

## Year 9 Scheme of work

Lesson	Lesson Objectives	Topics covered	Resources	Link to PSHE Association Programme of study and RSE Government guidelines
<p><b>Lesson 5</b> Relationships and change</p>	<ol style="list-style-type: none"> <li>Students will learn how to manage loss, change and breakdowns in relationships, including the digital legacy of the relationship.</li> <li>Students will understand the possible impact of change, including separation, divorce, and bereavement.</li> <li>Students will learn strategies to help manage the emotional responses caused by changing relationships.</li> <li>Students will learn about the organisations and services that offer relationship support and how to access them.</li> </ol>	<p><b>Relationships and change:</b> We introduce change as a natural and common relationship process. We explain why relationships may change, some responses to change, and how change can impact our emotions.</p> <p><b>Grief:</b> Grief is related to loss and endings, not just bereavement. With this explanation, students understand that they can grieve friendships, family units changing, schools or homes.</p> <p><b>Coping with and managing change:</b> Tips and strategies on how to cope, manage, and understand change in relationships are shared and explained. Examples include acknowledging emotions and focusing on things we can control, such as our responses.</p> <p><b>Online legacies:</b> We discuss whether online platforms (e.g., social media profiles) should reflect relationship changes. We look at this from the perspective of different relationship changes, from bereavement to breakups.</p> <p><b>Generating change:</b> How to generate change in relationships in a respectful and healthy way. Tips and strategies are offered, as well as how to respond if someone is trying to generate change and leave an unhealthy relationship.</p>	<p><b>Video</b> - Lesson 5: Warning signs and unhealthy coping strategies</p> <p><b>Key vocabulary</b> is highlighted throughout the videos</p> <p><b>Teacher guidance</b> (pp. 10 - 12)</p> <p><b>Student booklet</b> (pp. 30 - 37)</p> <p><b>Activities</b></p> <ul style="list-style-type: none"> <li>o Starter</li> <li>o Mind Map: Responding to change.</li> <li>o Question to the class: How would you define grief?</li> <li>o Think, pair, share/class discussion: What can help us cope with and manage change in relationships?</li> <li>o Activity: Adjusting to change</li> <li>o Think, pair, share/class discussion: When a relationship changes in our physical world, does the change need to be reflected on our social media?</li> <li>o Activity: To post or not to post</li> <li>o Activity: Social media and relationship status</li> <li>o Activity: Generating change</li> <li>o Extension activity: Reflective questions around change.</li> <li>o Self-assessment activity – reflection on learning from the course</li> </ul> <p><b>Student resources</b></p> <p>Students should be signposted toward the coping strategies and other sources of help and support on the ‘Student Resources’ page of The Mental Health Project website. <a href="http://www.thementalhealthproject.co.uk/student-resources">www.thementalhealthproject.co.uk/student-resources</a></p>	<p><b>PSHE Association Programme of study Students learn...</b></p> <p><b>R21</b> - how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships. <i>(Coping with and managing change, online legacies, generating change)</i></p> <p><b>R22</b> - the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support <i>(Relationships and change, grief, coping with and managing change)</i></p> <p><b>R23</b> - the services available to support healthy relationships and manage unhealthy relationships, and how to access them <i>(Coping with and managing change, generating change)</i></p>