



Relationships Education

Year 6 2023

Welcome

Topics covered in PSHE during Summer 2

- To be aware of my own self-image and how my body image fits into that.
- Boyfriends and Girlfriends – resisting pressure.
- What am I looking forward to in the next school year?



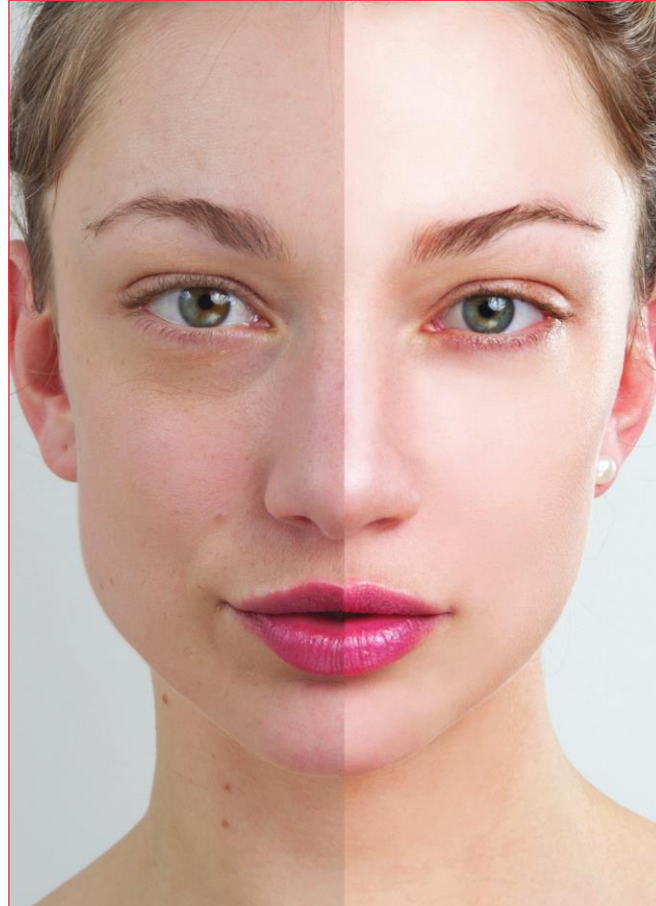
To be aware of my own self-image and how my body image fits into that

- Understand that everyone is unique and special.
- How do I develop my own self-esteem?





Using before/after photographs of well-known people in order to illustrate how we create unrealistic expectations.



How can a negative self-image impact on someone's life?

Who can be affected by a negative self-image? (It's not just girls, and it's not always the people you might expect.)



“What contributes to my self-image?”

**How I feel about
my appearance**

**How I feel about
my personality**

**How I get on
with others**

**The things I can't
do or struggle with**

**The talents or
skills I have**

**How I think
others see me**

**What I like
about myself**

**What I dislike
about myself**

All of us have a picture inside us of how we see ourselves. This is called 'our self-image' and only we know about it. Our friends may see some of this but we may keep some of it hidden.



Turning negatives into positives – partner work and class discussion.

Generating our own positive affirmations



I believe in myself.

I love to learn new things.

I am healthy and happy.

I love making new friends.

I have the confidence to be myself.

I can do anything I set my mind to.

I am smart and make good choices.

I deserve good things to happen in my life.

I am grateful for my friends and family.

My life is fun and filled with joy.



Boyfriends and Girlfriends

I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend

I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to

Discussion: What is the difference between a friend who is a boy/girl, and a boyfriend or girlfriend?



Diamond Nine:

Which of these do you think are the best and most important reasons for wanting to have a boyfriend or girlfriend?

Which do you think are the worst, and least important reasons?

You are physically attracted to them

You are the only one in your group without one

You want to be treated like a grown-up

You like the attention they give you

You enjoy their company

You can have a laugh together

You don't want to look like a loser

You like doing things together

You want to make your friends envious



Draw out that the negative reasons on the cards come from a 'pressure' to be in a romantic relationship.

Where do they think this pressure comes from? e.g. media, peers, social standing, popularity, etc.

Is it the right thing to 'give in' to the pressure?

How do we stand up for ourselves (be assertive)? People should decide to enter into a relationship when they feel ready to and understand that it is a personal choice.

There is no expectation for everyone to be dating and just because others are, it doesn't mean that we have to.

Class discussion of a given scenario: What should this person do if.....

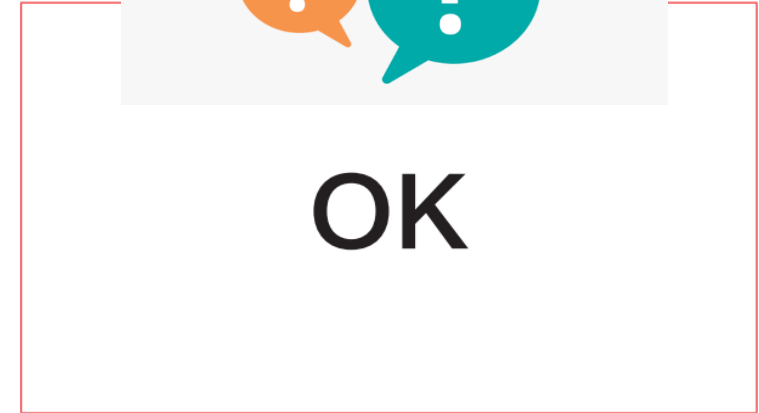


The girls will hear a story about someone who finds themselves in a difficult situation and under peer pressure to take part in activities they feel are inappropriate.

This echoes our ongoing work around **online safety** as well as peer relationships.



OK



Not OK



Have a boyfriend/girlfriend at the age of 10

Text 'I love you' to your boyfriend/girlfriend

Sulk until you get what you want from your boyfriend/girlfriend

Make fun of somebody's looks and say they'll never get a boyfriend/girlfriend

Chat to your parents about a boyfriend/girlfriend worry

Criticise yourself for not having a boyfriend/girlfriend

Send a 'sexy' photo or text to prove you love somebody

Have a boyfriend/girlfriend at the age of 15

Tell someone that you'll only go out with them if they do something you want

Chat to a friend about a boyfriend/girlfriend worry

Accept other people's compliments about you

Look online for advice about boyfriend/girlfriend problems

Send a horrible message back if your girlfriend/boyfriend sends you a horrible message

Be assertive if you don't want to do something that could hurt you or someone else

Try to be a grown up before you are ready

Not wanting to have a boyfriend/girlfriend

What am I looking forward to in the next school year?

- Identify what I am looking forward to when I move to my next class
- Think about changes I will make next year and know how to go about this





Group work:

Choose several changes you are looking forward to but which are a little scary. Write them on a spinner and spin!

Discuss different strategies for managing these changes.

Share ideas with the class.





We could swap our spinner for one from another group!

All of this learning will overlap with our current Transition provision, including in-class and workshop learning.



Any questions?

