

Learning Outcomes	Context and Experiences	Specific Resources	Subject Links
<p>Children will be able to:</p> <p>Identify what things make a relationship unhealthy;</p> <p>Identify who they could talk to if they needed help.</p>	<p>Year 5 sample lesson – Relationships</p> <p>In this lesson there will be an emphasis on how the word ‘family’ can mean different things to different people and that whatever it means should be respected. The teacher will also be mindful of the different ‘family’ circumstances that there might be within the class - estranged, fostered, adopted, blended - and that in some cases this information is not always known by the school. Modelling a non-judgemental and respectful approach will encourage the children to do the same.</p> <p>Introduction</p> <p>The teaching will begin by asking the children to think about and to name a few positive and healthy relationships that they have (e.g. with a family member), or ones between other, well-known figures (e.g. Woody and Buzz Lightyear).</p> <p>As well as discussing positive relationships, unhealthy relations will also be addressed by asking the following questions.</p> <p>Can a relationship be unhealthy? What sort of things make it unhealthy? (lies, broken promises all the time, feeling unsafe, physical abuse, verbal abuse, being neglected, uncomfortable touching, excluding someone, sexual abuse.)</p> <p>What help could someone get if they felt they were in an unhealthy relationship? (Talk to friends, family, teacher, trusted adult, Childline.)</p> <p><i>The teacher will highlight that it is very important to get help.</i></p> <p>Activity</p> <p>This activity is based on using a recipe to create a healthy positive relationship. The children will list the ingredients e.g. trust, care, helpfulness, respect etc. Then draw a picture of the cake and write the recipe's method - the things that need to happen to help make a positive healthy relationship. (E.g. First mix together some laughter and smiles, etc.)</p> <p>Lesson end</p> <p>The children could share their individual ideas to help write a class relationship cake recipe together. This can be displayed.</p>	<p>Sample Cake recipes</p>	<p>Building self-esteem</p> <p>Positive relationships</p> <p>Respect</p> <p>Safeguarding</p> <p>Relationships Education</p> <p>Communication</p>