

Healthy Relationships/Transition Year 6

Lesson ideas and suggestions

These ideas and activities should form part of the school's PSHE (Personal, Social, Health and Economic Education) Programme and should be delivered, where possible, using the PSHE Association's [best practise guidance](#)

The video clip can be shown at any time during the session depending on the activities you have chosen to deliver.

Healthy Relationships and transition to secondary school

Learning objectives:

To learn:

- to recognise that relationships may change during the transition to secondary school
- to recognise when a relationship is healthy/unhealthy

Learning outcomes:

The learner will be able to:

- recap what makes a healthy relationship
- explain that everyone has the right to feel safe and happy within a relationship
- suggest some signs that a relationship is not healthy
- explain that unhealthy relationships can happen anywhere: in school, at work, at home, amongst family members and friends
- give examples of where they can access help/support if they are worried or concerned about a relationship of their own or someone else

Introduction:

Show the below Video clip – This Clip:

- Introduces the Essex Child and Family Wellbeing Service
- Introduces the role of the school nurse
- Suggests how young people and their families may access the school nurse
- Highlights the importance of safe and healthy relationships

<https://www.youtube.com/watch?v=upE2YU0fRO8&feature=youtu.be>

Activity Example 1

Resources: Large piece of paper, photograph/relationship cards showing different type of relationship on it

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eg child/parent, pupil/teacher, friendship, siblings, intimate relationship (boyfriend/girlfriend or same sex couple).

Give each group a different photograph/ relationship card stuck in the middle of some paper (to allow pupils to annotate).

Think about how they would communicate/speak to each other? What type of things would they do together? What type of rules would they have? How should the people behave to keep the relationship positive and healthy?

Activity Example 2

Resources: Relationship statement cards such as:

- Spending time together
- Having lots in common
- Common interests can be what initially creates a connection with someone and
- Being open and honest
- Humour
- Never having an argument

Give each group a set of relationship statement cards and ask them to discuss if they are healthy or unhealthy behaviours. Ask the groups to feedback to the class.

Activity Example 3

Write top tips for a healthy relationship. You could encourage the class to do this in creative ways such as writing a magazine column or writing a song about healthy relationships.

Supporting Links/ Resources:

BBC Bitesize – Healthy versus unhealthy relationships

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-healthy-vs-unhealthy-relationships/z6s7rj6>

Making Sense of Relationships - NSPCC

https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships?qclid=EAlalQobChMIxenn2fC_6QIVyYQBh12jqGeEAAYASAAEgIPXfD_BwE&qclsrc=aw.ds

Rise Above Resources – Transition to Secondary School

<https://campaignresources.phe.gov.uk/schools/resources/transition-to-secondary-school-lesson-plan-pack>

Risk Avert

<https://www.risk-avert.org/programme/>

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Young Minds – Activities to support feelings around change and resilience in transition

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-6-pupils/>

Tips for families supporting the transition from primary to secondary school

One of the most valuable things a family can do to support a young person within their home transitioning from primary to secondary school is to talk to them about how they are feeling and to really listen whenever; however, they express how they are feeling. For example:

Take the time to acknowledge that the upcoming change will inevitably trigger lots of different emotions (worries, excitement, fear, loss) and that these can be expressed in many different ways. Identify opportunities to 'check in' with your child about how they are feeling, and help them to name and understand that feeling so they can feel connected, safe and validated at a time of potential anxiety.

Take time as a family to talk about the things you are all looking forward to as part of this upcoming adventure. It may highlight positive aspects for everyone that hadn't yet been considered. But also, talk together about your worries. Knowing that they are not alone in any concerns they have, or indeed working together to build some support structure around their fears will build resilience to change.

Finally, where possible and safe to do so, find an opportunity to connect with another young person or family that are going through the same as you. It will help the first day at their new school feel less daunting!

If you need any support regarding a young person who is worried or anxious about their transition from primary to secondary school, please [contact us](#).

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