

Do you recognise any parts of the human life cycle?



Can you help me label any of these parts of the 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?

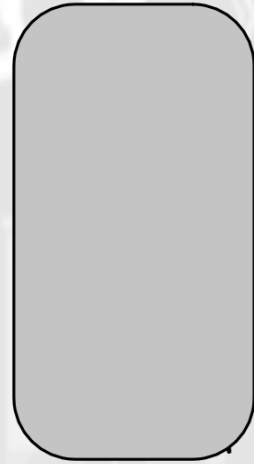
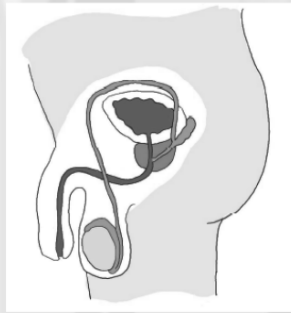
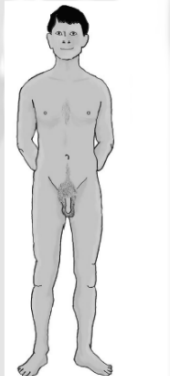
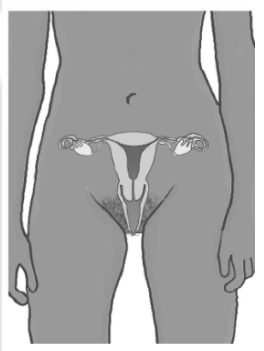
Class discussion

ty  
?

u know  
rty?



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



Ensure  
languag

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  
pair



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



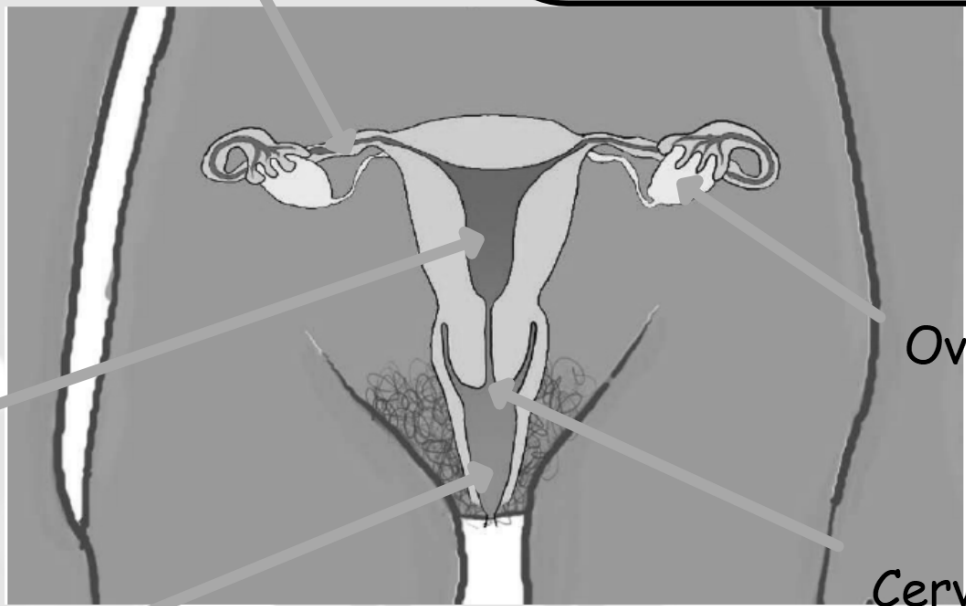
Pick two primary colours to show which changes happen to males and females. Use a secondary colour to show changes that happen to both genders.





Fallopian Tube

During puberty, women's ovaries develop in their ovaries. It is where the hormones are generated.



Uterus/  
Womb

Ovary

Cervix

Vagina



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

Class:  
disc

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 a young age - what does this say about me? 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.

Period Care



Most of the time, even if you feel something is unusual, it's actually completely normal.

If you do feel like you need to see a doctor, you have the right to ask for a woman if it makes you feel more comfortable. You can also ask for a chaperone.

Severe it affects your daily life

Pain when going to the bathroom

which worry or affect you

Severe PMS

A horrible

from your bottom

Irregular periods - once they've settled into



Girls get all of these symptoms and periods are really scary.



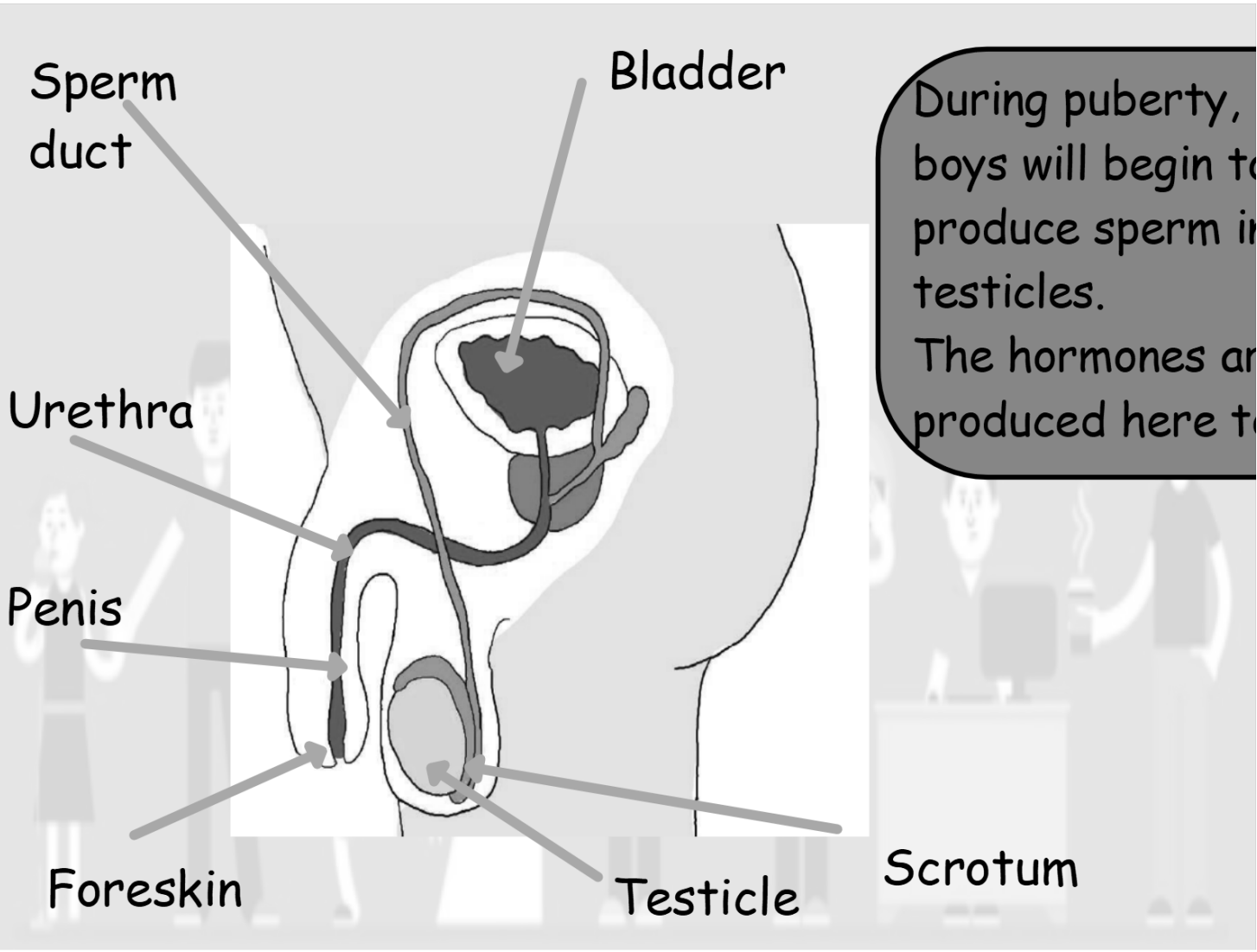
It is absolutely normal to experience a really wide and changing array of emotions when you start your periods.

What emotions might we feel and why?

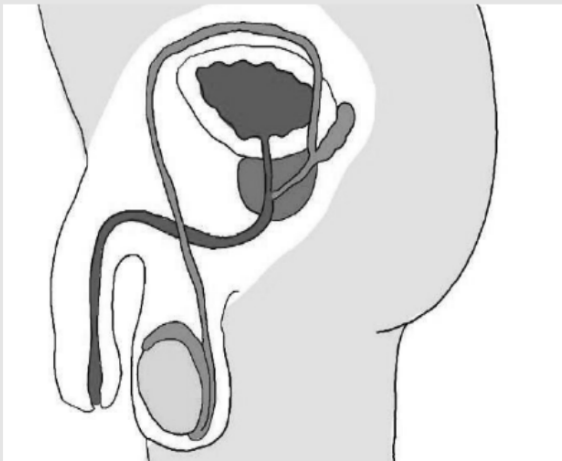
However, it is a completely normal thing which happens to people's bodies.

What will help us to feel better? Think about the physical and emotional help we might need.



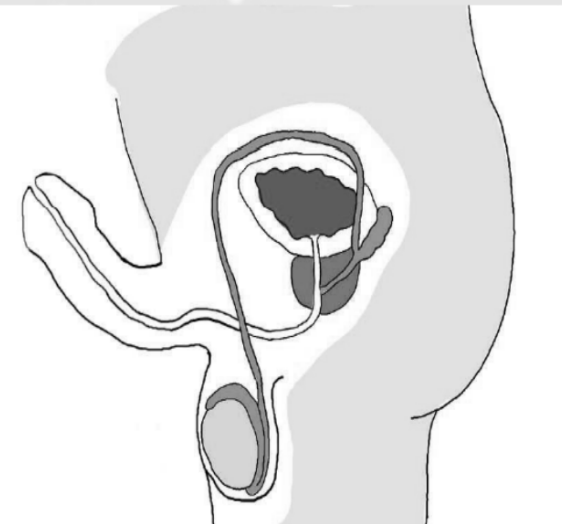


During puberty, boys will begin to produce sperm in testicles. The hormones are produced here to



Erections can happen quite frequently from a young age onwards, especially during puberty. It can be embarrassing. However, it is natural for every man and very common.

Ejaculation happens when a man has an erection. This is when the penis becomes hard (instead of soft) and is pushed away from the body. It occurs when the blood rushes to the tissues and the muscles tighten.



Ejaculation can happen during puberty when it is not expected. This sometimes happens at night and people call this having 'wet dreams'.

These can happen for women too but why might they not realise?