



PSHE Takeaway Pack

FRIENDSHIPS, RELATIONSHIPS
AND THE IMPORTANCE OF KINDNESS

Friendships

Activity: Begin this learning by reflecting on what your definition of a 'friend' is and make some notes.

Friends are important in our lives, to help us maintain social contact with those around us and also for emotional support and well-being. However, there is no particular way that a friendship should 'look', as we are all different.

Activity: which of these statements do you think are true or false?

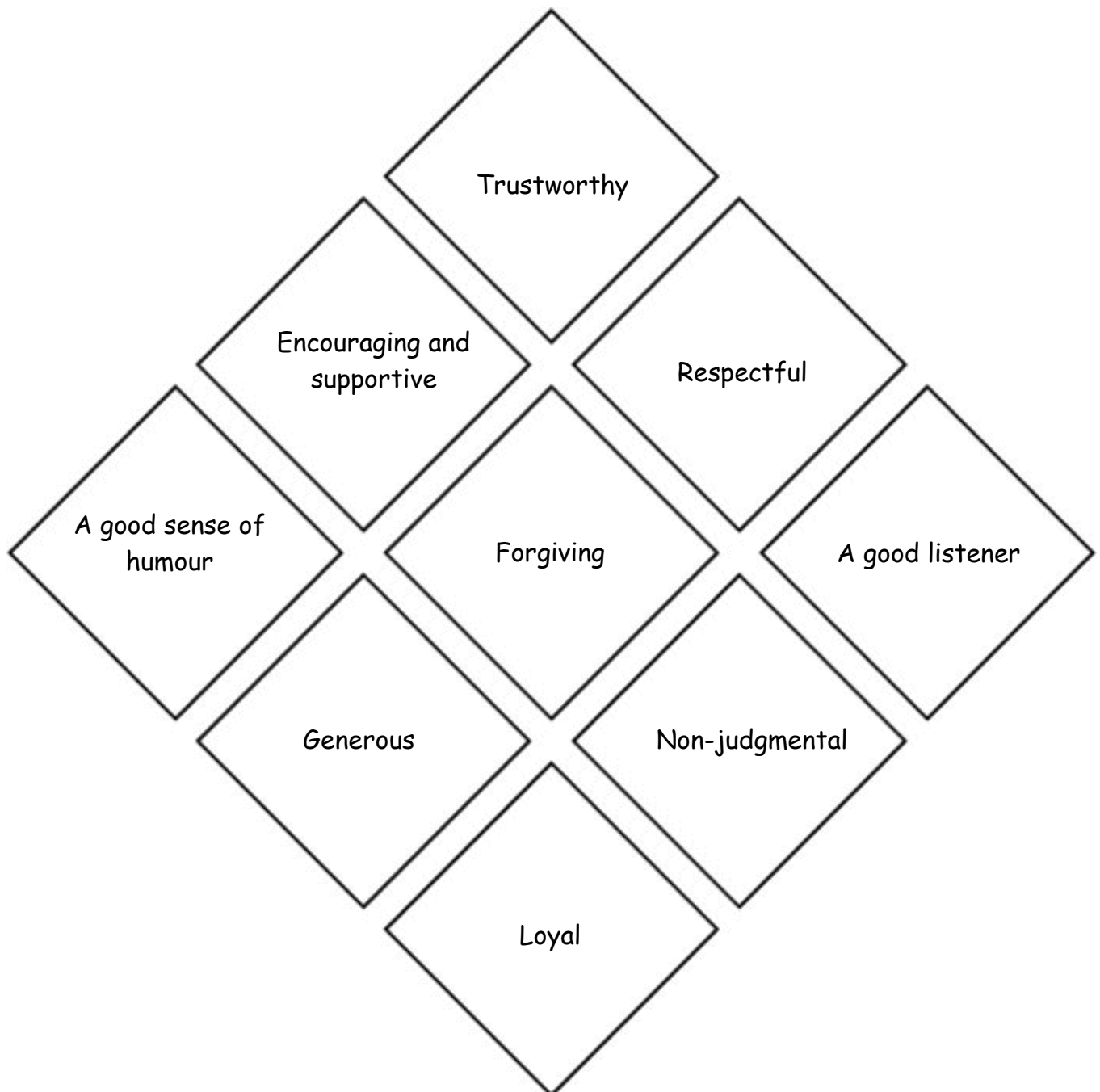
Descriptor	True	False	Partly True
My friends went to the same primary school as me			
My friends all identify as the same gender as me			
I met my friends in different places			
My friends and I have all the same things in common			
I never fall out with my friends			
I will have the same friends for my whole life			
I have a small but close group of friends			
I have a huge circle of friends			
Some friends I am closer to than others			
I see or talk to my friends every single day			
My friends change as my life changes			
I find it easy to make friends			
It takes me a while to feel comfortable getting to know new friends			

Consider: If you were to compare your response with others in your year group, would everybody have the same answers?

Every person and every friendship is different. However, there are some general qualities essential in good friends, which most people agree on.

Activity: Read the 'diamond 9' cards below. Which three of these do you consider to be the **most important** qualities? If you wish, you can cut out the smaller diamonds and re-arrange them into the big diamond shape, with your first choices at the top, working down towards the least important at the bottom.

Next, use the cards to write a short paragraph on why it is important for us to have friends.



Peer Pressure

Your peers are those around you who are a similar age. At times you may find yourself in a situation where you are being persuaded to do something you do not want to do. You may feel pressured by others. This is known as **peer pressure**.

At times, peer pressure can have some similarities with **bullying**, where others use force or threat, to abuse, dominate or intimidate you.

Why do some people do things they should not do?



Did you know that one of a sheep's key characteristics in nature is to follow the sheep in front? It's a strong natural instinct of theirs, even when danger lies ahead. But you should not just follow the crowd! Don't 'be a sheep'!

You may find that it can be hard to resist pressure, especially from somebody who is older or is considered a friend. You may be tempted to say 'yes', as it seems like the easiest option. You may also feel that what you are being asked to do is harmless, even though you personally feel uncomfortable with it.

We want you to have the knowledge and confidence to make your own decisions, without giving in to peer pressure. At times this will require strength of mind and persistence, but these are actually excellent qualities for you to be able to demonstrate.

Activity: write or sketch a scenario or storyboard in which somebody is being peer pressured. What should the person do and say to resist peer pressure and make the best decision?

Relationships

A **relationship** describes a bond or connection we have with somebody. We have a relationship with our families and also in the friendships described above. However, the term 'relationship' is often used to describe a romantic relationship you may have with another person. Wanting something more romantic with somebody is different to wanting to be their friend, but there are lots of things that friendships and romantic relationships have in common. For example, in friendships as well as romantic relationships, you may want to spend a lot of time with the person and like them very much. You may want to talk to them about lots of different things, including your opinions, feelings and perhaps even secrets. However, romantic feelings towards a person might be based on a physical or sexual *attraction* – in other words, you like the way they look and you find yourself attracted to them physically. It isn't just about looks, though – for lots of people, it's the personality which makes them attracted to somebody. Although 'romantic' is a good descriptive word to use here, it is important to note that not everybody is typically 'romantic' in the ways you might see in a film: it's not all about bunches of roses and chocolates!!



Activity: Watch the video clip and then answer the questions:

<http://kidshealth.org/en/teens/love.html>

1. One of the young people mentions *"amazing qualities that you would look for in a person"*. List three qualities that you think are amazing in a person and say why.
2. *"Love is when someone sees your flaws and is willing to work around them"*. List five flaws that somebody might have and rank them in order from least serious to most serious. Is there ever a flaw that is so bad that nobody could work around it? Explain your answer.

Ensuring that your Relationships are Happy and Healthy

A word about Relationship Abuse

A healthy relationship is one which is equal. Partners are kind and supportive towards each other, both physically and emotionally. They care for each other's well-being.

An unhealthy relationship may involve one partner trying to gain power over the other, for example through behaviours which frighten, intimidate, hurt, humiliate, blame, or injure the other.

Sometimes relationships break down and partners become upset and feel anger towards each other. They may argue and raise their voices. Even where the couple is happy and not breaking up, it can be perfectly normal to have a disagreement. However, it is never ok for the relationship to become unhealthy in the ways described above.

Activity: Read the statements below and see if you can identify which behaviours are healthy or unhealthy. If you are unsure of any of these, talk it through with a teacher or trusted adult at home:

Your partner.....	Healthy relationship?	Unhealthy relationship?
Calls you names		
Tries to cut you off from family or friends		
Helps you get medical treatment if you are unwell		
Controls your money		
Gives you a hug when you are worried or upset		
Forces you to dress in a way you are not comfortable with		
Encourages your ambitions and supports you in your work or education goals		
Forces you to marry when you do not want to		

A word about 'Sexting'

Sometimes, a partner (or other person) may ask you to send them pictures of yourself without clothes on, or posed in a way you do not feel comfortable. This is sometimes known as **'sexting'** and it is not right that you are asked to do this. **It is illegal to send a nude image of any kind under the age of 18.** Images can be copied and used again later even if you are 18 and, or after you have deleted it from your device. It is very important that you protect yourself by developing healthy Esafety habits and an awareness of the risks posed by technology.

A word about Consent

One way to show a person that you care about them is to be affectionate towards them, for example holding their hand or kissing them. You need to be sure that the person you care for is comfortable with this, otherwise this is unwanted contact. Continued unwanted contact is harassment and if it is unwanted *sexual* contact then it is considered sexual assault. Not only can this get you in trouble with the law, but it is not right or kind to act against somebody else's will. **This is why you need to be 100% sure that you have the other person's clear consent (agreement) before you touch them.** Sometimes in the news you may have heard that people gave their consent only after they had drunk too much alcohol. Being under the influence of something like alcohol means that the person does not have the ability to make such an important choice, so their consent cannot count in this situation.

A word about Contraception

You may not be ready for a sexual relationship for many years, but it is important for you to be aware of the contraceptive options available to you and your partner. When used correctly, many methods are over 99% effective at allowing you to prevent pregnancy and control the size and timing of your family. Some methods (for example, condoms) are also effective at preventing sexually transmitted diseases which is very important for your health and well-being.

Contraception is available free from the NHS or a Family Planning Clinic, along with confidential advice and guidance.

If you have any questions or concerns about the content covered in the Relationships section of this PSHE booklet, please do talk to a trusted adult or teacher, or use some of the web links provided at the end of this takeaway pack. We are here to support you.

LGBTQ Awareness

As individual people, we all have our own identity, which includes our gender (male or female, for example) and our sexual orientation (the gender that someone feels attracted to).

There are many different ways in which a person may choose to describe their gender and sexual orientation, including 'Lesbian', 'Gay', 'Bisexual', 'Transgender' or 'Questioning' (these are abbreviated to LGBTQ).



Some of the other words are described below:

<u>Key Term</u>	<u>Definition</u>
Agender	Having no gender
Gender expression	How you express your gender e.g. dress, behaviour.
Gender identity	Your own perception of your gender and how you label it.
Genderfluid	Moves between genders/fluctuating gender.
Pansexual	Attraction to all genders.

Activity: Reflect on what you already know about LGBTQ and make a spider diagram of your ideas.

Watch this video from The Ellen Show. Ellen DeGeneres is an American comedian, television host, actress, writer, and producer. She came out as gay in 1997 and has become a well-respected advocate of gay rights:

<https://www.youtube.com/watch?v=wkzwDOCEDCo>

*A quick note: this video clip mentions AIDS. This is a virus which spread quickly during the 1980s, especially among the male gay community. However, **anybody** can catch this through contact with the body fluid of an infected person, for example through unprotected sexual contact or sharing unsterilized medical equipment. AIDS is still around and we need to be vigilant, but it can be much better treated in 2020 than in the past. We also understand the virus better now, so can protect ourselves through using certain types of contraception and making sure that we use clean medical equipment.*

Now watch Mike's story, from the Barnardo's website: <https://www.barnardos.org.uk/what-wedo/supporting-young-people/LGBTQ>

Activity: Think about what you have seen and learnt from the video clips, then answer these questions:

1. Although our community is now accepting of LGBTQ rights, people who are LGBTQ may still face fears and challenges. List some of those described in the videos.
2. Can you think of any other fears or challenges not mentioned?
3. One video mentions 'allies'. These are people or groups who support the rights of LGBTQ people. Why are allies so important? Why do you think that celebrity allies like Ellen DeGeneres are helpful?

Reflection: You have learned in this section a little about what it means to be LGBTQ. You have found out about how LGBTQ rights have changed but also about the problems still faced. Although we have taken great steps in recent years (for example, legalising gay marriage), not all countries and communities demonstrate the same levels of acceptance. **What can you do to be an ally for LGBTQ people and support ongoing positive changes in your local community?**

The Importance of Kindness

Throughout this takeaway pack, you will have developed a sense of why kindness is so important in friendships and relationships:

- We must be kind to our friends and not pressure or bully them;
- We should be kind to our partner in a romantic relationship and behave appropriately towards them;
- We should be kind to others, regardless of their gender or sexual orientation;
- You will also have noticed the importance of being kind to *yourself*, in terms of being able to maintain healthy and happy relationships, and protecting yourself from physical and emotional harm.

Sometimes, in our busy lives, we need to remind ourselves to slow down and actively show our caring side. It is also important to be kind to the environment around us, as this plays a big part in our well-being and health.

Remember that everybody has likes and dislikes.....

.....strengths and weaknesses....

.....hopes and fears....

....***their own individual story.***

Now that you have reached the end of this takeaway pack, take time to reflect on the following questions:

What do you value most about the people around you? Why do you care for them?

What about people you don't know or have never met? Could you feel compassion and care for them as well?

What actions have you taken this year? This month? This week?

How can you show demonstrate kindness *even more*?



All images from <https://pixabay.com/>

Useful Links

<https://www.childline.org.uk/>

<https://youngminds.org.uk/>

<https://www.brook.org.uk/>

<https://www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ>

<https://www.randomactsofkindness.org/>

<https://www.kooth.com/>

www.relate.org.uk