



Lesson plan for relationships and sex education

Vocabulary used and taught in this lesson

Building self –esteem, Caring, Community, Emotional needs, Friendship, Support networks, Trust, Family

Introduction

We have lots of different types of relationships.

In pairs, tell each other who you have a relationship with.

The class can say them aloud so they can be written on a whiteboard. See how many different types of relationships the class have. [e.g. pets, parents/carers, siblings, aunts, friends, leaders of groups outside school such as gym coach etc.]

Think about how we greet (say hello to) the people we have a relationship with. Do we treat them all in the same way?

How do we greet our parents/carers? Friends? Brothers/sisters? Grandma? Shopkeeper? Pet? Football coach? Teacher?

We have different relationships with different groups of people.

Activity

Activity - Relationship tree

Have prepared and cut out sets of: 5 green leaves, 3 brown or orange leaves, 5 brown branches, 3 brown roots, (the roots and branches can be strips of brown paper). Distribute these - one set per child.

1. Green leaves

Ask the children to write on the green leaves 5 things (one word per leaf) that can make a positive, healthy relationship, e.g. **trust**.

2. Branches

Choose a leaf from a child, read it out and ask the class to suggest ways to achieve this e.g. for **trust** this might be '*...being able to talk to the person about anything.*' The child (and any other who has **trust** on a leaf) can write down one of these suggestions on a brown branch.

Repeat this process a few more times until the children get the hang of what to do.

They can then write on the branches ways to achieve the words (how to have a positive relationship) on their leaves.

3. Roots

On the roots, write down the different people you have these relationships with e.g. Mum, friend, gran, Dad.

4. Brown leaves

Finally, discuss what sort of things can make a relationship negative or unhealthy e.g. promises get broken, when people get angry all the time. Write these down on the 3 brown leaves.

Plenary

Construct a tree on a big piece of paper or straight onto a display board. The branch strips make up the trunk and branches of the tree. The green leaves hang onto the branches. The roots spread across the bottom of the tree to anchor it. The brown leaves are falling.

Review the lesson by asking the class how we can help to look after relationships and also what we should expect from others.

Learning outcomes:

Children will be able to:

- Identify different types of relationships;
- Recognise who they have positive healthy relationships with.