



Session 1

LO: To explore different types of relationships

Think about the relationship between Bruno and Shmuel - what type of relationship is it?



Stimulus: Boy in the Striped Pyjamas



Question: Some relationships are impossible to have. Do you agree?

Are relationships always "healthy"?

What does "healthy" mean to you?

What does "impossible" mean? Can something just feel impossible?



Class discussion - TA supported

What do all of these families have in common?



Georgie and Aaron's dad adopted them when they were ready for children.



Isabella and Emilio live with their grandparents.

Class discussion

love
care
stability
security



Mr and Mrs Ali met at university and now have three children.



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.

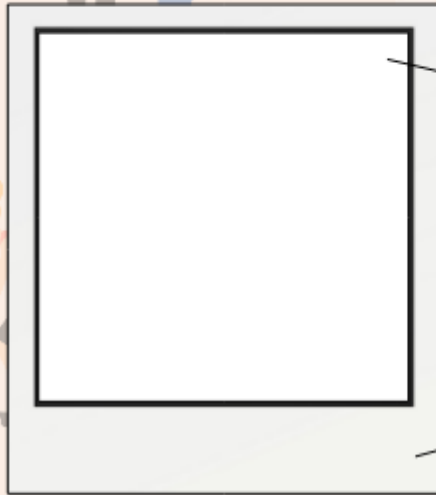


Mr Jones and Miss Singh live together and have two children. They are both blind.



Families look a certain way.

What is the role of each person in your family?
Fill in the family album portraits (you can take as many polaroids as you need) and write underneath who it is and what they do in your family.



This is my drawing of my...

Their role is to...



Did anyone include anything like this in their family album?

Language support



She looks after us, does the washing and cooks for us.

What do we mean by stereotypical gender roles ?

Are these a problem, in your opinion?

Does your family work this way or differently?



He goes to work and I see him in the evenings.



My parents think their job is to snoop. They look at my phone without even asking.

Someone wrote this on their parents' polaroid.

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

We are going to hold a class court.



Why do parents want to look at your devices?



What could they prevent from looking at your devices regularly?

What are the benefits of your parents keeping 'tabs' on your devices?

These are statements from children ages 11-13. Let's discuss them - do you feel the same or different? What would you like your parents to do?



"We want our parents/carers to help us feel empowered to manage our online world."

"Ask about what I am doing"

"By being interested and checking on me"

"Tell you how serious it is every now and again, remind me to tell people if anything happens"

"By being honest and open with me and talking regularly"

"By talking 2 me evry day & trusting me [sic]"

"Being open, so that I can talk openly"

"Being always ready to listen to my experiences and my feelings and discussing them with me"

"By trusting me to do the right thing by talking to them and being open"

"Tell me what not to do and how to avoid these situations"

"By talking with me about the dangers"

"By talking to me about how to protect myself from strangers online"

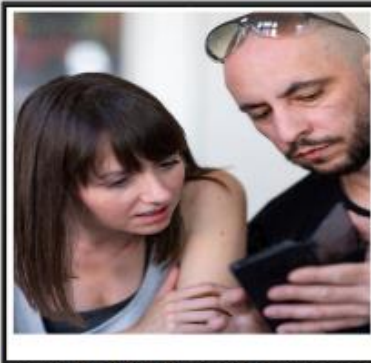
"Help me to know what's good and bad"

"Tell me what to be careful of"

"Tell me what is ok and what isn't so I know what to do"

"Let me know what I should do about it."

"Talk to me about things that could happen"



My parents think their job is to snoop. They look at my phone without even asking.

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



Blank lines for writing a response.



Tell me your conclusion.

How many things can we list in 1 minute to show how much our family does for us?



How can we show appreciation to the people in our family?

We are going to come up with attributes that we value in a friend. You have 2 minutes to do this alone.

CT support

Then, share them with your table. Recycle any duplicates.



Then, we will share them as a class. We will remove any duplicates again.

Now, let's order them on our friendship continuum from most to least important. We cannot have any at the same point. We have to rank them all!

Which words came up multiple times? Why do you think that is?

What is your responsibility in a friendship?

TA support

Think about the different qualities and attributes that you need to demonstrate.

Do you think that you manage to fulfil your responsibilities as a good friend all of the time?

★ I am good at...

★ I always...



I need to improve on...

Complete your 2 stars and a wish about your own friendship skills.

Does anyone want to share theirs? You do not have to.

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 hurdle.

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, jump over the hurdle!



What is the value in friendships? What do we all get out of them?

What other relationships do we have in our lives?

How are they different?

How are they the same?

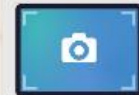
Does anyone have any relationships which have continued from a previous school?

If you are a military child, do you feel lucky to have formed these relationships or not? Why?



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

What social actions can we take - big or small?



Model examples



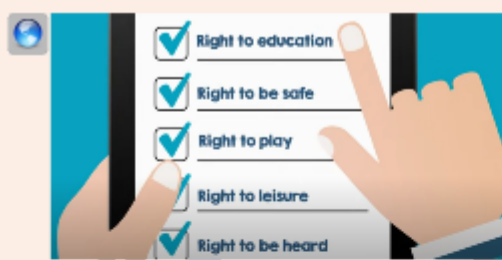


This is a photo of around 100 teachers (Mrs Harman-Box is in the photo somewhere!) who all decided to spend their summer holiday training teachers in other countries. Why did these teachers **pay** to spend their holiday working?

What is the value of voluntary service?



People in other countries always need our help.

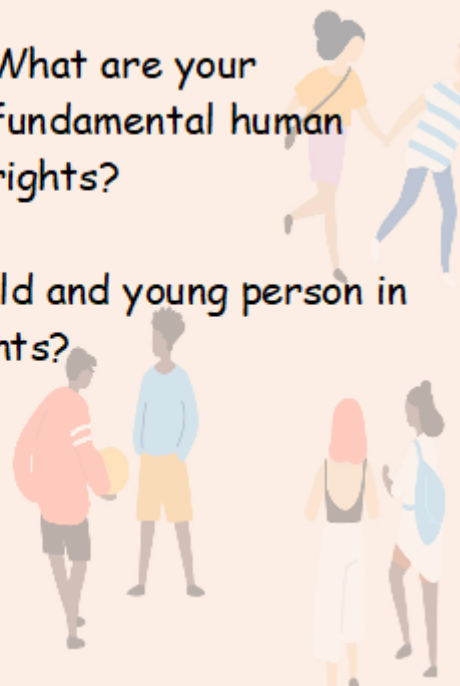


- Right to education
- Right to be safe
- Right to play
- Right to leisure
- Right to be heard

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?

Group work

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.



Which of the rights in the convention of the rights of the child do you think is most important?

Why?

What are the main conditions facing young people in your country that impact on this right? How do you think you can help?

How many strategies could you think of to improve this right?

What problems do you think can be solved? If so, how?

What will be the outcome if we manage to solve this problem?



Session 2

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

Class discussion

#RAISEAFLAG

MANIPULATIVE
JUDGED
GUILT
THREATS
FEAR
ISOLATION
PRESSURE
VIOLENCE

#RAISEAFLAG

TRUST
COMMUNICATION
RESPECT
SUPPORT
LOYAL
LOVE
SAFE
COMPROMISE
AFFECTION
HONESTY

If you need to raise a red flag visit... hampshire-pcc.gov.uk/flag

If you'd like more information on healthy relationships visit... hampshire-pcc.gov.uk/flag

Stay Safe



Stimulus: Hampshire police "Raise a Flag" scheme

Question: Can adults ask for help in relationships?



When we say "relationships", we're referring to anyone you have contact with. What do all of these relationships have in common?

When playing online, someone started talking to me using the chat function. They asked me my name and how old I was.

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 shelf in the shop. A man did it for me and told me that he always helped "pretty girls like me."

Can you help me sort these into safe and unsafe relationships? Why?



TA support during discussion - ensure clarity of understanding



It can be difficult to notice when our personal relationships are not healthy. Why?

Class discussion

Physical contact intended to cause harm

Cyberbullying

Over-messaging someone so they feel bombarded

Sharing inappropriate content

How should you respond if you do see or experience one of these?

Isolating someone by leaving them out

Physical contact to a private body area



Cyberbullying can take lots of forms. What can we **do** about it? What is **your responsibility** as a member of our community? CT sup

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



Safe



Whose responsibility is it to "stop" children?

What does "bingeing" mean?

How can social media both help and hinder our relationships?

What are the possible ramifications if children over-use social media?



CT sup

Stay Safe

We know that some images we see online are not true or don't reflect reality.



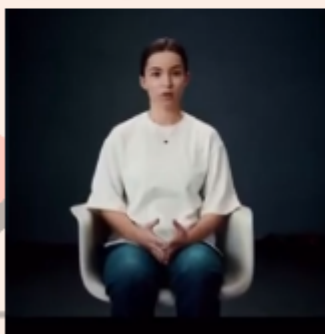
Class discussion

What about videos? Do they have to be real or reflections of reality?



This video was posted as a joke but what about videos which we believe represent the **way we should behave** or **how we are expected to respond** to certain situations?

Sometimes, like Simon Cowell singing, AI can be used for our entertainment and other positive impacts but it can also be a dangerous tool! It is really important you know how to protect your self and your identity from these dangers when online!



Let's watch the Ella campaign and discuss how we can prevent these scenarios from happening to us.



Do you think that adults are doing enough to protect young people online?

Are they doing too much?



Class discussion

Online, you may come across information, memes, videos or pictures that spread gender stereotypes and create a culture of hate towards women or men.



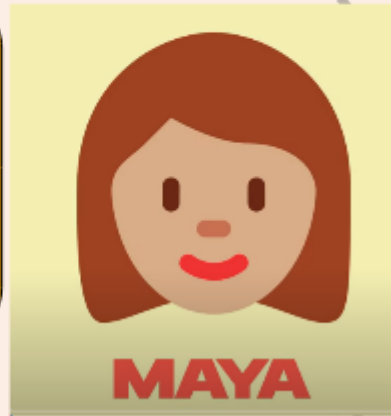
Misogyny is, in simple words, the hate against women and girls. It also includes prejudice and promotes harmful gender stereotypes. Online, it is found in different communities through social media, video games and other spaces.

Who has come across gender stereotype content online? Is it ever used to be respectful or cause harm or upset to others? Let's discuss.

WHEN
SOMEONE
YOU DON'T
KNOW

This is Maya's story but there are many stories just like hers from both boys and girls.

What did Liam do to trick Maya into sending inappropriate images of herself? What warning signs make us feel uncomfortable?



What is happening online that makes you feel unsafe?

We are going to create our own Online Safety Bill.
Let's start by mind-mapping some key ideas which are important to us.



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?



My parents think their job is to **inspect**. They look at my phone without even asking.

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 clarity of understanding

Sometimes, people try to gain power or control over you. What signs might you see that this is happening?

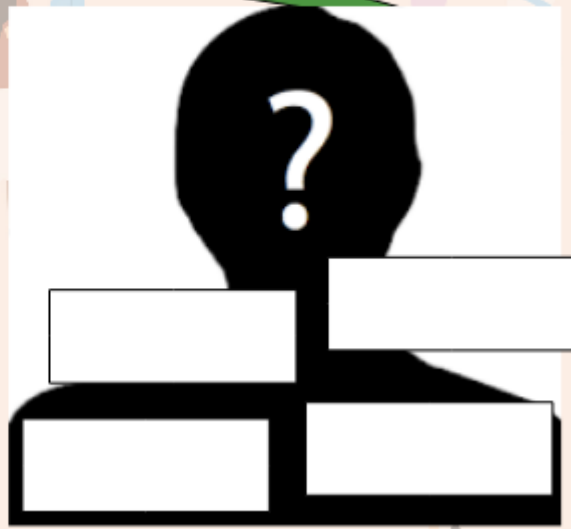


We are going to create our own puppet to show the signs we might see.

Ensure clarity of understanding

Who do you think is likely to use coercive control on someone?

Discuss in your groups and label the figure with as many possibilities you can think of.



Where do you think coercive control takes place?

WHERE?

Discuss in your groups and label as many possibilities you can think of.



COERCIVE CONTROL IS A CRIME



MY PARTNER TELLS ME I'M LYING ABOUT HOW I FEEL ABOUT MYSELF
MY PARTNER TELLS ME I'M LYING ABOUT HOW I FEEL ABOUT MYSELF
MY PARTNER TELLS ME I'M LYING ABOUT HOW I FEEL ABOUT MYSELF
MY PARTNER TELLS ME I'M LYING ABOUT HOW I FEEL ABOUT MYSELF

If you recognise any of these signs in your own or someone else's relationship call Gloucestershire Domestic Abuse Support Service 0845 602 9035. In an emergency call 999



Let's come up with some ideas together. What are the signs that someone is being controlled? What actions might you see? How might they behave?

Now, we are going to write the **impact** these actions have on us on the back.

Let's try these 2 together:

Being questioned constantly and told you are lying.

Being made to feel that everything is your fault

Being isolated from seeing family or friends

Being put down all of the time, publicly humiliated or disrespected.



Finally, we are going to cut each one off to represent our own strength.



Let's list the things we can do to get help and protect ourselves to help stop the 'puppet master' from controlling us.

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 work

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 are going to send you a video that they found online. They said it shows something really rude and they want you to see it too.
- Scenario 2: Your friends have fallen out and both of them want you to take their side.
- Scenario 3: Your friend says that they've been asked to keep hold of something valuable and then to drop it off in a specific place. They tell you that you should get involved too because the person who asked them to do it is giving them so many gifts.



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?

Class discussion

The most important thing to remember is that you can always ask for help. If you are nervous about telling a parent/ career or a teacher, who else could you talk

childline Call 0800 1111 11

ONLINE, ON THE PHONE, ANYTIME

Info and advice | Get support | Toolbox | Get involved

Place2Be Improving children's mental health

About us | Our centres | 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 05258 to get free, confidential support if you're struggling any time, day or night.

YOUNG MINDS

Let's go 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

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:

Diagnosis:

Medication options:

TA support



Session 3

Class discussion

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



Stimulus: Image

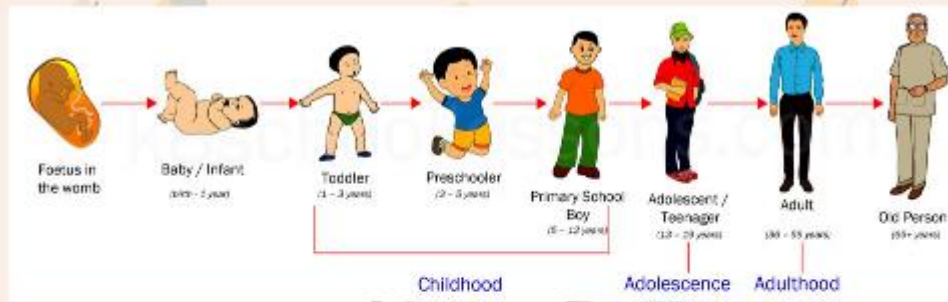
Question: Should we talk about our mental health?



Do you feel comfortable talking about your mental health?

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

Do you recognise any parts of the human life cycle?



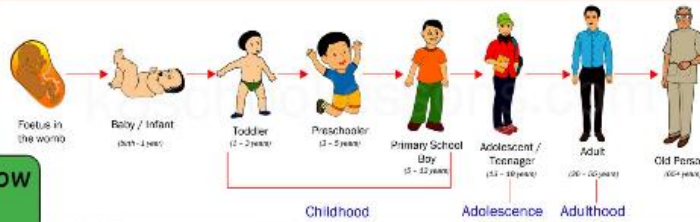
Which part of it are you in now?

Do you know anyone in any of the other sections?

Which do you think is the best part? Why?

Class discussion

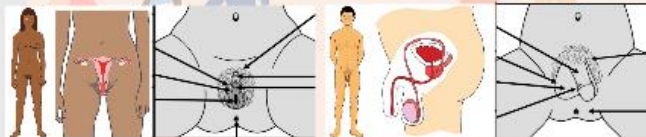
Where is puberty in this lifecycle?



What do you know about puberty?

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

- vagina
- womb
- uterus
- ovaries
- penis
- testicles
- scrotum
- vulva
- urethra
- anus



Ensure clarity of 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.

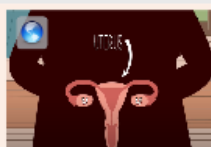
Support to identify and understand



Boys get angry and girls cry.

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

	♀ Female	♂ Male
Physical 		
Emotional 		



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.

Let's look at some products people can use for menstruation. How do they work?

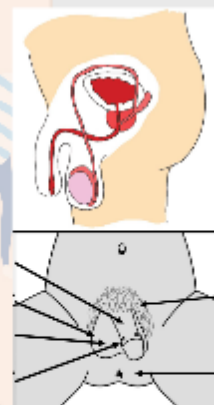


When girls are on their period, they're really emotional.

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.



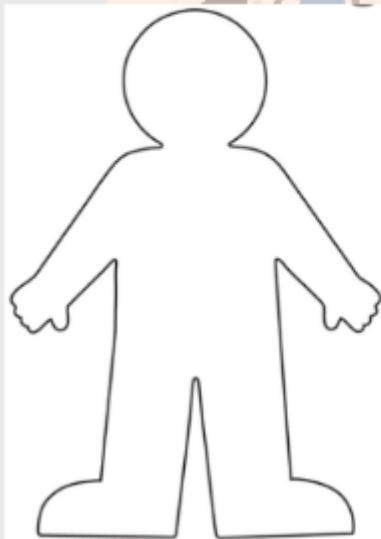
Erections happen across a huge range of ages but boys normally become more aware of it when they reach puberty. An erection is when the penis becomes 'stiff' as it is filled with blood. It is not a problem!

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!



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 wall of all of the different things that we can do.

scouting to and from school

joining in during PE

playing Tag with friends

playing out in the sun

Now, let's think about the **impact** that each one of these building blocks has on us.



For each brick, let's flap a benefit over the top.

lets out my anger

self-care

makes me feel stronger

self-regulation

scouting to and from school

joining in during PE

playing Tag with friends

playing out in the sun



Session 4

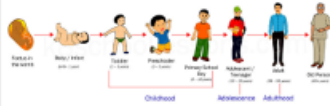
LO: To understand the facts of conception

Class discussion



Stimulus: Human lifecycle

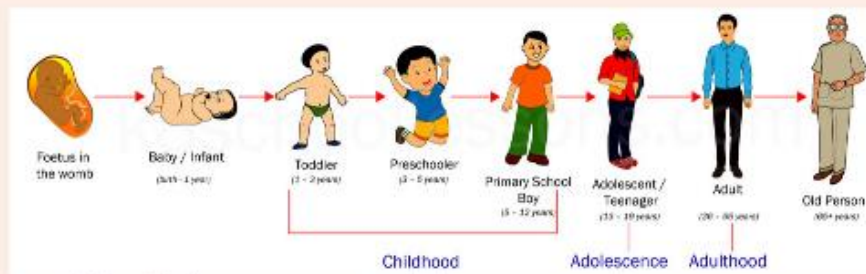
Question: When are you grown-up?



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?



Discuss with adult before sharing if needed

In your opinion, are there things that people should do first before having a baby?

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?



That video was about 'a cup of tea' which is a physical action. Just because something isn't a physical action, doesn't mean you do not need consent. You need consent to share images, taking pictures and information being shared.

When we talk about consent - can anyone under the age of 16 consent to anything sexual? This includes, touching, looking, pictures, videos.

If you say yes to start with, you can change your mind at any point and this must be respected.

No is not yes.
Drunk is not yes.
Not sure is not yes.
Silence is not yes.

Get consent. Ask First.



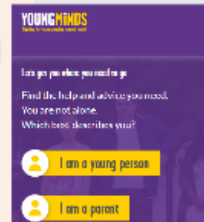
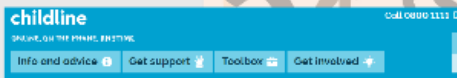
If we felt that someone was touching or speaking to us or someone else inappropriately, who can we turn to for help?

Class discussion

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.



Let's think right back to the beginning of our Healthy Relationships unit.



Georgie and Aaron's dad adopted them when they were ready for children.



Isabella and Emilio live with their grandparents.

Class discussion
Do families all get built in the same way?



Mr and Mrs Ali met at university and now have three children.



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.



Mr Jones and Miss Singh live together and have two children. They are both blind.

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?

Ens
unde



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 same interests as your friends?

Do friends encourage you to do the same things as them? Do they force you?

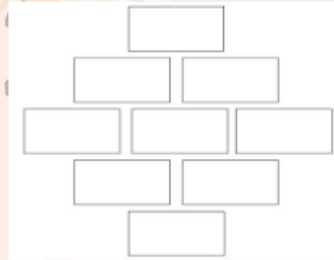
Friendship should be easy - right? So, what's the problem?

Class discussion



Based on everything we've explored, what do you think are the most important elements of a healthy relationship?

On word cards, write nine important things. Order them in a diamond 9. We'll discuss our different answers.



Why might we have different answers?

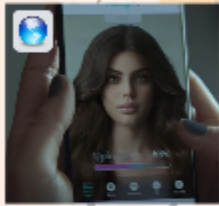
Now you've heard other peoples', would you like to change any of yours in purple pen?



In a healthy relationship, you're happy all of the time.

Gather ideas from peers and choose

What is peer pressure? How is this girl experiencing the effects of peer pressure? Have any of you felt this?



How might people treating children like they're older than they are cause problems?

Is the image that the girl posts **real**? Who has an instagram account? Do you think all of the images that you see on that are true?

What pressures do you feel to look or behave a certain way and where do they come from?



BOYS



GIRLS

I'm just posting a video that I took at a sleepover. Everyone there knew I'd been filming things all evening. Surely, that's not a problem?



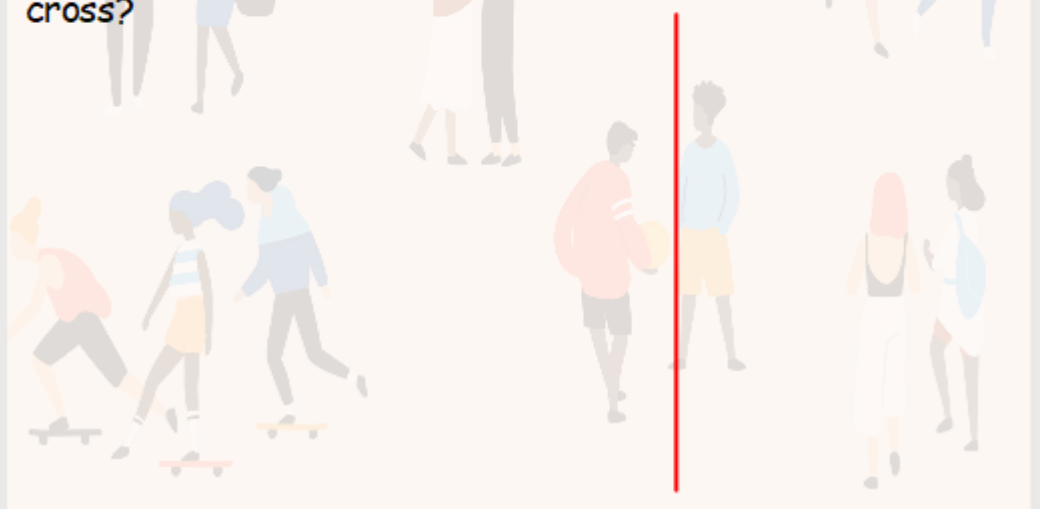
In actual fact, you can cause a lot of harm by posting a video taken or uploaded without someone's permission.



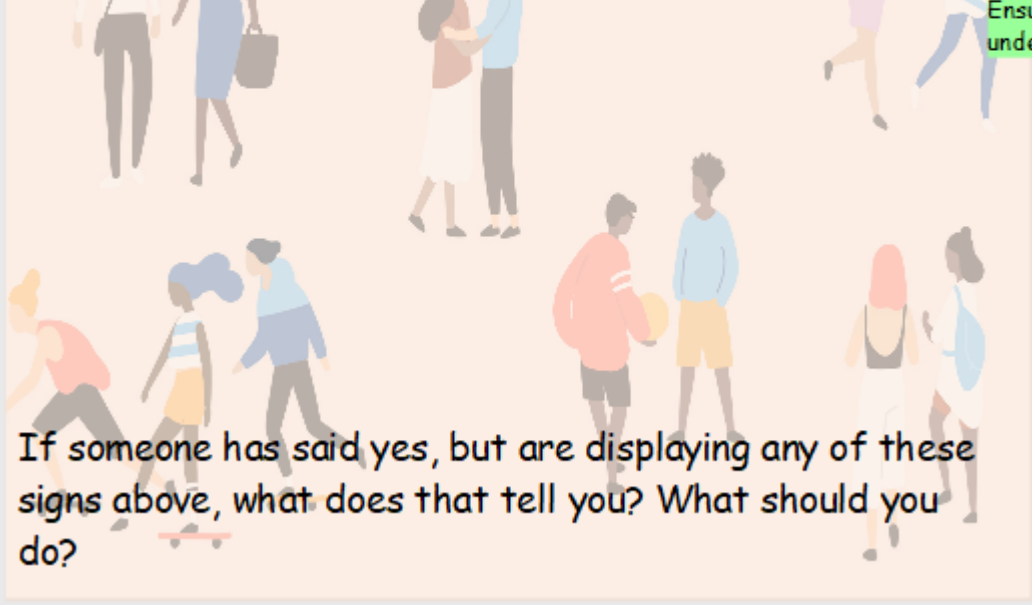
Fill in the police report to show the possible outcome if a video of someone at a sleepover is posted without permission.

Shared write to ensure key points included

As you move to secondary school, you will be creating new relationships. You will naturally want to test the boundaries of what you should and shouldn't do. Where is our **red line** - a line which we don't feel comfortable to cross?



Remind me of how many different ways can you think of that someone might say, 'No', possibly without using words?



If someone has said yes, but are displaying any of these signs above, what does that tell you? What should you do?