



Peer
Education
Project



Mental Health
Foundation



HEALTHY



RELATIONSHIPS



with our peers

Lesson



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.

4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

Being in the moment



SLIDE 3

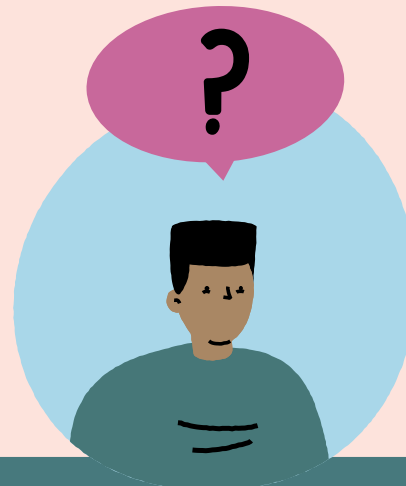


Types of communication:



Charade:

Act out without
using any sounds.



Articulate:

Describe the word on the piece of
paper, without saying the actual word.



Drawing:

Draw the word on
the board.

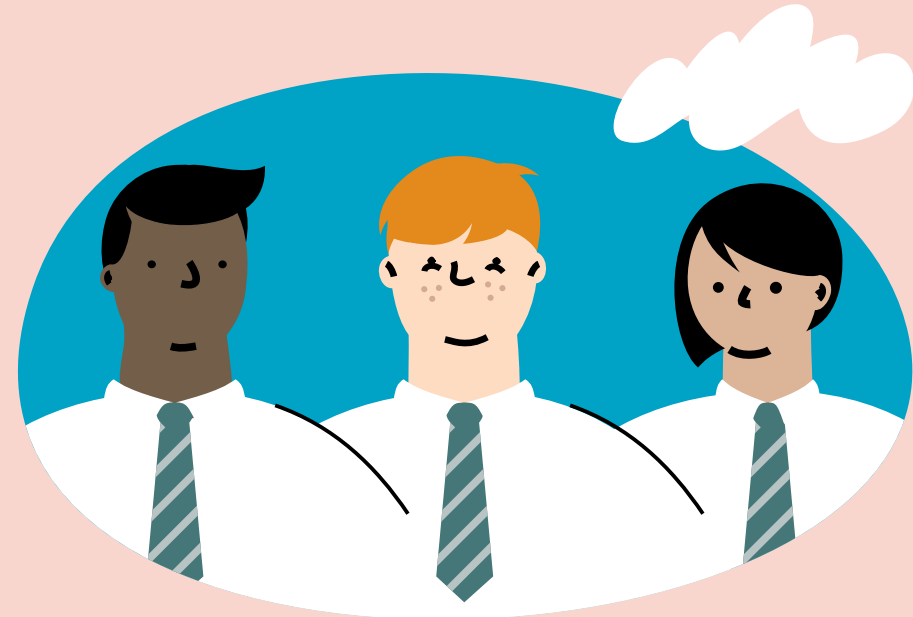
Introducing the topic



Our peers play an important role in how we experience a sense of belonging.

SLIDE 5

Having healthy peer relationships can support our wellbeing and mental health and protect us from experiences of loneliness.



Introducing the topic



What could healthy relationships with our peers look like?

SLIDE 6



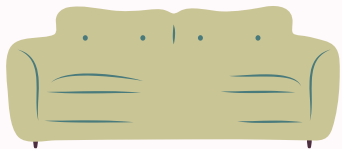
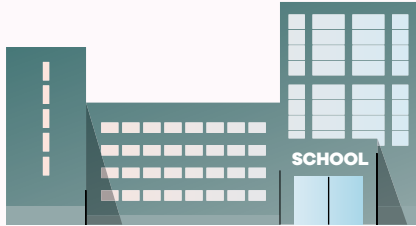
Introducing the topic



SLIDE 7

Relationships with our peers can change over time, in response to our experiences and circumstances, and as we learn what we need from our relationships.





1. Setting

How to have difficult conversations:

I feel...

I want
to share

2. Conversation starters

not crossed arms

standing at
the same level

3. Body language

Thank you
for listening

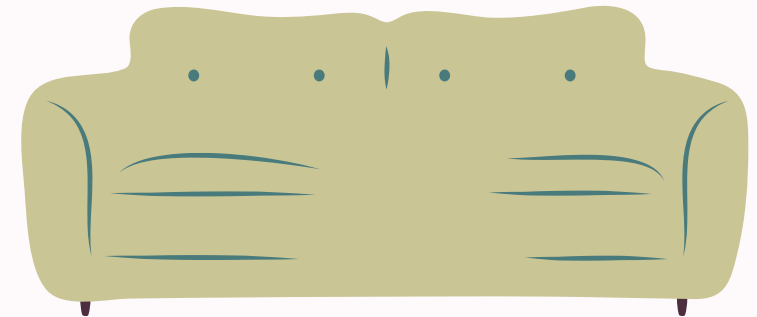
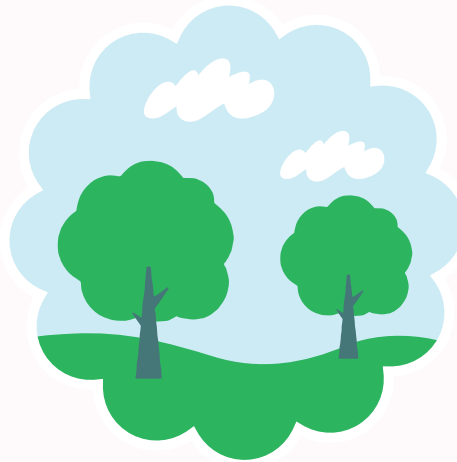
4. Conversation endings

Learning through activity



SLIDE 9

Where would you feel most comfortable to have a conversation with someone?



What could you say to start the conversation?

I feel...



I want
to share

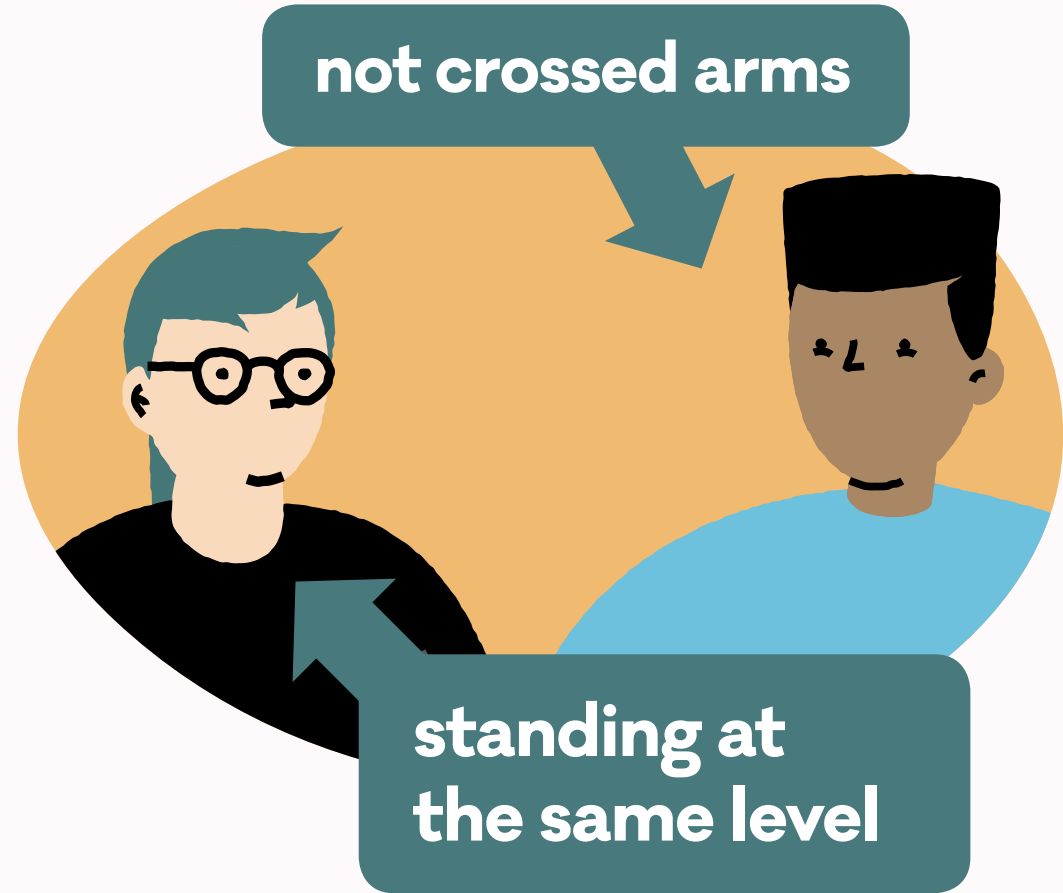


Learning through activity



SLIDE 11

How can we show we are listening and engaged with our body language?



How could you end
the conversation?

**Thank you
for listening**

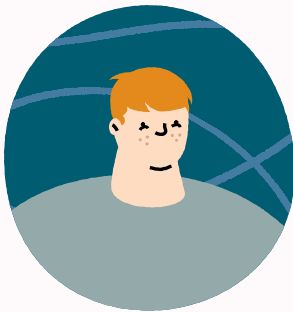


Reflecting on the learning



SLIDE 13

**One thing I
have learned.**



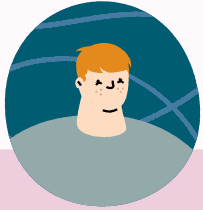
**One thing I will
do differently.**



**One question
I would like an
answer to.**



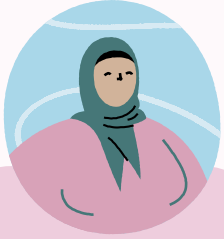
Reflecting on the learning



**One thing I
have learned.**

SLIDE 14

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 15

Reflecting on the learning



**One question
I would like an
answer to.**

SLIDE 16

Lesson summary



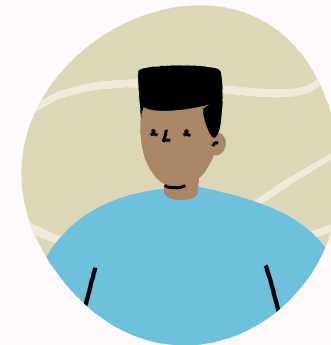
SLIDE 17

A healthy relationship is one built through kindness, mutual respect, trust, honesty, and open communication.



It can take time to connect with ourselves and our peers, learning our different boundaries, communication styles and interests.

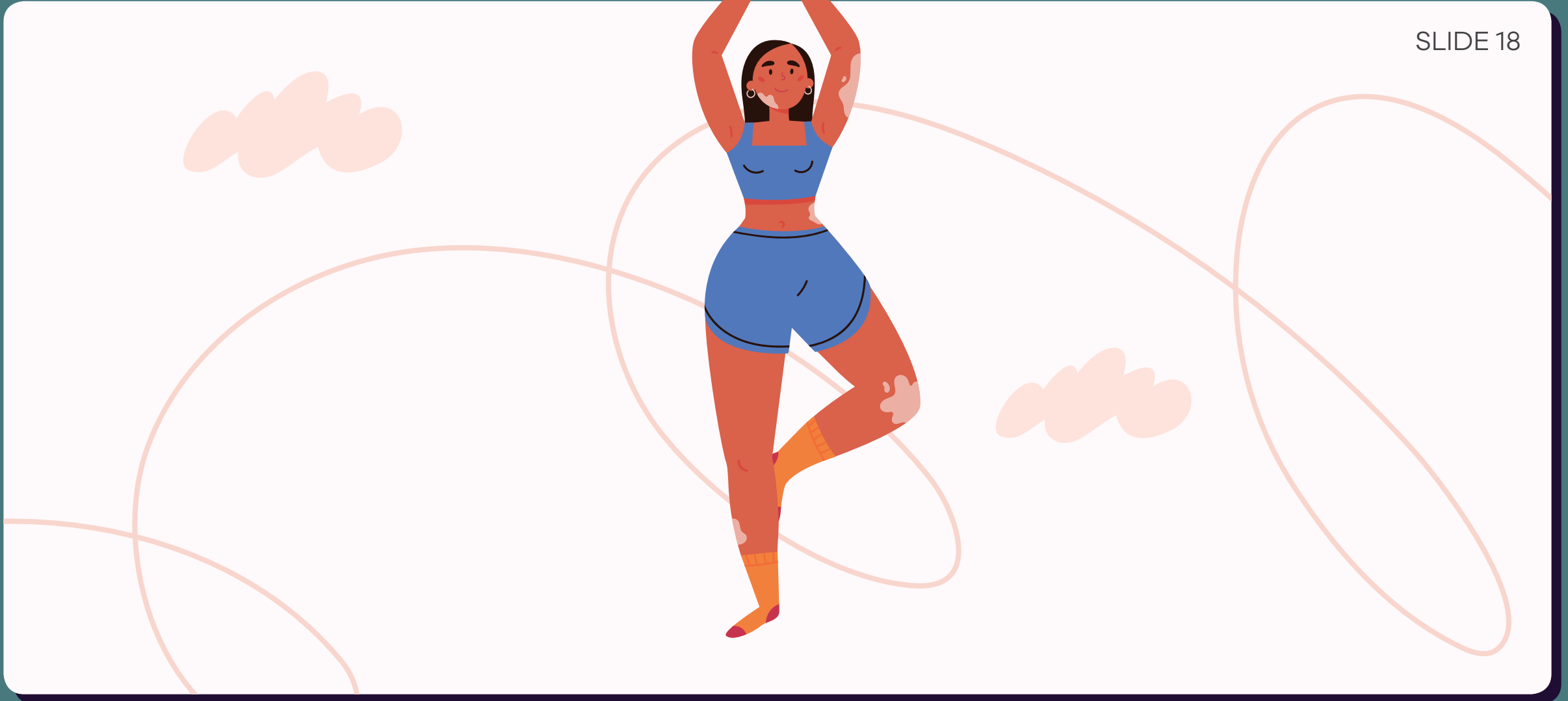
By building positive connections, we can look after our mental health and wellbeing, and establish a support network around us.



Being in the moment



SLIDE 18





Peer
Education
Project



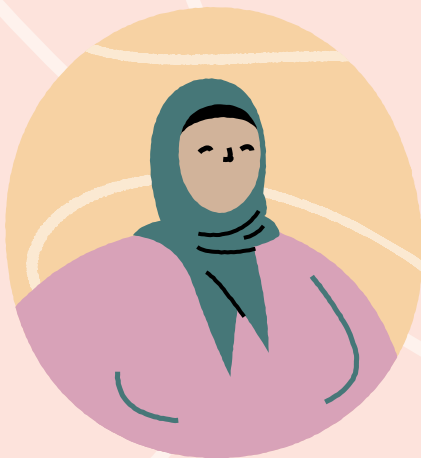
Mental Health
Foundation



HEALTHY



RELATIONSHIPS



with our peers

Lesson



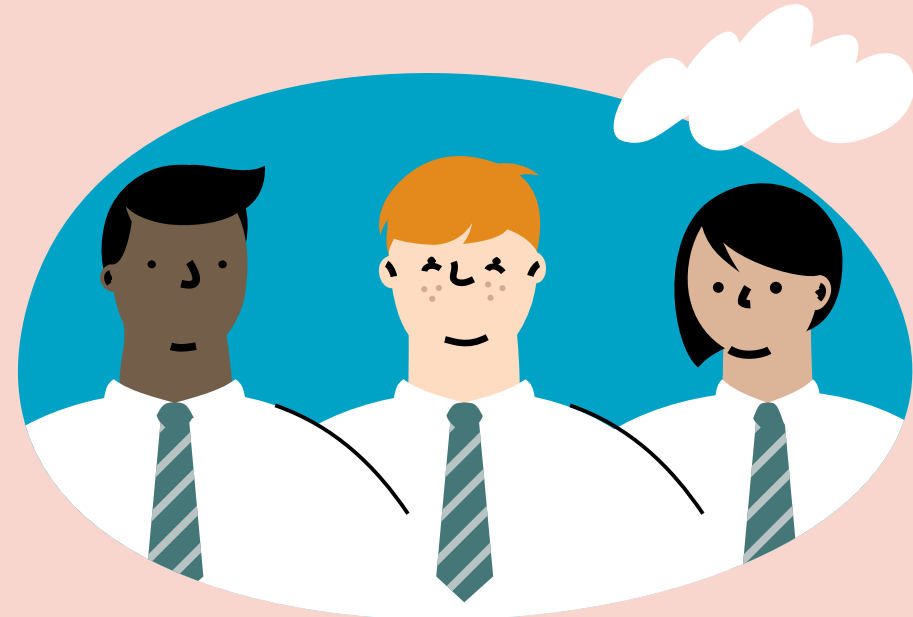
Taking action



Our peers play an important role in how we experience a sense of belonging.

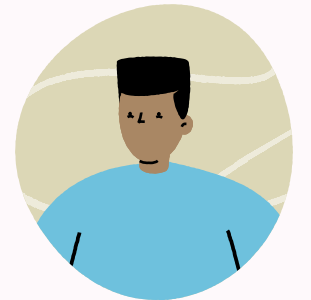
SLIDE 20

Having healthy peer relationships can support our wellbeing and mental health and protect us from experiences of loneliness.





What do healthy relationships with our peers look like and what can we do to maintain those relationships?



Taking action



SLIDE 22

Scenario 1: You are worried about a peer who is no longer sitting with you and others at lunchtime.



Scenario 2: Over the last week, a peer keeps making jokes about your new hair style.

Scenario 3: During break time, you heard a peer say a racist comment to another pupil in school.



Scenario 4: A peer shared with you that they were feeling upset because their caregivers keep arguing at home. They asked you not to say anything to anyone.



Challenging thinking



Our peers play an important role in how we experience a sense of belonging.

SLIDE 23

Having healthy peer relationships can support our wellbeing and mental health and protect us from experiences of loneliness.



Challenging thinking



SLIDE 24

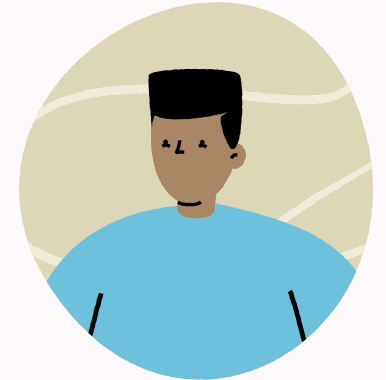
What do healthy relationships with our peers look like and what can we do to maintain those relationships?



What are some common challenges facing pupils in building and maintaining healthy relationships with their peers?



What are the mental health benefits of healthy peer relationships?

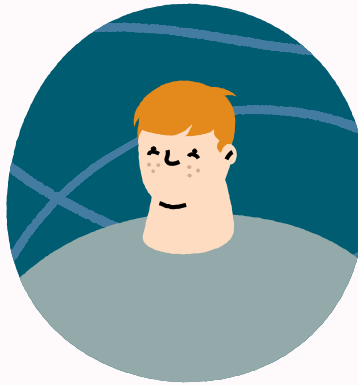


Challenging thinking



SLIDE 25

How we communicate
is an important part
of how we can build a
healthy relationship.



Sometimes, following a
conversation with a peer, we
may experience our minds
going over what was said, how
we are feeling and how they
might be feeling.



Discuss in small groups:

- The concerns someone might have before, during and after having a difficult conversation with peer.
- Whether the concerns are within and outside of a person's control.
- The things a person could do to ease the concerns.

