



Healthy Relationships

Aims:

To develop an understanding of the elements of a healthy relationship and the influence of peer pressure.

Preparation and materials:

- https://www.youtube.com/watch?v=ZNuRn-ZdvX0&feature=emb_title [available 05/20]
(Why can't I say no to my friends? – Childline)

Assembly:

1. Introduce the topic of healthy relationships. What words would you use to describe the features of a positive, healthy relationship? Discuss with the person next to you. Take some feedback from the assembly and respond to the points raised.
2. Ask students how they would define peer pressure? Come up with a definition in your pair. The dictionary definition of peer pressure: the strong influence of a group, especially of children, on members of that group to behave as everyone else does: Can you think of an example of where you have felt under peer pressure? Why was it so hard for you? Share some examples of why peer pressure can be very difficult to deal with.
3. Ask students what they do when you are feeling peer pressured? There are some tips here: <https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-peer-pressure> which you could present to students.
4. Watch the video 'Why can't I say no to my friends? – Childline'. Highlight the main points and make a list of strategies that students could use.
5. Which virtues do you think you need to use to deal effectively with peer pressure? You can think of virtues a bit like muscles, the more you practice using them, the better you will be at using them when needed.

Reflection:

Think honestly about your friendships. Would you describe your relationships with people as healthy? How have you dealt with peer pressure in the past?

Challenge:

Ask pupils to have a conversation with a friend or family member about their experiences with peer pressure. Make sure you are sensitive in their choice of questions and who they ask. The questions should encourage debate about what makes a healthy relationship and how to handle difficult situations.