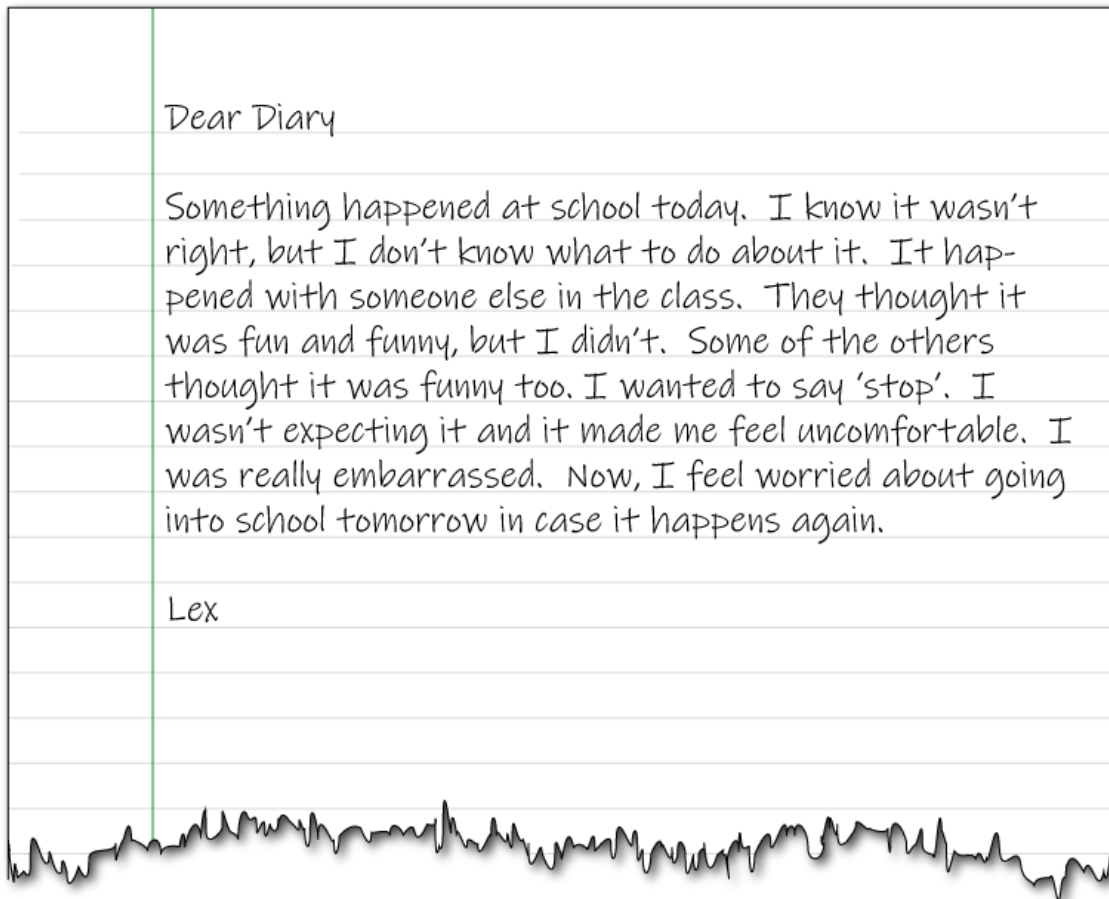


NSPCC Talk relationships Ages 11-12

Lesson 3 - Resource 1: Diary extract

Name: _____



Dear Diary

Something happened at school today. I know it wasn't right, but I don't know what to do about it. It happened with someone else in the class. They thought it was fun and funny, but I didn't. Some of the others thought it was funny too. I wanted to say 'stop'. I wasn't expecting it and it made me feel uncomfortable. I was really embarrassed. Now, I feel worried about going into school tomorrow in case it happens again.

Lex

What might have happened to Lex?

What is the problem with what happened?

What can Lex do about it now?

NSPCC Talk relationships Ages 11-12

Lesson 3 - Resource 2: Incident cards

Spreading rumours about someone and who they fancy	Using bad language to call someone a nasty name
Lifting up someone's skirt	Making someone kiss someone else in a game
Making jokes about sex and someone in the class	Making nasty comments about someone's body
Showing someone a photo or film that might make them feel upset or uncomfortable	Pressuring someone to take a photo of themselves in their underwear
Telling someone to stop if they are saying something nasty about someone else	Holding hands with a friend
Reporting someone for doing something disrespectful	Asking a friend for a hug
Telling someone they look nice today	Offering to help someone

NSPCC Talk relationships Ages 11-12

Lesson 3 - Resource 2a: Incident cards

Respectful

Disrespectful

NSPCC Talk relationships Ages 11-12

Lesson 3 - Resource 3: Character scenarios

Saima



Saima's class were getting changed for PE. Some of the other girls in the class started whispering to each other and laughing. They were looking at Saima. Saima turned away and tried to ignore them. She could feel them staring at her.

Then she heard one of the girls say something nasty about her body.

The others laughed. Saima felt her face turn red. She quickly pulled on her t-shirt. The girls ran out to the playground, giggling. Saima sat down to lace up her trainers. She didn't want to join them.

Jack

Jack and his friends share pictures of football players all the time. They swap player cards and make collections of their favourites. One of the friends showed the others a photo of a woman in her underwear. He said it was rude but very funny.



The friend was laughing but Jack didn't know what to think. He didn't want to look at it, but the others did, so he looked too.

Jack just wanted to play football and continue swapping player pictures. He didn't want to see photos like this, but the friend started sending more photos like this to the group.

NSPCC Talk relationships Ages 11-12

Hanna



Hanna and her friends played a game last week where they were dared to do silly things. Hanna was dared to kiss some of the boys in her class. She didn't really want to, but it was a game, so she did. Now, her friends are saying she liked it.

At first, they were just teasing, but now they have sent messages to each other, gossiping about it. Hanna saw one message that called her a nasty name.

Rumours began spreading around the class that Hanna wanted to kiss all the boys and she didn't care who she did it with.

Daniel

Daniel got upset at school the other day and started crying. The more he tried to stop, the more the tears kept coming. One of Daniel's friends tried to comfort him and put his arm around him. Some other pupils in the class looked over and started laughing.



Daniel felt his cheeks turn pink. He was sure he heard one of the others call him a 'cry-baby'.

Then some of the others really started laughing. They started teasing both boys and calling them names.

NSPCC Talk relationships Ages 11-12

Estelle



Estelle was lining up outside a classroom when it started happening. It was a joke at first. Pulling her hair or slapping her bottom seemed like silly fun. But then it was happening a lot and not just to her. It happened to other girls in her class too.

Then it started happening at other times during the school day. Sometimes it hurt, and it was embarrassing. She asked them to stop, but she was ignored.

Estelle was starting to think that this was just an everyday part of growing up and there was nothing she could do.

Kiri

Kiri's mum is always really proud to see Kiri in her school uniform – a white shirt, blue jumper and skirt. But the other day, during tidy-up time, some of the boys crawled under the table and started looking up the girls' skirts.

The next day, it happened again.

Kiri told her mum she doesn't want to wear a skirt to school anymore. Kiri's mum was cross and didn't understand why.



NSPCC Talk relationships Ages 11-12

Lesson 3 - Resource 4: Head, heart, hands template

Head: What might they be thinking?

Heart: What might they be feeling?

Hand: What might they do next?

