

Ground rules

Openness	Keep the conversation in the room	Non-judgmental approach
Right to pass	Make no assumptions	Listen to others
Use of language	Ask questions	Seeking help and advice

Questions are welcomed in the lesson, but if you have any questions they do not want to ask in front of the class or concerns about anything discussed in the lesson, you can put a question or a note to the teacher in the questions box.


Starter:

What is a drug?

Definition: A substance people take to change the way they feel, think or behave. Drugs affect (change) the brain or body in some way (some drugs relax the body, others make a person more awake or alert, some fight infection) but all drugs come with risk.

LO: To understand how drugs and alcohol affect our health.

Go through PP

 drugs-and-substance-misuse-powerpoint.ppt

What to do if you feel pressured to take drugs or are worried about someone?

- Be aware of the risks that comes with drugs
- Worried about yourself or your friends being pressured into taking them? Don't keep it to yourself, talk to them and a trusted adult.
- www.childline.co.uk - 0800 1111
- Or if you need urgent help if someone is seriously ill, scared or unsafe always call 999

Call 0300 123 6600
Call FRANK 24 hours a day, 7 days a week.
+ Call service details

Text 82111
Text a question and FRANK will text you back.
+ Text service details

Send an email
Send an email and FRANK will message you back.
+ Email service details

LO: To understand how drugs and alcohol affect our health.

Task: In your reflection book, create a poster that informs a young person about the three drugs we have learnt about, the risks associated with them, and how a person can get advice, help and support.

LO: To understand how drugs and alcohol affect our social life

What different things might influence someone to use a drug?

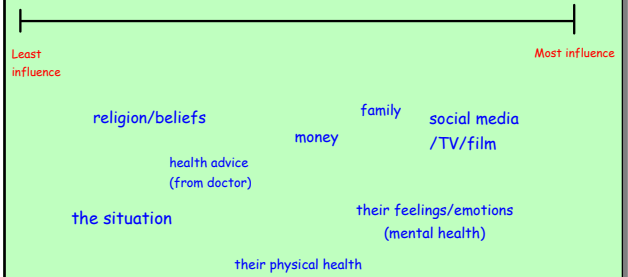
who they are, who they are with, what they have seen/hear about the drug, their health, how they get the drug

Activity 1:

Pick a drug (one of the ones we discussed last week).
Consider what might influence someone to take that drug?

The diamond 9

Use diamond resource. The card at the top of the diamond should represent what you think is the greatest influence and the card at the bottom of the diamond should represent what you think is the least influence. The cards in the middle section are placed in rows that they think are 'equally important'



Activity 2:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-a-brothers-involvement-with-drugs/z6srqp3>

What might happen to Joe's brother if he continues to sell/use drugs?

criminal record, prison, putting himself in an unsafe position, hanging around with the wrong people, etc.

No-one should feel pressured into doing something that they don't feel comfortable or is unsafe, especially a young person. If you have any worries then remember the below:

- Talk to a trusted adult at home or school
- Contact a children's advice line such as ChildLine 0800 1111
- Contact the police 101 or emergency services if someone is in immediate danger 999


In your reflection books:

Write down three things you have learnt this lesson

Starter:

Teacher throws the ball to someone. If you catch the ball, call out an adjective to describe a good:

- friend
- parent
- teacher



What is a safe relationship?
What is an unsafe relationship?


Sometimes, things might happen, or people might behave in a certain way, which means a relationship might be considered to become an unhappy or an unsafe one.

With your partner, mind map:
1. what healthy relationships look like
2. signs which might show that a relationship has become unhappy or unsafe.


Collect/discuss ideas as a class.

Class discussion: how could/should we deal with these specific issues

Everyone has the right to feel safe at all times and others have a responsibility to make sure you feel safe. Someone may experience different feelings when they are safe. They may experience feelings about themselves or other people.

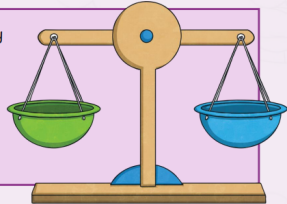


Healthy Relationships




Healthy relationships are not always happy relationships. It is totally normal for healthy relationships to have disagreements as well as happiness and fun times. A healthy relationship will always make you feel confident about the person you are and will enable you to make your own choices.

So long as a relationship is healthy and balanced, any argument or disagreement can be resolved and worked through, because in a healthy relationship, the two people respect each other and therefore can work through difficult times.




Risky Relationships




The following are signs of being in an unhealthy or risky relationship:


If they expect too much from us. If one of the friends expects their friend to be there with them through everything they go through in life it can prevent them living their own separate life. This is a sign of an unhealthy relationship.




If the relationship is unbalanced. This means one of the people in the friendship does a lot more work and puts in more effort to maintain the relationship, while the other person does very little. This can be a sign of the relationship being unhealthy.




Risky Relationships




If you are made to feel guilty. Within a healthy relationship, the friends would support and help each other without deliberately trying to make them feel bad. A sign of an unhealthy relationship is when one of the friends deliberately tries to make the other person feel bad.




If the relationship doesn't allow change. Healthy friendships enable each of the people to progress and change through life. If one of the friends cannot accept that a person has changed or that their life has changed then the relationship can be unhealthy.




Risky Relationships



If you always accept the blame. Within a healthy relationship both people would accept blame if they have done something wrong. Signs of an unhealthy relationship can include taking the blame for someone else purely to try and maintain the relationship. This is not healthy for the relationship.



If you feel bad about yourself. A healthy relationship would make you feel good about yourself, so if your friendship makes you feel negatively about yourself then this is a sign of it being unhealthy.



If there is jealousy in the relationship. Within a healthy relationship, the friends would feel happy if life is going well for the other person. If the friend cannot feel happy for their friend and feels jealous then that is a sign that the relationship is unhealthy.

I got full marks in my maths test this week! I can't believe it, I have never ever got full marks!

I am so proud of you, that is brilliant. You deserve it too, you have worked so hard on your maths.

Is this relationship showing signs of being healthy or unhealthy?: _____

Do you like my new tap shoes? I've saved up for ages for them.

They are horrible. You look really silly in them.

Is this relationship showing signs of being healthy or unhealthy?: _____


I am going to rugby on Monday. I am so excited, I love rugby.

But we don't like sports. We have always said we don't like exercise. I can't believe you have changed.

Is this relationship showing signs of being healthy or unhealthy?: _____


Ending unhealthy relationships

If we regularly reflect on our own relationships we will quickly spot if there is a part of the relationship that is unhealthy. Often, through honest conversations and a commitment to the relationship, we can work through the unhealthy aspects and things can change and improve. If, however, things do not improve or if one of the people in the friendship does not want to change how they are behaving, then ending the relationship may be the best way forward in order for both people to have a healthy and happy life.



1 Have a separation time. This can be the start to ending a relationship. It enables both friends to think carefully about their behaviour and have an opportunity to make amends and alter their behaviour if necessary.

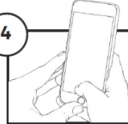
2 Be prepared. Make sure you have thought through what you are going to say and make sure you have thought carefully about what the friend might say to you and how they might react.



Even though it says friend, this can apply to a family member, lover or partner.

3 Be honest. Tell your friend the true reasons you are needing to end the relationship so that there is no confusion over what you want and need. This does not mean you need to speak hurtfully, but you can be honest by reflecting on how the relationship has impacted you and your life.

4 Speak to the friend over the phone. If you are ending the friendship this way, make sure you pick a good time to ensure your friend has time to speak properly to you.



5 Speak to the friend in person. Explain clearly what you want to happen without being hurtful to the other person.

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5 **Speak to the friend in person.** Explain clearly what you want to happen without being hurtful to the other person.

How can you seek help from an unhealthy relationship?

LO: to recognise unsafe relationships and how to seek advice or help

Task:

1) Consider each of these statements in partners. Consider how they might be both healthy or unhealthy in a relationship.

1. Spending time together
2. Knowing each other's family and friends
3. Never telling each other's secrets
4. Being open and honest
5. Giving gifts
6. Never having an argument

2) In your reflection books reflect on what you have learnt today. Discuss what an unsafe relationship is and how to seek advice.

Plenary:


Unhealthy Relationships

Do you now feel confident identifying an unhealthy relationship?

How would you ensure your relationship is healthy?

What would you look out for?

How would you end an unhealthy relationship?



Starter:

What is an unhealthy relationship?

LO: to understand what sexual harrassment is and why it is always unacceptable

What does harassment mean?

torment, pester, irritate, persecute, bother, annoy

Harassment and bullying are abusive ways of treating others. People who harass or bully use cruel comments, gestures, threats, or actions. They try to insult, demean, exclude, shame, or hurt others. Sometimes, people who harass and bully do it with sexual comments or actions. This is called sexual harassment or sexual bullying.

Sexual harassment and bullying include things like these:

- making sexual jokes, comments, or gestures
- spreading sexual rumors (in person, by text, or social media)
- posting sexual comments, pictures, or videos
- taking or sending sexual pictures or videos
- asking someone for naked pictures of themselves ("nudes")
- asking for sex or offering to have sex
- touching or grabbing someone in a sexual way
- upskirting

<https://www.youtube.com/watch?v=HKk-pbeW3ic>

Sexual harassment and bullying can happen in person or online. But no matter where they happen, sexual harassment and bullying are not OK. There is no excuse for behaviors like these. And they are not the fault of the person who is being harassed or bullied.

What might you see happen in school that could be considered sexual harassment?

How Does Sexual Harassment Affect People?

Being the target of these behaviors is hurtful. How much they affect a person can depend. Most people can cope with a one-time rude comment. That doesn't mean it's OK. It just means it may cause less stress. But these behaviors can be harder to cope with if the person being bullied or harassed has other stress in their lives.

If this is the case, a person being harassed may feel unsafe or attacked. They may avoid going to places where it happens, such as school or their job. They may feel sad, scared, or angry — or all of these. The stress of being harassed can lead to poor sleep, worry, depression, or lower grades.

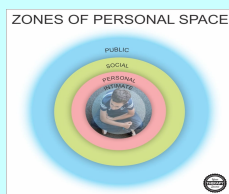
Sexual harassment and sexual bullying can cause problems for the bully too. Some of these behaviors are against the law. A sexual bully may not realise how these behaviors could affect their lives.

What should you do if you see it happen?

If you or someone you know is going through this, tell a trusted adult. When you speak up — and get the right adults involved — it can help stop harassment and bullying. If the first adult you tell does not stop the harassment and bullying, keep telling other adults until it does stop.

Its all about respecting someone's personal space....

- You have the right to tell people when they do something you don't like.**
- You can say "I don't like it when you touch me like that" or "I don't like you standing so close."**
- Every student should respect people's rights to their own space and that not respecting people's space is a form of harassment.**



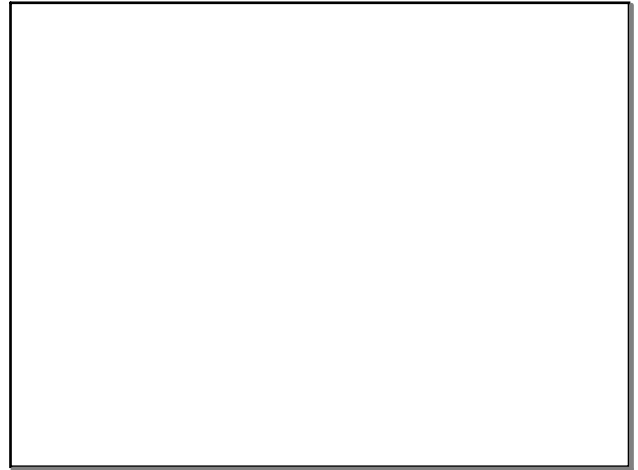
How can we respect people's personal space?

LO: to understand what sexual harassment is and why it is always unacceptable

Task: In your reflection books explain what sexual harassment is and why it always unacceptable.

2) write a paragraph about what is meant by personal space and provide an example if (1) when someone's personal space is respected to, and (2) when it is not respected

Plenary:



Attachments

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