

TEACHER'S SLIDE

This is the fourth in a series of lessons about emotional wellbeing and mental health, which emphasises the importance of relationships (including online relationships).

As with any high-quality PSHE lesson, rather than the teacher feeling that they are 'sage on the stage', teachers can facilitate students' learning by being a 'guide on the side'.

Whilst we are encouraging students to think about their online life and learning, we also seek to develop their individual self-confidence, assertiveness and oracy, but also a collective, group understanding of what is appropriate, in this lesson, how to make the online world a safe and happy experience for everyone.



Isle of Man
Government

Reiltys Ellan Vannin

Activity	Description	Timing
Introduction	Ask students to complete the ‘do it now’ task. Introduce learning objectives and revisit class agreements. Please also allow students time for the recall activity.	10 minutes
What makes me, me?	Show three examples of how people might view their personal identity before asking students to choose one of these styles (or another one that suits them) to describe their own personal identities (slide 12)	10 minutes
What is ‘respect’?	Briefly discuss ‘respect’ before asking students to work in small groups to consider ways to develop self-respect for themselves and others	10 minutes
What’s important in a relationship?	Briefly discuss why respect is important in a relationship and then discuss the qualities of respectful relationships and what we can actually do and say to demonstrate these qualities(slide 17) this section also includes a one minute video about respect.	10 minutes
Let’s discuss the ripple effect	The image of a ripple in a pond or puddle is used to think about the impact of an unkind comment and, conversely, a random act of kindness. How might this influence what happens to an individual, their community or the wider society?	5 minutes
Ending/Reflections	Ask students to reflect on the learning and ‘take aways’ from this lesson. lessons - what attribute, skills and knowledge have they used/acquired?	5 minutes

LEARNING OBJECTIVES

By the end of the lesson, students will:

- Understand what is meant by respectful relationships
- Reflect on aspects of their own personal identity and ways to foster self-esteem
- Know some of the qualities that contribute to respectful relationships and how these may be actioned.

THINK, PAIR, SHARE...

Let's **ASK** ourselves, from the previous lesson(s)

What are some of the **a**tttributes that you learnt or used?

What were some of the **s**kills you practised?

What was one piece of **k**nowledge you learned?

RESPECT ME

YEAR 7



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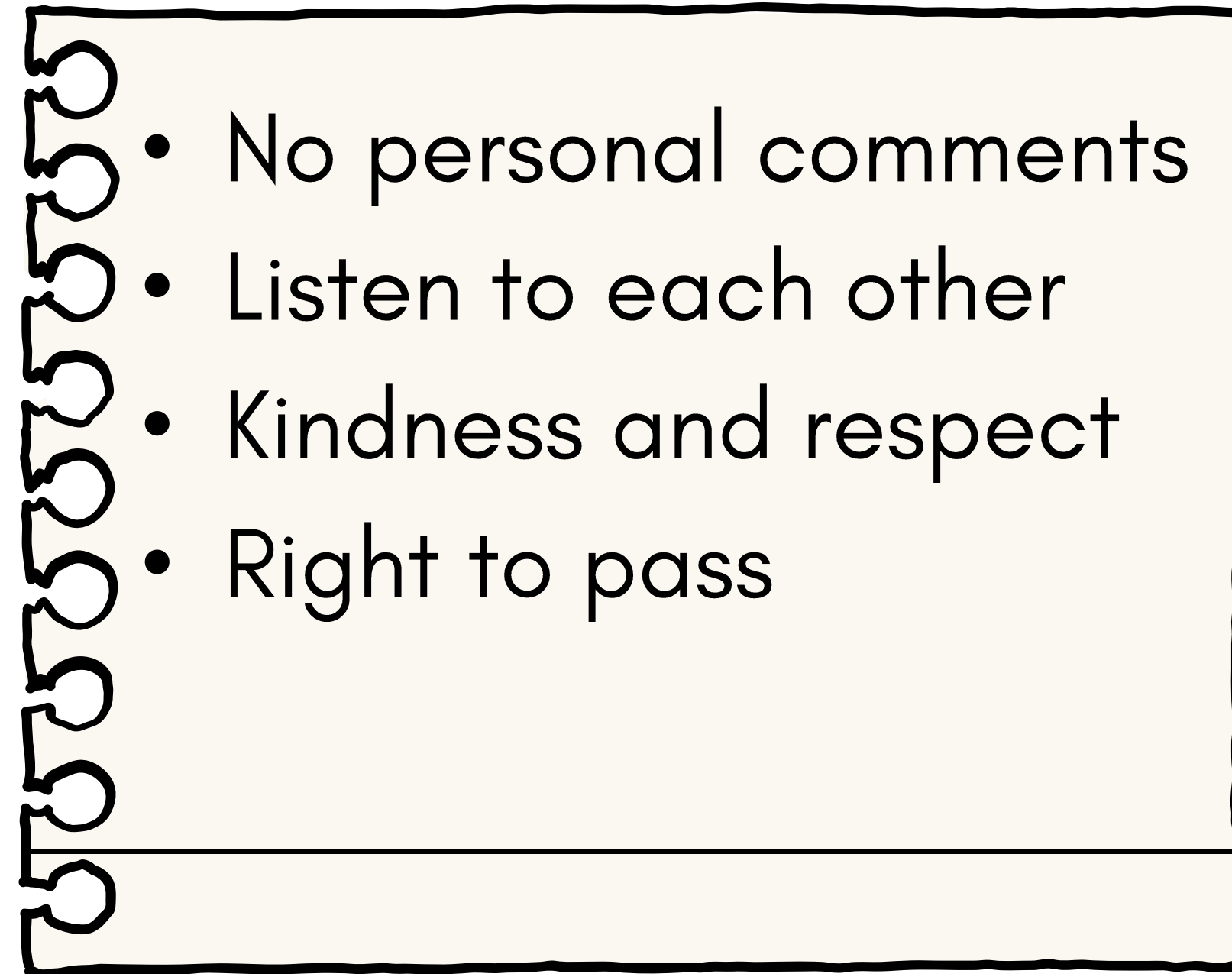
This presentation has been adapted for the Isle of Man from *respectme*, Scotland's anti-bullying service.

DO IT NOW



what does the word
'respect' mean to you?

CLASS AGREEMENTS



any others?

THINK, PAIR SHARE

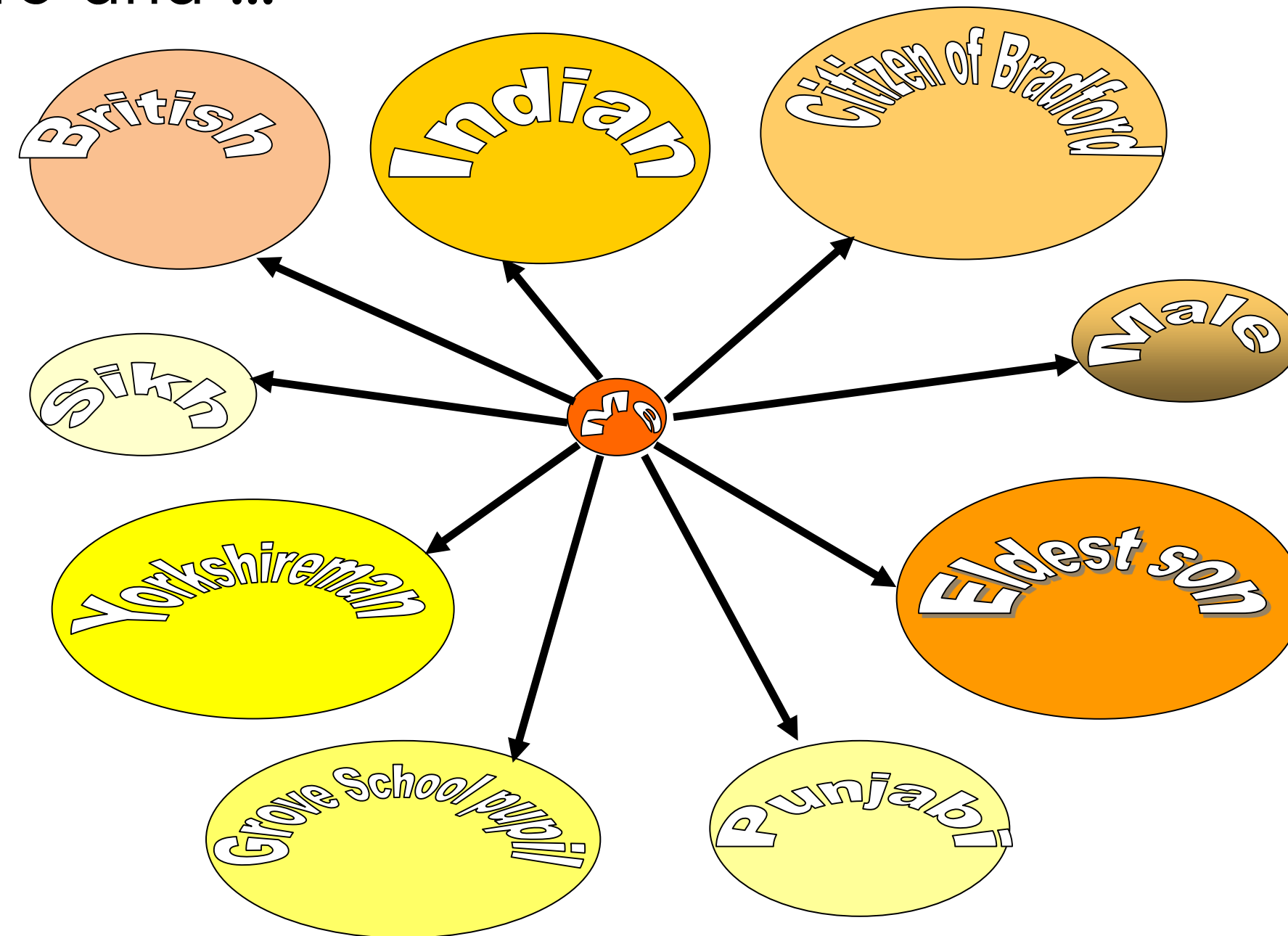
Can we respect someone, even if we don't like them?



Is this the same in a respectful online relationship?

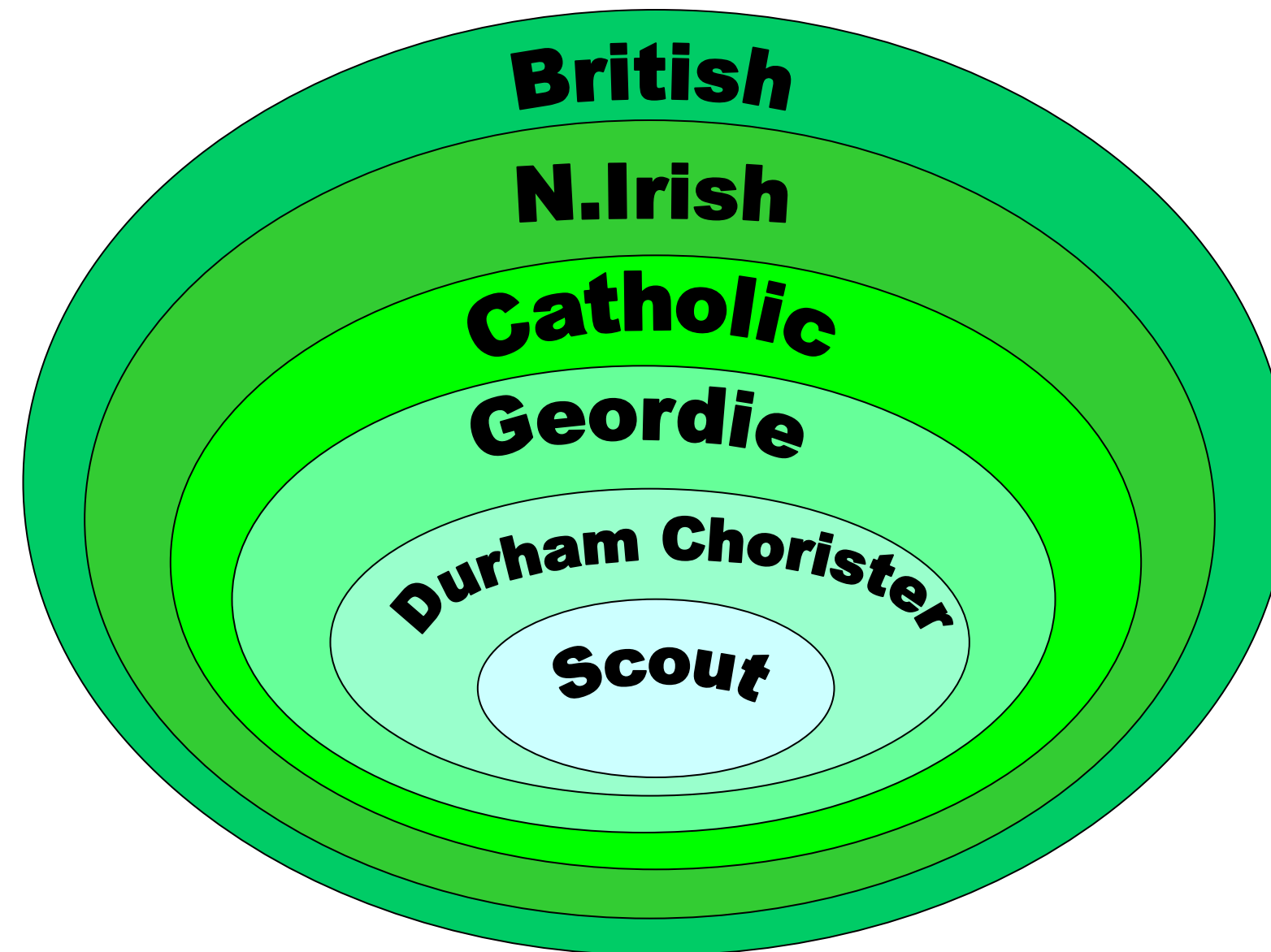
SOME POSSIBLE IDENTITIES ⁽¹⁾

I'm from Yorkshire and ...

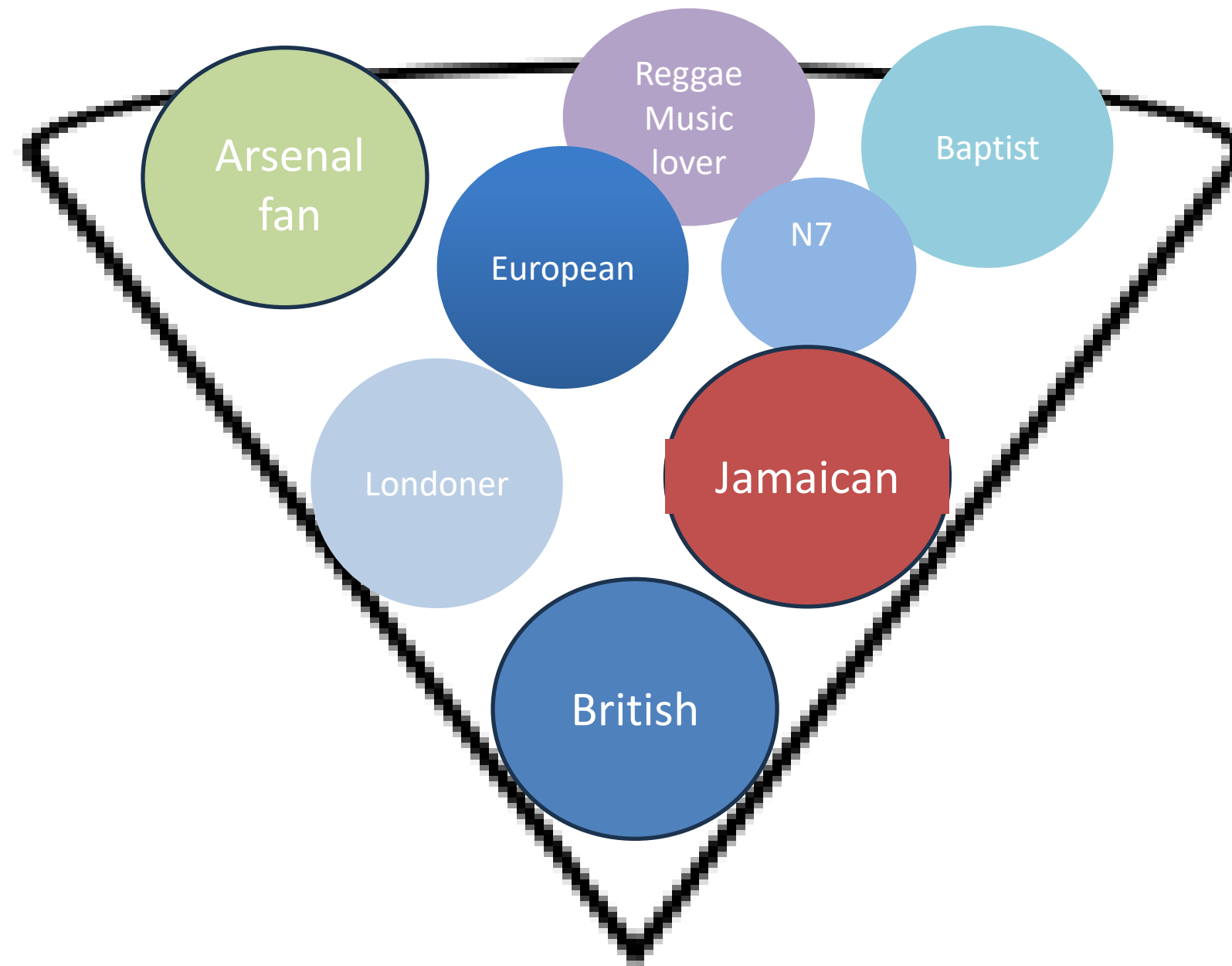


SOME POSSIBLE IDENTITIES ()

The onion that is me!



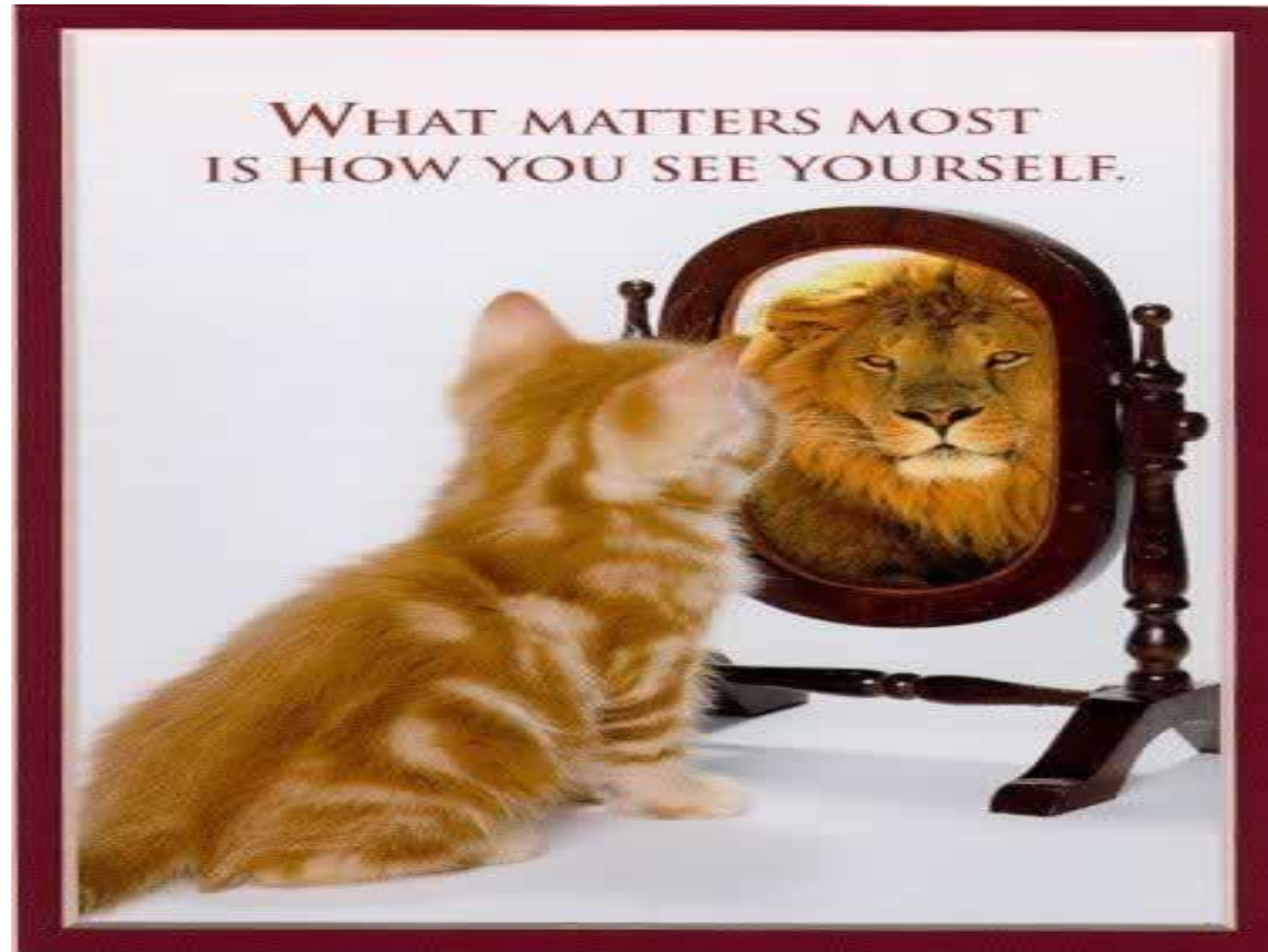
SOME POSSIBLE IDENTITIES (3)



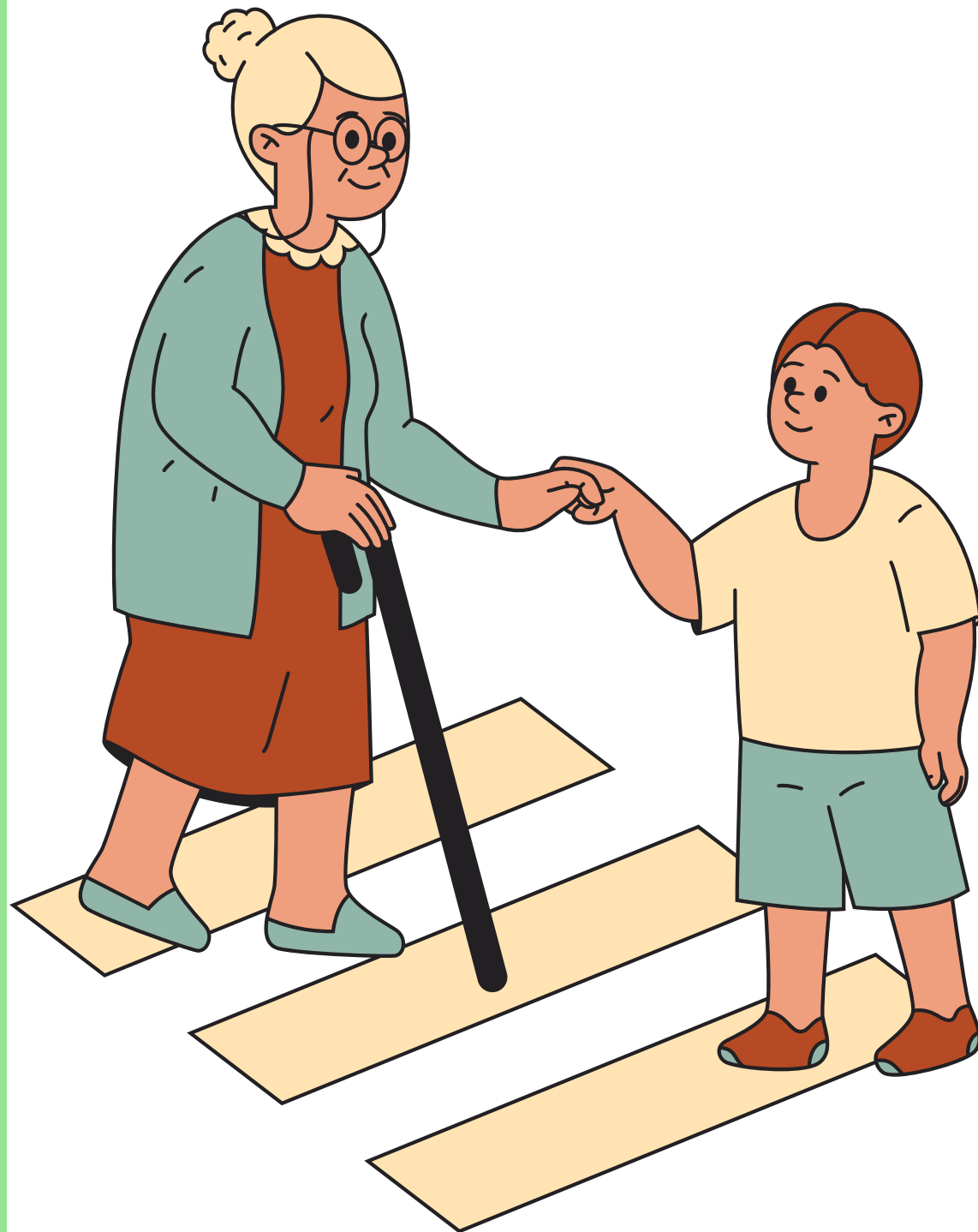
Global Citizen

This is ME!

WHAT ARE YOUR PERSONAL IDENTITIES?



LET'S TALK



**what does respect look and
sound like....**

...in class?

...at home?

...in town?

...with friends?

...with someone you don't like?

EXAMPLES

helping carry the shopping

including someone in the conversation

**showing interest in what
others have to say**

shaking hands or bowing

“well done!”

“how are you?”

listening to the teacher

THINK, PAIR, SHARE: BUILDING SELF-RESPECT

What are six things that someone could do to boost their emotional well-being and self-esteem?

1. Setting and achieving goals: This develops a sense of competence and accomplishment.
 2. Learning new skills: learn to play an instrument, game or sport to boost confidence.
 3. Helping others: Volunteering or simple acts of kindness foster a sense of purpose and value.
 4. Positive self-talk: Challenge negative thoughts with positive affirmations is crucial.
 5. Seeking new challenges: Stepping out of our comfort zone builds resilience and courage.
 6. Practising self-care: This includes healthy habits like exercise, good nutrition, and adequate sleep to reinforce well-being.
- Choose one of these – what might work for you?
How could you help a(n online) friend develop their self-respect?

HAVE A THINK

is respect an important part
of healthy relationships?
why or why not?



WHAT WE SAY AND DO

In two minutes, please list 10 qualities that are part of a respectful relationship.

Kindness:

Honesty:

Listening:

Sharing:

Patience:

Apologising:

Forgiving:

Helping:

Empathy:

Respecting Differences:

Keeping Promises:

What could somebody actually say or do to help create a respectful relationship?

Is this the same in a respectful online relationship? Similarities? Differences?



LET'S DISCUSS

The ripple effect



LET'S REFLECT

ASK what are you taking from today's lesson?



If anyone was concerned about anything from today's lesson, where could they get help?