

Session 1

LO: To explore different types of relationships

stimulus: Image

question: When something is yours, it is private. True or false? Why?

What is privacy?

Do you have the right to privacy?

Always?
Why?

Class discussion
TA support

What do all of these groups of people have in common?



Mason's parents are both in the army. Normally, they go away at different times but sometimes he goes to stay with his aunt if they are deployed simultaneously.



Nadine has a brother and a sister who don't share a parent with her. Her sister is adopted and her brother was born to her step-mum before she knew them.



and dad got then her mum n. They all live in ne town.

hese ur family ily of know?



Aiden looks after his son on his own after his girlfriend died.



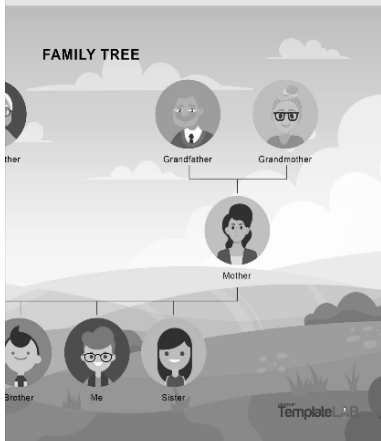
Priyareeca and Izzy both have the same parents. People often say how different they look.



Tom and Mary both special educational Their baby doesn't ha



Families all look a particular way.



Everyone's family looks a little different - that's something that makes our world such an interesting place to live.

We are going to draw our family tree. I'll show you mine first.

My parents are divorced - how can I show that?

I'm not sure who one of my parents is - how can I show that?

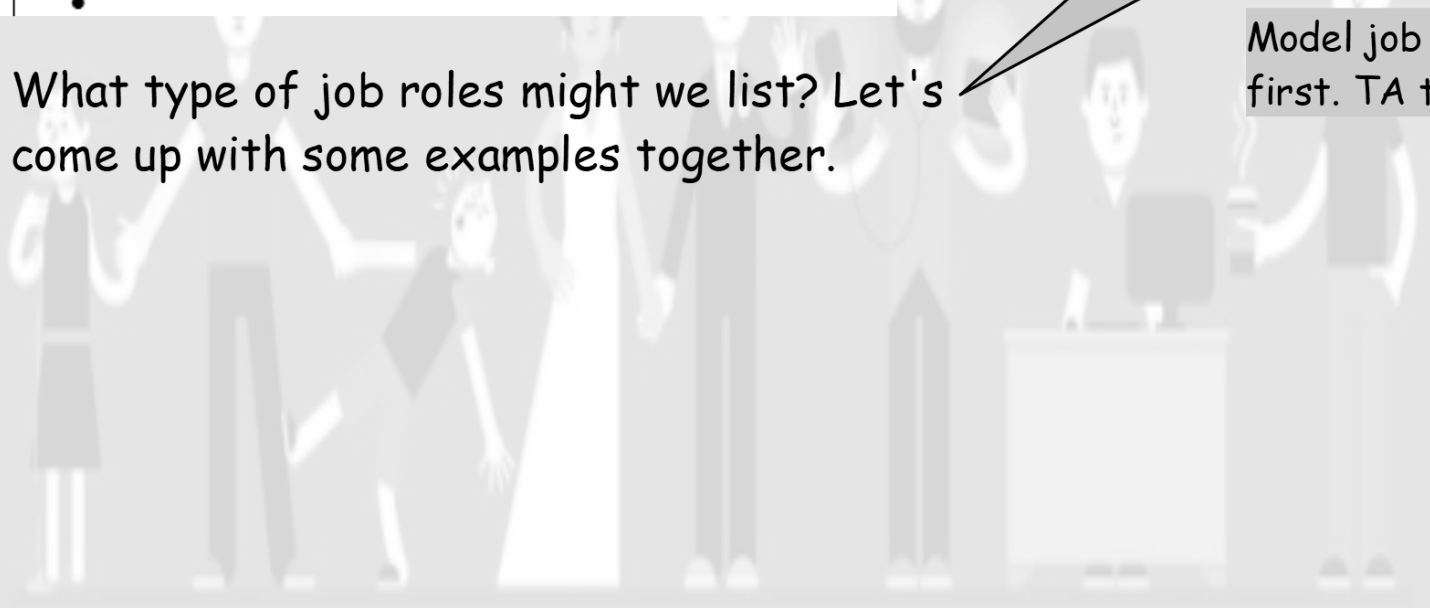
Can I include my aunts, uncles and cousins?

I want you to think about the role that the people in your family have. Complete a job description for yourself and two other members of your family.

Do any of the family share the same job role?

What type of job roles might we list? Let's come up with some examples together.

Model job r
first. TA to



Mum

- cooks our tea for us
- cleans my bedroom
- washes our clothes

Dad

- goes away to work
- takes me to football
- tells us off if we do something wrong

Did anyone include anything like this in their job descriptions?

What is the particular problem with this part, especially as you get older?

Has anyone heard the phrase stereotypical gender roles ? What does it mean?

In your opinion, is there anything wrong with this?

Do you think that you would like your relationship to be similar?

parents

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

Why do your parents look at your phone?



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

We are going to hold a class court.



A large white speech bubble with a black outline, containing five horizontal lines for writing.

Safe

Tell me your conclusion.

I know that you all understand how important friends are to our lives. Whenever I ask you to tell me what makes a good friendship, you create an absolute snowstorm of answers.

So, that's what we're going to create today! On your small pieces of paper, write one attribute that you believe your friends should have.

kindness

loyalty

funny



Create a snowball and throw! I will record our ideas and take photos.

Sometimes, it can be difficult to keep our friendships strong, even though we really like the other person. Sometimes, this is because we aren't treating someone else how they should be treated.

Er
lan

Let's open up the snowballs and share them back out. You are going to model you showing this attribute to other people.

Let's record some of the actions and words we use.

kindness

funny

loyalty



However strong our friendship is, sometimes we will have arguments. Help me sort these into conflicts which need resolving and conflicts which shouldn't exist.

was using a pencil and then, when I put it down to use a purple pen, someone snatched it away from me.

They kept looking at me in the classroom. It made me laugh but then I got in trouble. That's totally their fault.

Someone keeps pushing me in the cloakroom and I don't know if it's an accident or not. It hurts, though!

They're not my friend anymore. They used unkind language on me and made me feel unsafe.

In each of these situations, how could we resolve it? Is it a substantive or emotional problem?

So many things can cause a conflict - things which have nothing to do with the other person.

On your table, you have a set of cards with the reason someone has caused a conflict. Turn them over and write a piece of advice to help that person fix the other problem... and therefore fix the conflict.

Diversity: this
includes things which
have made us
stressed

Limited
resources

We will gather
these together and
discuss the most
effective solutions.

Poor
communication

Health

Group

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



It's important that we learn to be active citizens.
What social actions can we take - big or small?



People in other countries protest because their countries need help.





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
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What pi
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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

red flag visit... gov.uk/flag

YOUTH COMPRESSION



Stimulus: Hamps "Raise a Flag" sch

Question: Ca for help in re

#RAISEAFLAG #RAISEAFLAG

MANIPULATIVE
JUDGED
GUILT
TAKENS
FEAR
ISOLATION

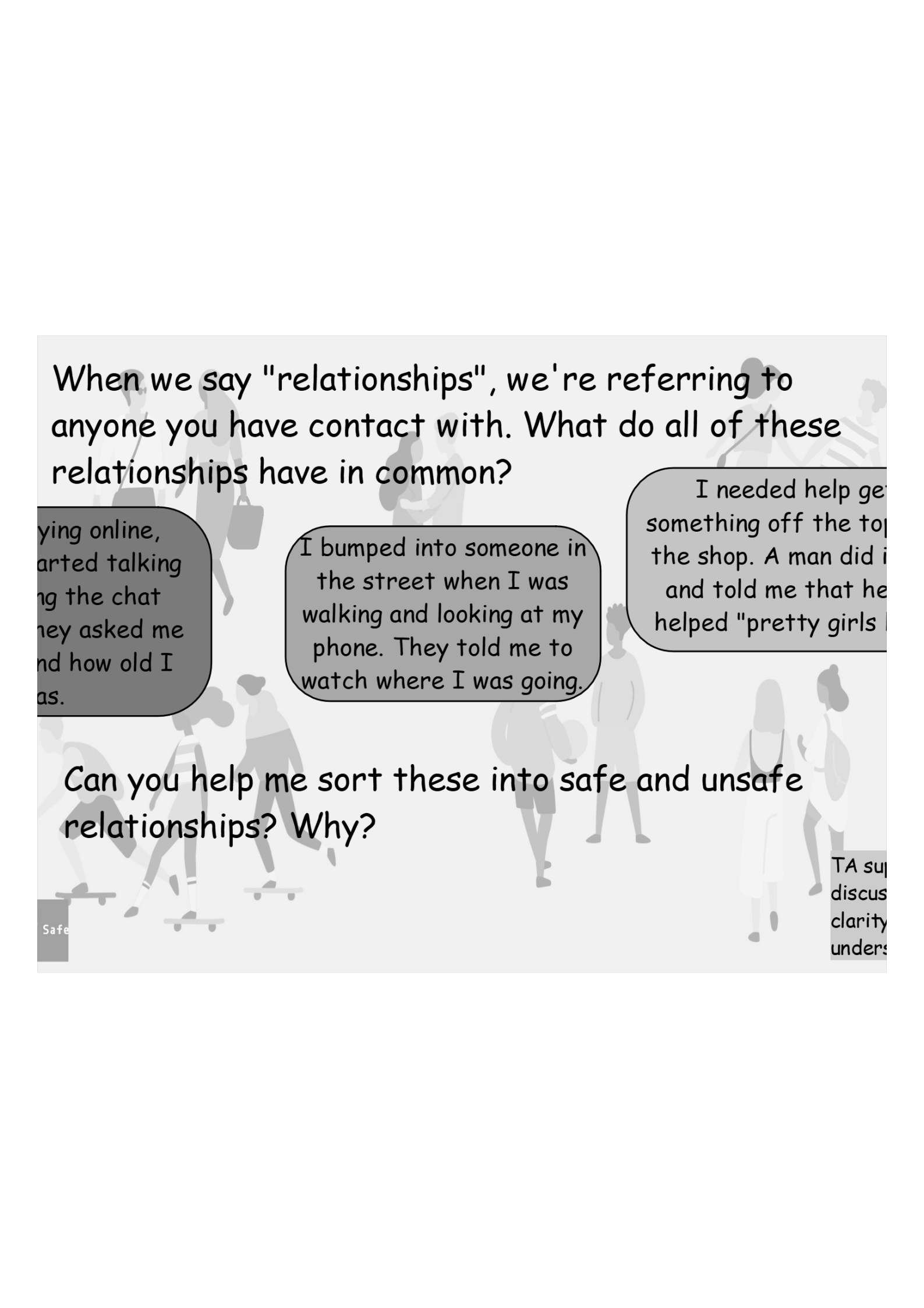
LIES
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YOUTH COMPRESSION



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.

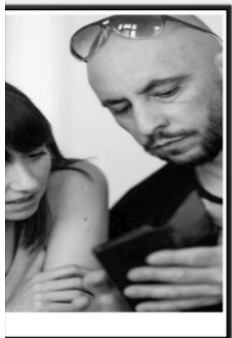
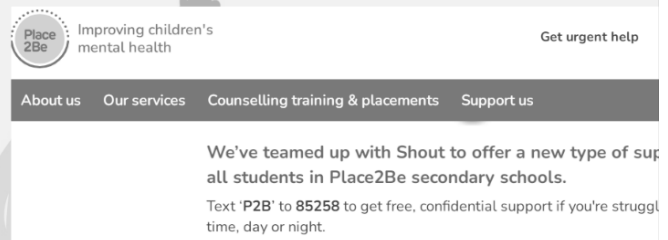
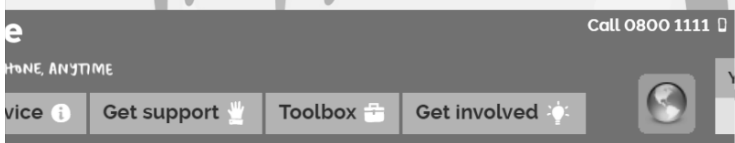
Let's start by mind-mapping some key ideas which are important to us.

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.

Clas
dis

YOUNG
fighting for young people

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

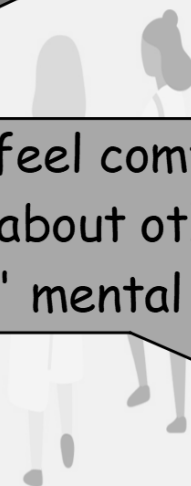
LO: To explore the link between physical and mental health in puberty

Stimulus: Image

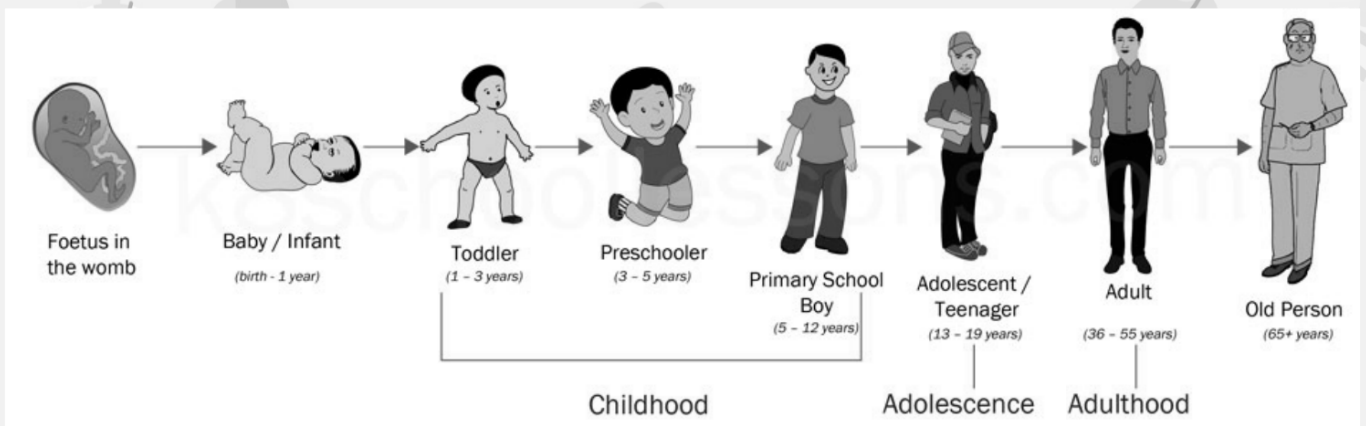
Question: Should we talk about our mental health?

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?

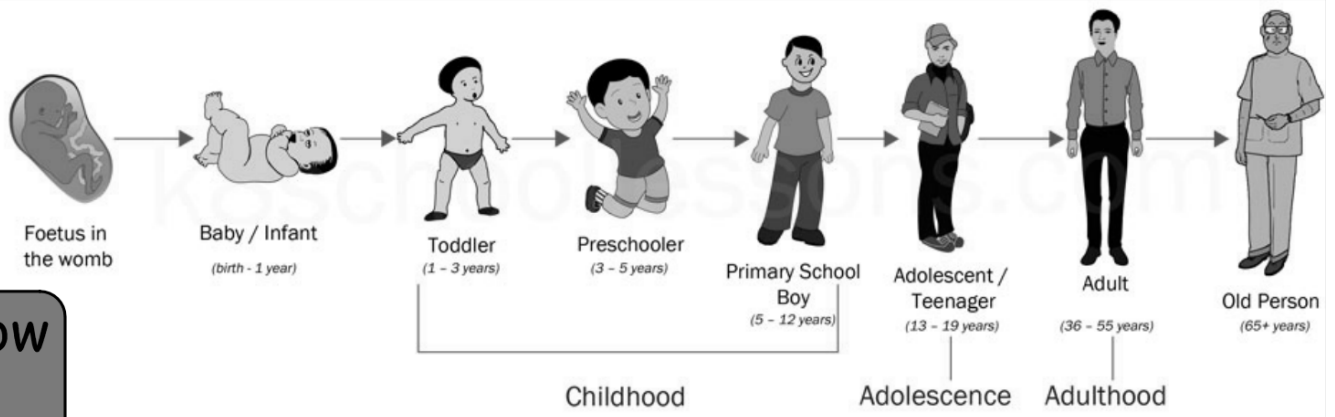
Do you know anyone in any of the other sections?

Which do you think is the best part? Why?

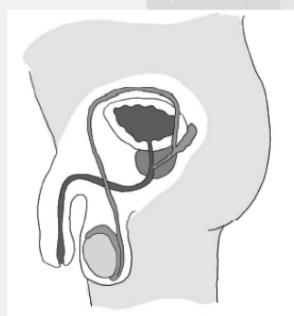
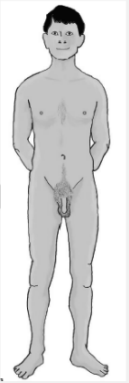
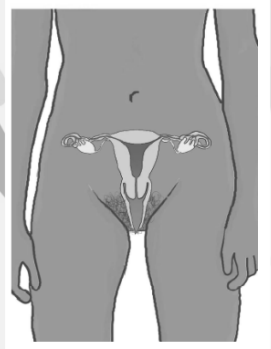
Class discussion

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





Ensure
language

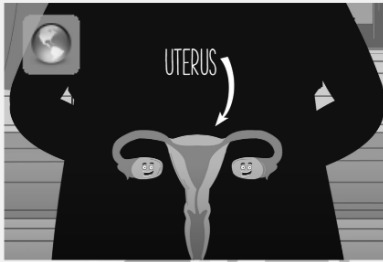
Lots of changes happen to our bodies throughout puberty. They can take years to settle into a routine for us, or may happen very quickly.

Sup
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unde

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

	♀ Female	♂ Male
Physical 		
Emotional 		





Class
discuss

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

I've started my period and I haven't. Why is 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 an old age - way longer than I thought. I heard they should come earlier then I haven't. Is it normal?

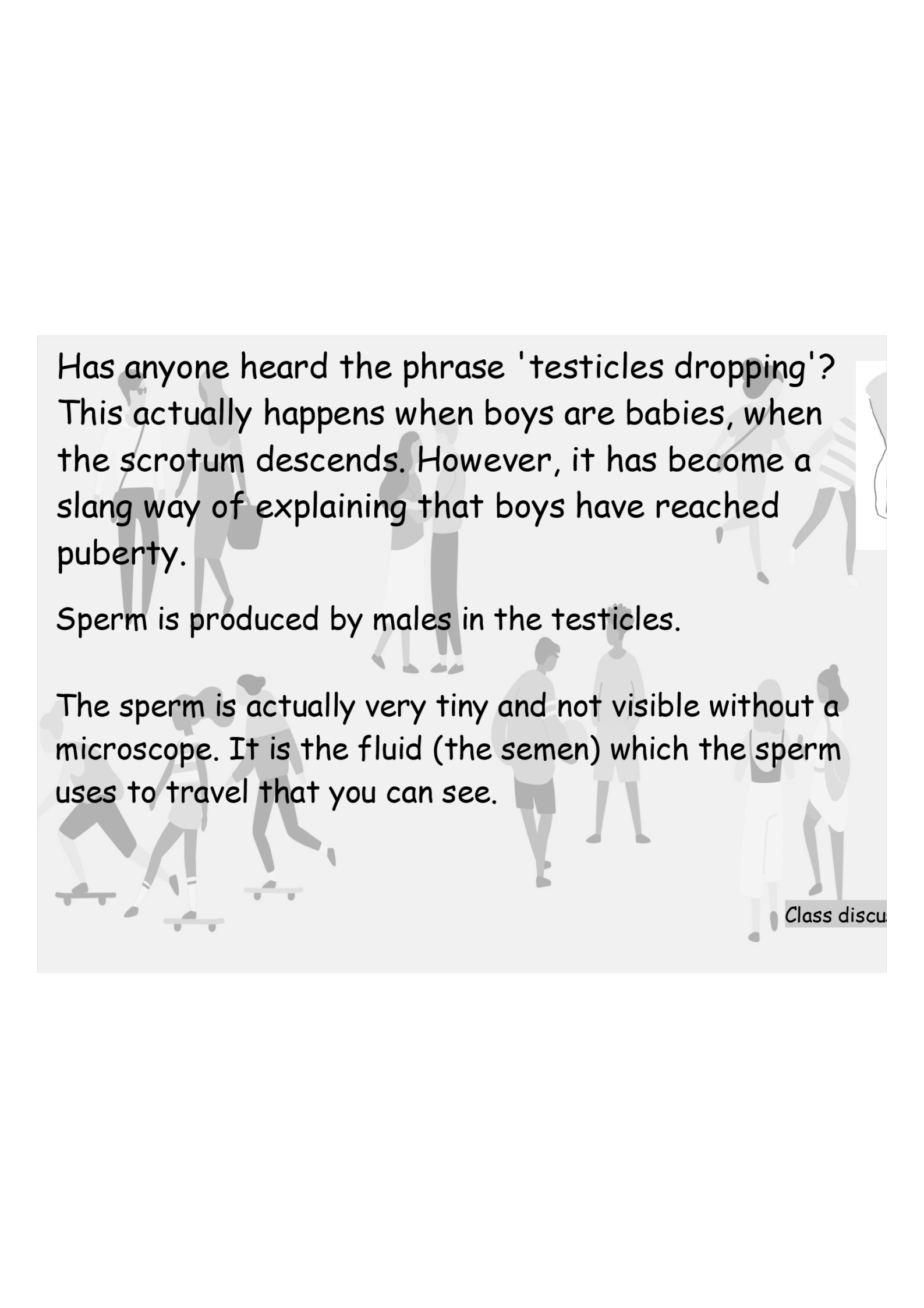
I'm the only one to have started my period. Is there something wrong with me?

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 for me. How do they work?



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

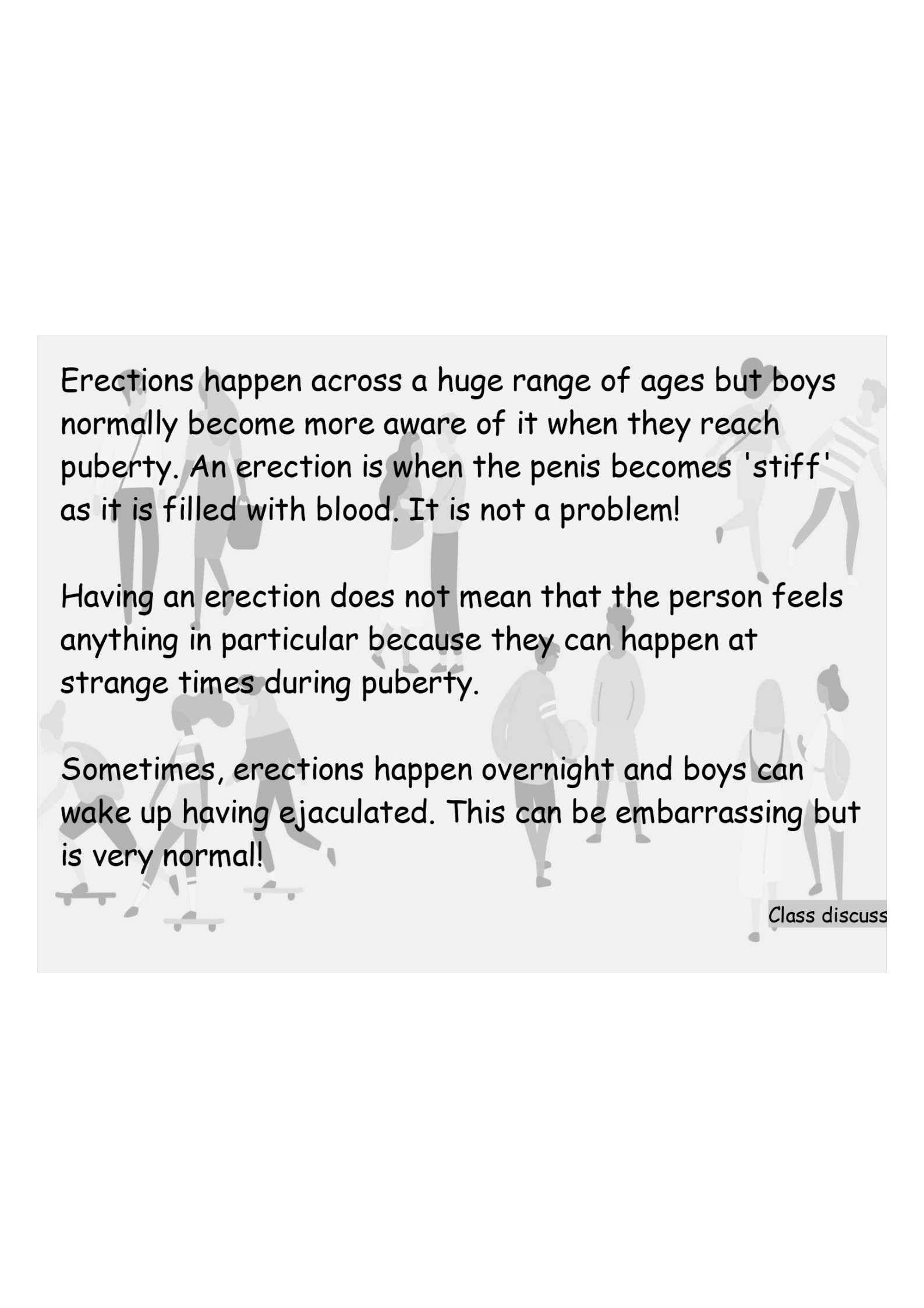
The background of the slide features a light gray illustration of a diverse group of people. In the upper section, there are silhouettes of people walking, some carrying bags. In the lower section, there are silhouettes of people on skateboards, a person holding a basketball, and a group of people standing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



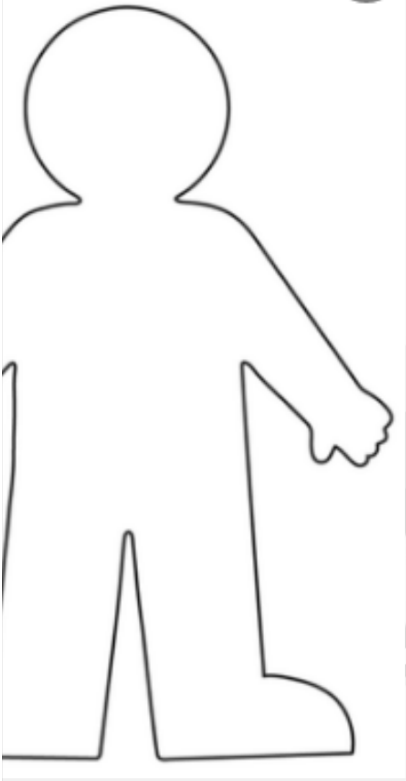
Erections happen across a huge range of ages but boys normally become more aware of it when they reach puberty. An erection is when the penis becomes 'stiff' as it is filled with blood. It is not a problem!

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



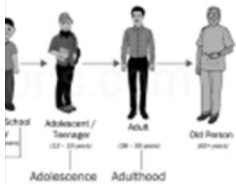
Session 4

LO: To understand the facts of conception

Class

Stimulus: Human lifecycle

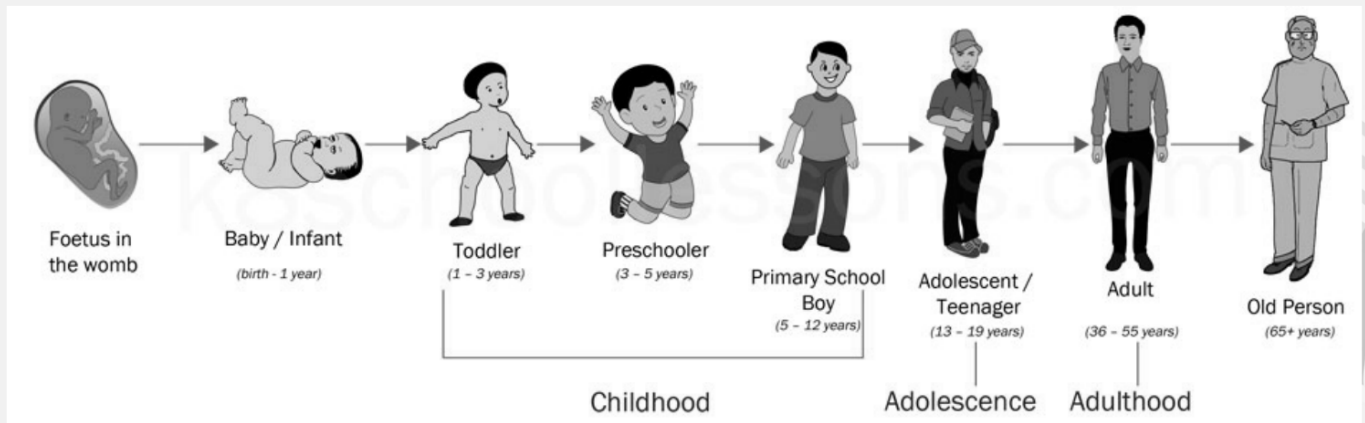
Question: When are you grown-up?



What does being grown-up mean?

How will you know when 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?

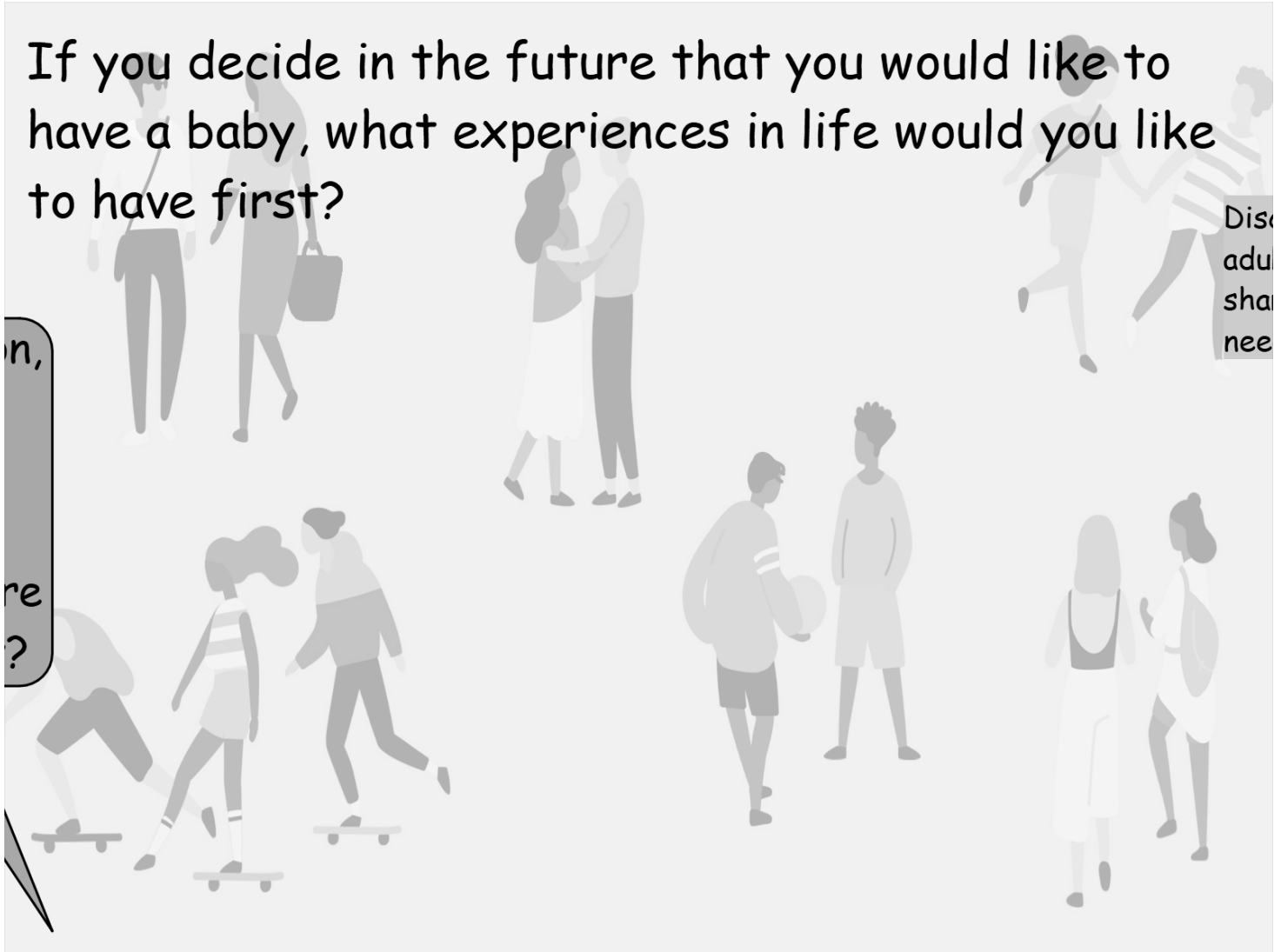
Where on the lifecycle do families get created?

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?

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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?

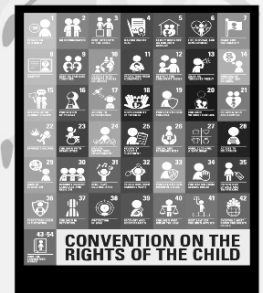
How is consent linked to the idea of trust?



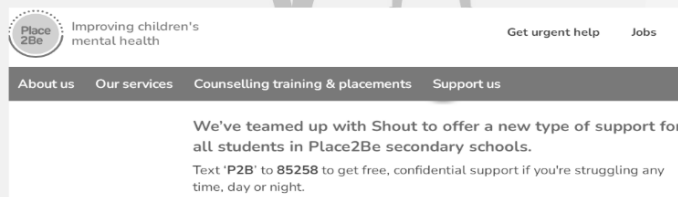
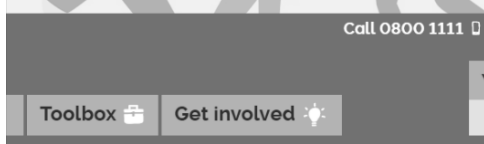
Ensure
unders

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.



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fighting
Let's
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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