

RELATIONSHIP EDUCATION SESSIONS

BESPOKE SESSIONS

The Health and Wellbeing Service offer direct delivery support to pupils on a range of primary relationship education topics.

Look out for
**SPECIAL
OFFERS**
throughout
the year

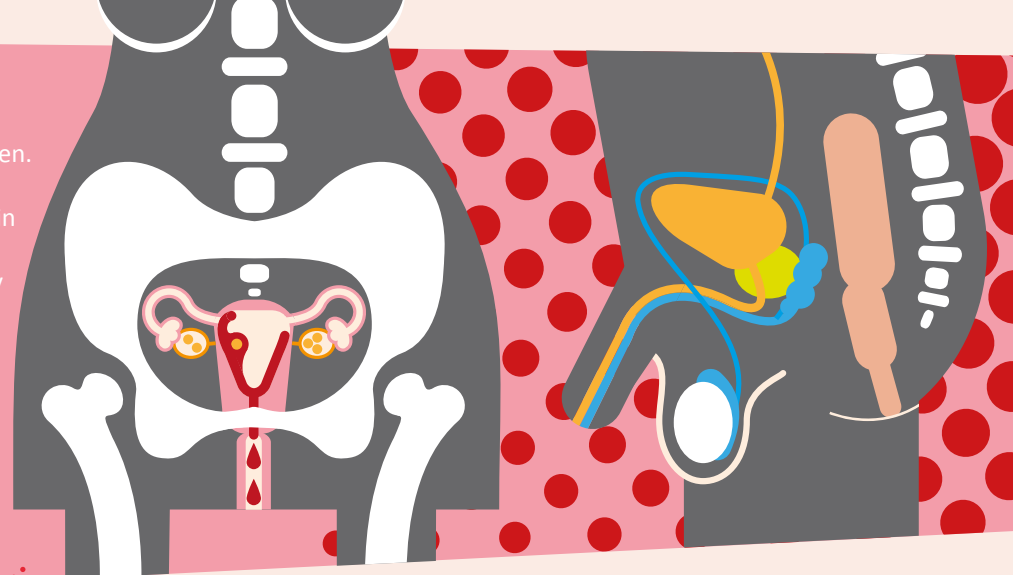


PUBERTY / PUBERTY & CONCEPTION

Going through puberty can be a confusing, difficult time for some children. Talking through both the physical and emotional changes can help to alleviate some of the worries they experience and help them to grow in confidence. This session gives pupils the opportunity to explore some of the changes they may experience and includes information on body changes, periods, mood swings and a brief overview of conception.

By the end of the session young people will be able to:

- identify different parts of the male and female anatomy
- recognise the physical & emotional changes that happen during puberty
- describe the process of menstruation
- understand the process of conception

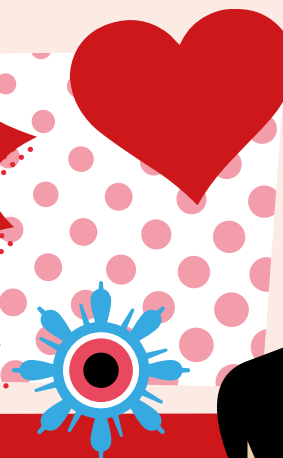


BODY IMAGE

Media, advertising and celebrity culture all have a significant impact on the way children and young people view themselves. This one hour session explores the various influences impacting on children in relation to body image with a particular focus on the media.



Please contact the team for
Bespoke Sessions



POSITIVE RELATIONSHIPS

This one hour session uses activities adapted from a range of quality resources and explores what a positive relationship is and the issue of unacceptable behaviour within relationships. By the end of this session pupils will be able to:

- identify positive qualities within a relationship
- recognise acceptable unacceptable behaviours
- understand who they can go to for help
- understand the importance of not keeping secrets

SOCIAL MEDIA

Social media is fast becoming an integral part of every day. A recent survey found that 98% of 8-11 year olds have an active social networking site profile on Facebook. This session explores the positive and negative aspects of online use and the impact social media is having on children today.



WHAT TEACHERS SAID ABOUT OUR SESSIONS ...

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SPECIAL OFFERS

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the year

"Lots of information and resources. Good activities for the children to complete."

"Very good, interesting engaging and effective"

"Relevant for the age range, questions answered appropriately"

"Handled any surprising questions with confidence. The children were clearly comfortable asking questions"

For further information on any of the sessions, or to make a booking please contact:

School Wellbeing

0113 3785254

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