

## **Free KS2 PSHE lesson plans on relationships**

### **Family Action says new relationships lessons will help families cope with everyday pressures**

The charity Family Action and children's newspaper First News have published a free teaching resource to help schools deliver age-appropriate lessons for 9-11-year olds on relationships as well as physical and mental health.

The new teaching pack is being released during Family Action's 150<sup>th</sup> anniversary year, which it is marking with a campaign to get people talking about the everyday pressures on families. Relationships and concerns about health and wellbeing were two of the top five pressures adults said were common in their close family.

The new resource for key stage two teachers follows the new teaching guidelines for PSHE lessons in primary schools that come into effect in September 2020. To help schools get ready, Family Action and First News are inviting primary school teachers, teaching unions and local education authorities to review the teaching pack and use it in this academic year (2019-20).

The topics covered by the three PSHE lesson plans in the teaching pack include caring friendships, respectful relationships, families and people who care for me, and mental wellbeing linked to family life.

The resource also includes an interesting lesson plan about how family life has changed during the 150-year history of Family Action. It explores key historical developments such as banning child labour and school becoming compulsory, and is brought to life by stories about families from Family Action's archives.

The guidance for teachers in the resource includes best practice on teaching sensitive subjects as well as providing support to identify and help children and young people who face challenging circumstances at home.

#### **Family Action Chief Executive, David Holmes, CBE, said:**

"Many of the families who come to us for help are struggling with common family pressures and with family relationships. The skills we gain in childhood about how to get on with people, resolve arguments, build friendships and recognise good family relationships stay with us into adulthood. It's vital for children to learn how to do this well, to benefit them, and their friendships and families now and as they get older. We hope our free, new resource will provide a useful and interesting way for children and their teachers to reflect on the everyday pressures that are common to all families."

#### **First News editor-in-chief, Nicky Cox, MBE, said:**

"We've used our combined expertise in talking with children to produce this teaching pack. Making the lessons child-led enables teachers to help their class explore the topic safely, and develop essential skills and strategies for building respectful and healthy relationships with other people as well as keep themselves and others safe and well."

Research for the charity found half of young people (53% of 18-24-year olds) say relationships are a pressure in their close family, and one in three (32%) say arguments, feuds or disputes are a common pressure on their close family. The charity says this may indicate why it is important children are supported in school to understand and develop happy and healthy relationships.

The KS2 teaching pack is available to download from <http://www.familymonstersproject.com/firstnews> or from the First News for Schools website [www.firstnews.co.uk/familyaction](http://www.firstnews.co.uk/familyaction).

**For more information please contact the Family Action Press team:**



**Email:** [media-pr@family-action.org.uk](mailto:media-pr@family-action.org.uk)

**Phone:** 020 7241 7621

**Out of hours mobile:** 07903 074 174

#### **Notes to editors:**

[1] **Research** carried out for Family Action by ICM Unlimited. ICM Unlimited interviewed two groups of 2,000 British people aged 18+ about their family monsters – the everyday pressures their family faces – and what they do to overcome those pressures. The people who took part in the research are a representative sample of people living in Great Britain. When asked about the common pressures in their close family the five most prevalent pressures people were willing to disclose are money (52%), health and wellness (50%), lack of quality time together (49%), pressure from work or education (40%) and family relationships (37%). We asked them about the makeup of their close and wider family to understand how people define these. We then asked them to think about what their family pressures are (referred to as common pressures in this document), followed by what the single main pressure (from all of those they had selected) is in their family.

**The Family Action Lesson Pack** contains four lesson plans for teachers of 8-11-year-old primary school students. One lesson plan explores how family life has changed since Victorian times, drawing on examples from Family Action's heritage. Three PSHE lesson plans are about healthy family relationships and mental wellbeing supported by appropriate clips from the Family Monsters Project campaign film, which brings to life some of the everyday pressures on families today. The pack also contains an introductory assembly suitable for all Primary School students, guidance for teachers on teaching children about healthy families, and a letter to parents about the work of Family Action.

**Family Action** is a national charity marking its 150th anniversary in 2019. Around 45,000 families and hundreds of thousands of children are supported by Family Action every year. This year it has launched a new support service, FamilyLine, and its wide-ranging work includes help for parents-to-be, the provision of Children's Centres, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools - including the provision of breakfast clubs and holiday hunger support, and financial grants programmes. Family Action is also recognised as a leading provider of training and consultancy. Registered Charity Number: 264 713

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#### **First News**

First News Education provides more than 9,000 schools with an invaluable platform to advance pupils' core literacy levels through a foundation of news. The weekly First News newspaper gives children an accessible and engaging way to develop their knowledge of the world in which they are growing up and build confidence in understanding and discussing news. Alongside the newspaper, weekly Activity Sheets and the online iHub deliver reading activities based on exploring the week's stories, support teachers to develop pupils' global understanding, comprehension and news literacy skills.

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