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We are therefore delighted to provide parent/carer copies of all PSHE Association member materials that cover RSE (Relationships and Sex Education).

This is an example of such a resource. It has been shared with you as a parent/carer by the school or individual who is a PSHE Association member.

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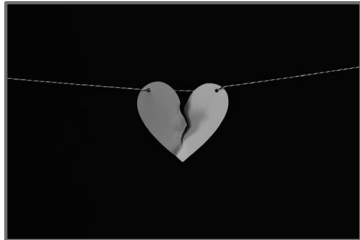
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Managing the ending of relationships

KS3 Year 9 Lesson 5

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Learning objective

- We are learning about how to manage the end of an intimate relationship

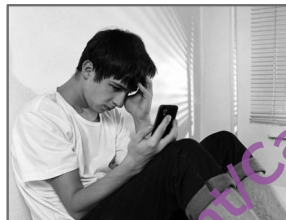
Learning outcomes

- I can identify the range of emotions associated with breakups
- I can describe ways to manage a breakup safely and appropriately
- I can suggest strategies to help manage emotions when a relationship ends
- I can explain how and where to get help for managing difficult relationship breakups

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Breakup reflections

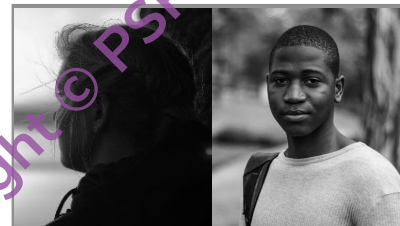
Add thoughts and reflections on the different representations of feelings and actions around breakups.



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Breakup scenarios

Read the two breakup scenarios and answer the questions



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Breakup challenges

Read your group's scenario.

What advice could you give to help the characters to manage the breakup?



Do's and don'ts



Together, create a list of "Do's and don'ts" for managing breakups.

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What has been learnt?



Look at the four online posts from Lesson 1.

In a different colour pen, add any new learning or make any changes you feel you need to.

Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Visit:

A Better Medway: www.abettermedway.co.uk

Brook: www.brook.org.uk 0808 802 1234

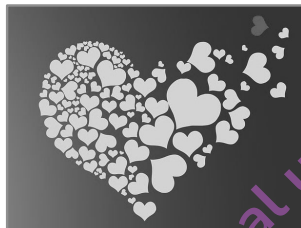
Childline: www.childline.org.uk 0800 1111



More activities

Break up scenario

Write a separate break up scenario showing a respectful break up using the information you have learnt.



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