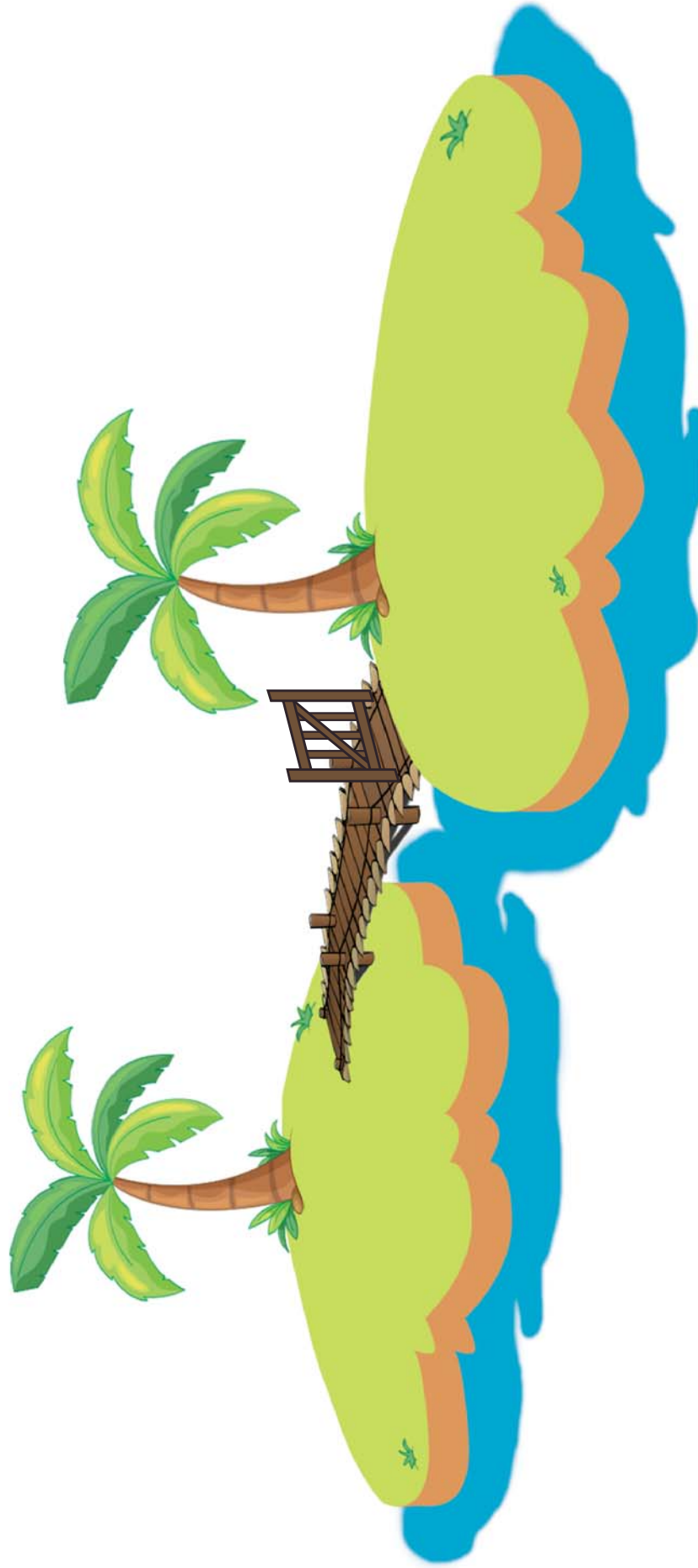




People & Things I Want In My
Life Often/Sometimes

People & Things I Want In My
Life Every Day



1.4 My Relationship Islands

1.4 My Relationship Islands

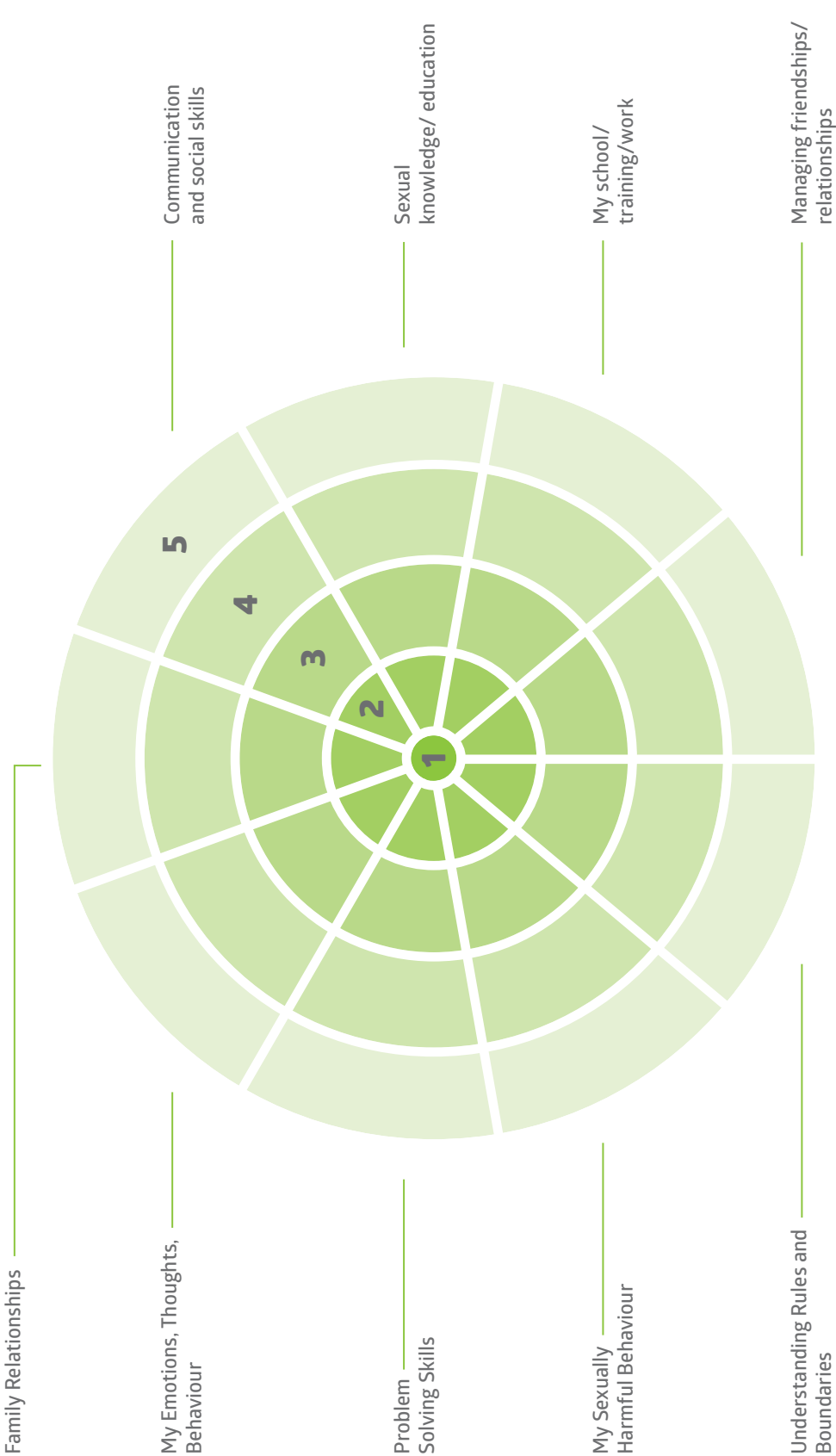
People & Things I Don't Want
In My Life/Dislike



1.5 Strengths & Needs

Area of Wheel	Notes
Family relationships	
Communication and social skills	
Sexual knowledge/education	
My school/training/work	
Managing friendships/relationships	
Understanding rules and boundaries	
My sexually harmful behaviour	
Problem solving skills	
Managing my emotions/thoughts/behaviour	

1.5 Strengths & Needs Wheel

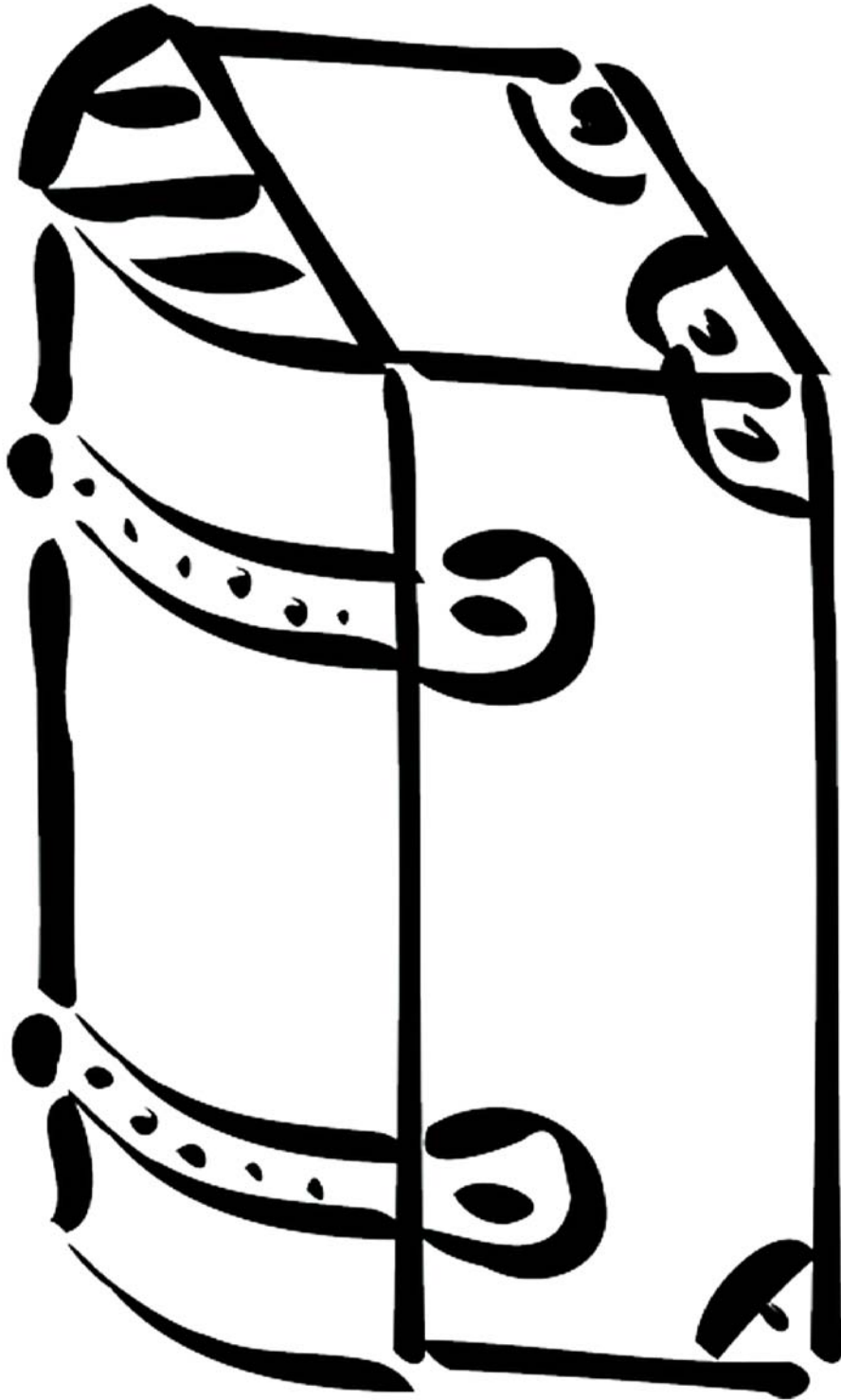


Description of numbers:

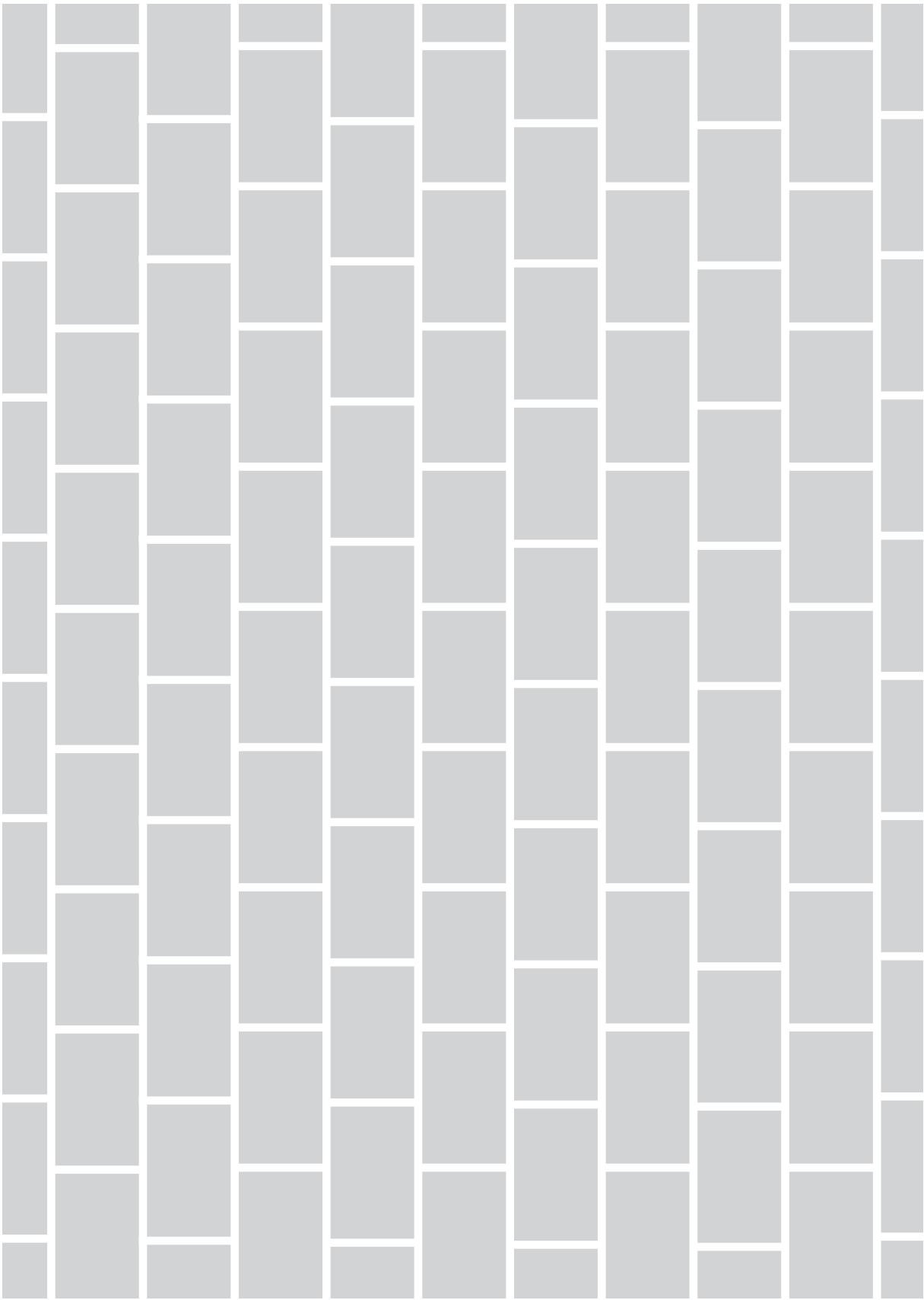
- | | |
|---|---|
| 1. Greatest need - where I need the most support | 2. High need - where I need a lot of support |
| 3. General issue - where I would like some support | 4. Strength area - where I feel I do well |
| 5. Greatest Strength - where I feel I do very well | |

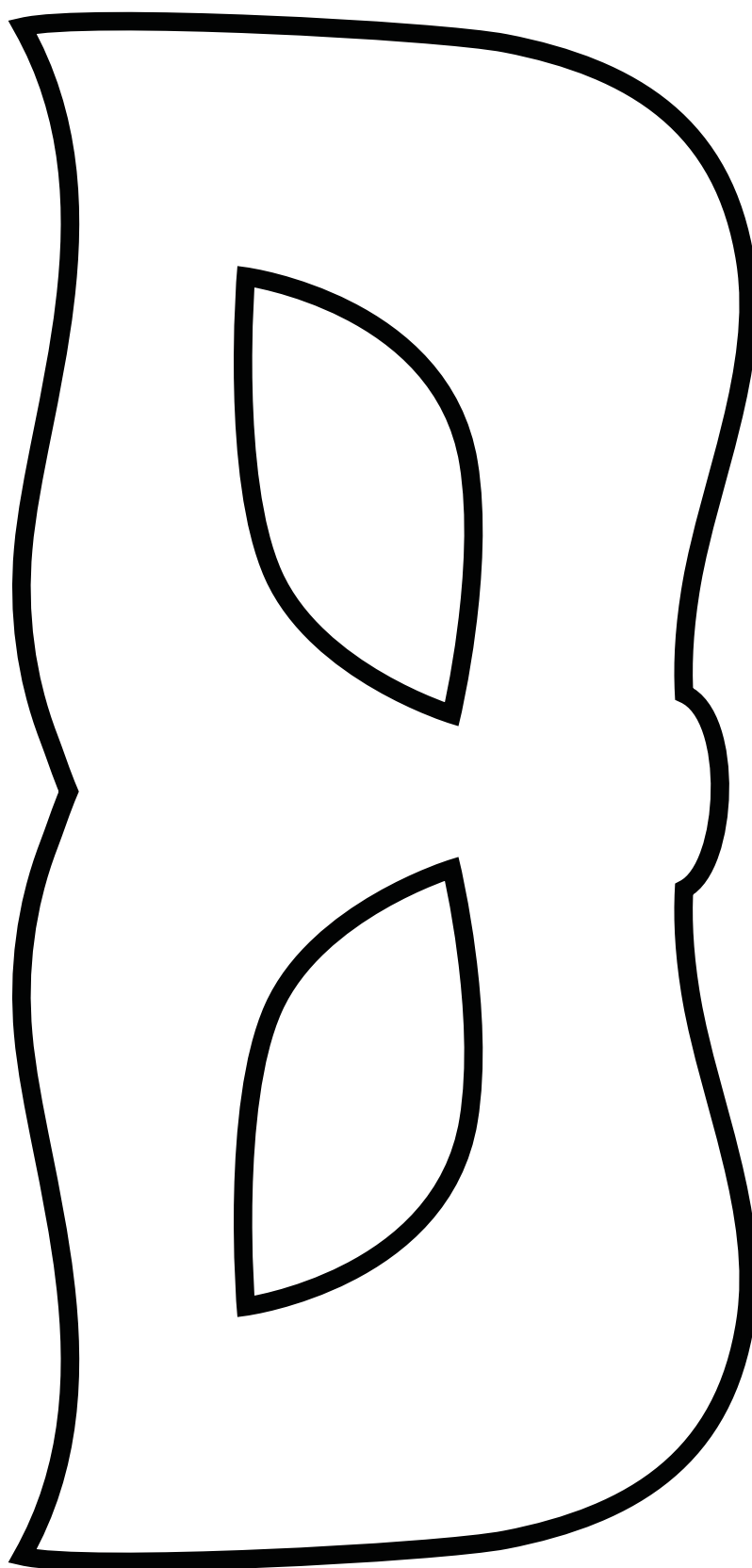
2.1 Safe Place

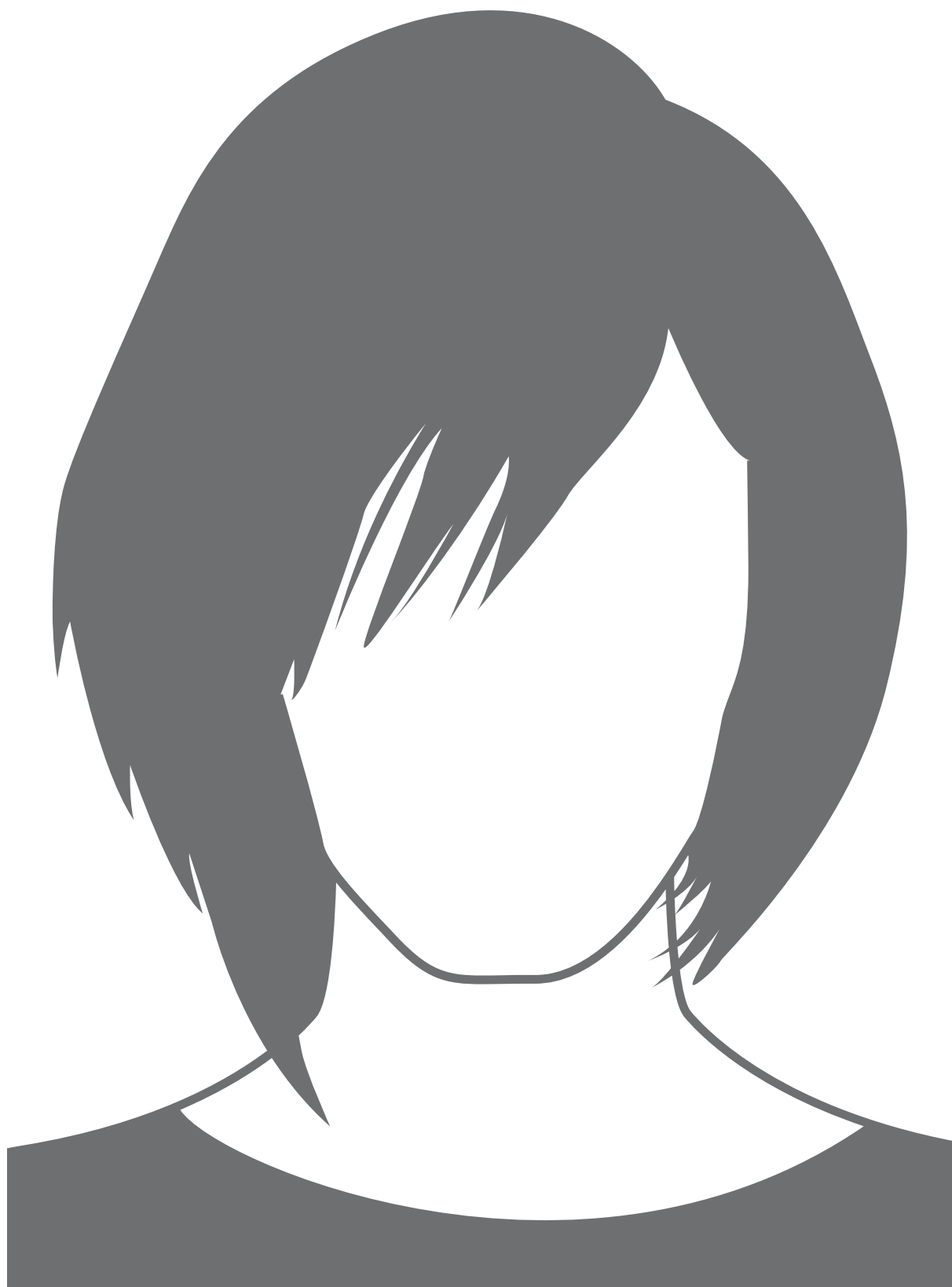




2.1 Graffiti Wall









2.7 My Reflections Diary

For each day LIST ONE THING that you appreciate about yourself and/or your life. This can be:

- **A kind thought about yourself** - e.g. about who you are, the way you are with others
- **Feeling positive about something you have done or achieved**
- **Something in your life**

[illegible]

2.8 Compassion for Others Diary

- **Having or showing a kind thought** - e.g. feeling kindness for someone, showing kindness to someone
- **Doing something positive for someone else** - e.g. helping someone feel better, donating items to charity

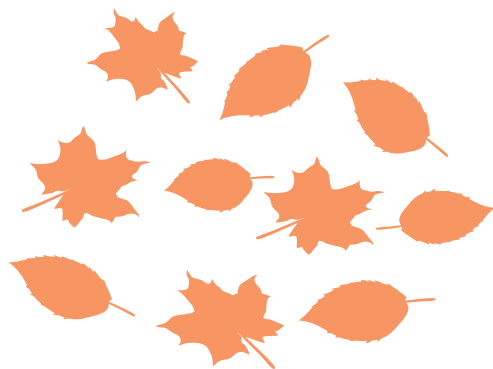
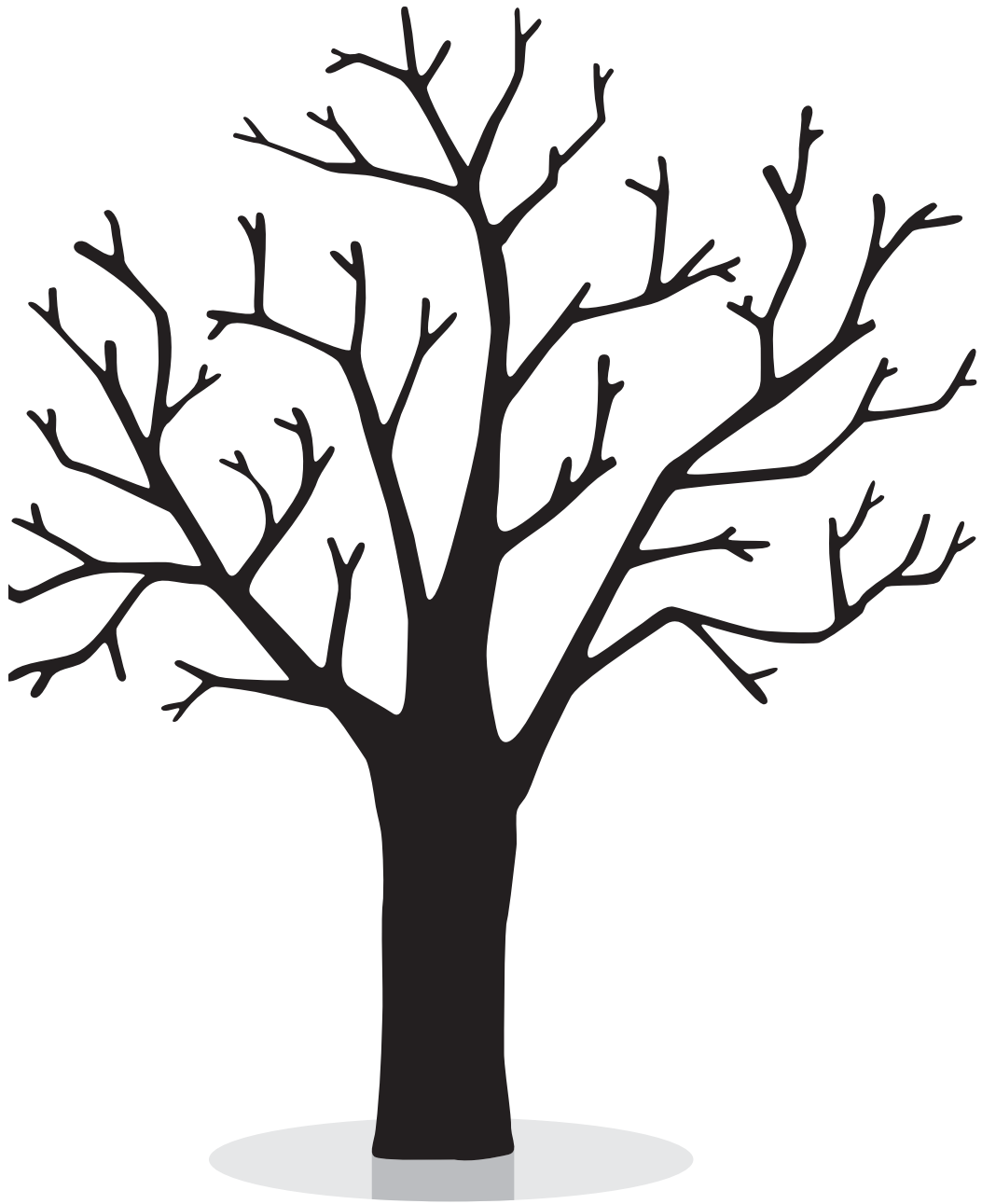
[illegible]

3.2 About Me Cards

KIND	SAD	HAPPY
BOSSY	FRIENDLY	LOUD
NEGATIVE	EASY GOING	CALM
ALWAYS TRIES	MOTIVATED	DIFFICULT
MEAN	OPTIMISTIC	CREATIVE
CARING	OUTGOING	INDEPENDENT
LOYAL	DESTRUCTIVE	SHY
TRUSTING	SUSPICIOUS	CONFIDENT
DISHONEST	ARGUMENTATIVE	LOVING
IMPULSIVE	STUBBORN	HONEST

3.2 About Me Cards Continued

[illegible]



Empty speech bubble for notes.

Empty speech bubble for notes.

Empty speech bubble for notes.



Empty speech bubble for notes.

Empty speech bubble for notes.



Empty speech bubble for notes.

Empty speech bubble for notes.



Empty speech bubble for notes.

Empty speech bubble for notes.

Empty speech bubble for notes.

3.3 'Positive' and 'Negative' Body Image



3.3 My Own Body Image





About Me

Name:

Birthday:

Age:

Hometown:

Status

What words describe
how I feel about
myself today...?

Interests

Things I enjoy doing...

Friends



My 'Wall'

Things I like about myself...
Qualities that I have ...
Things I feel I'm good at...

Groups



Qualities that I have include...

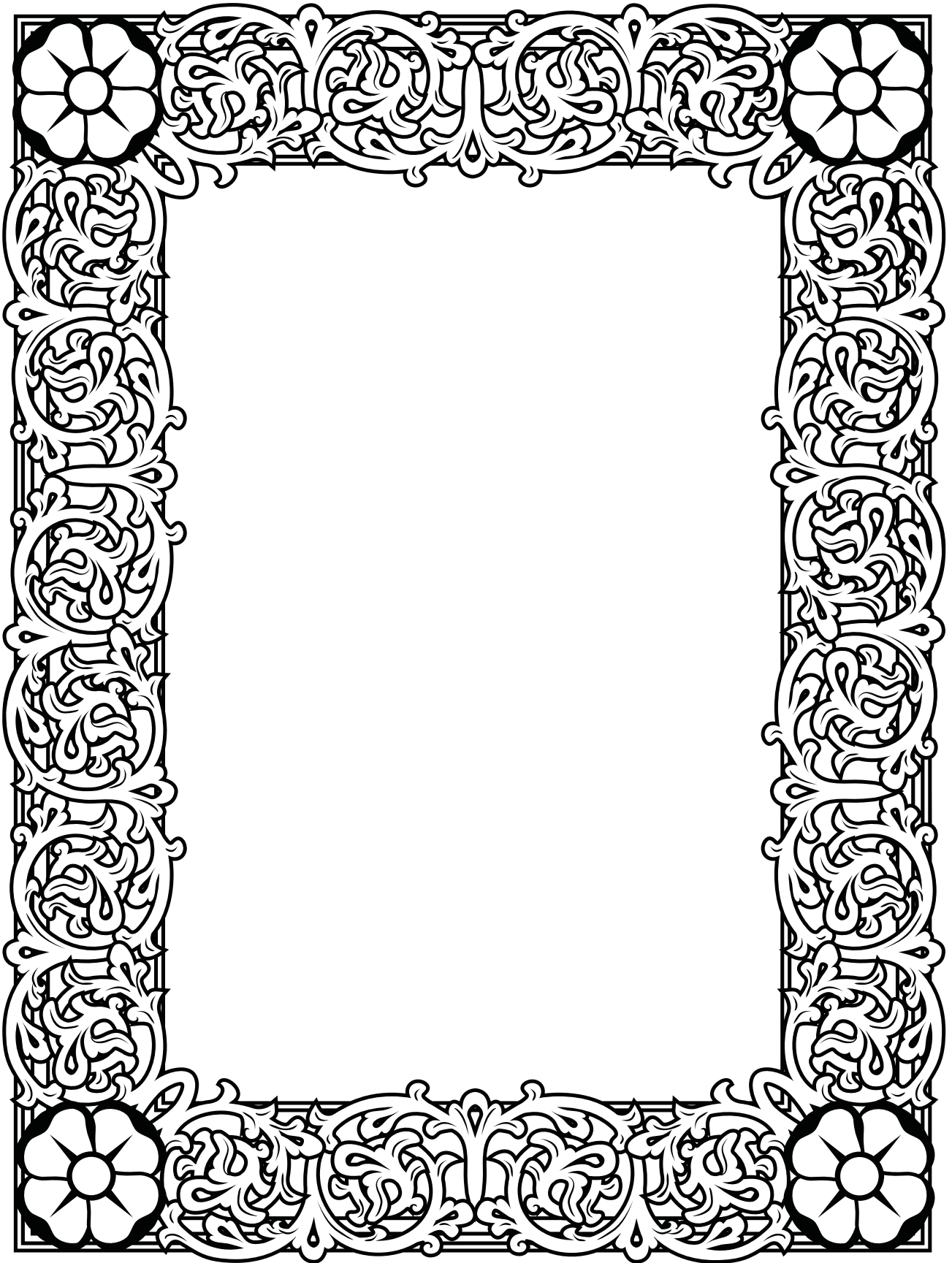
Things that I am good at are ...

Things I enjoy doing...



3.6 Rays of Sunshine





Types of Relationships





Behaviours in Relationships



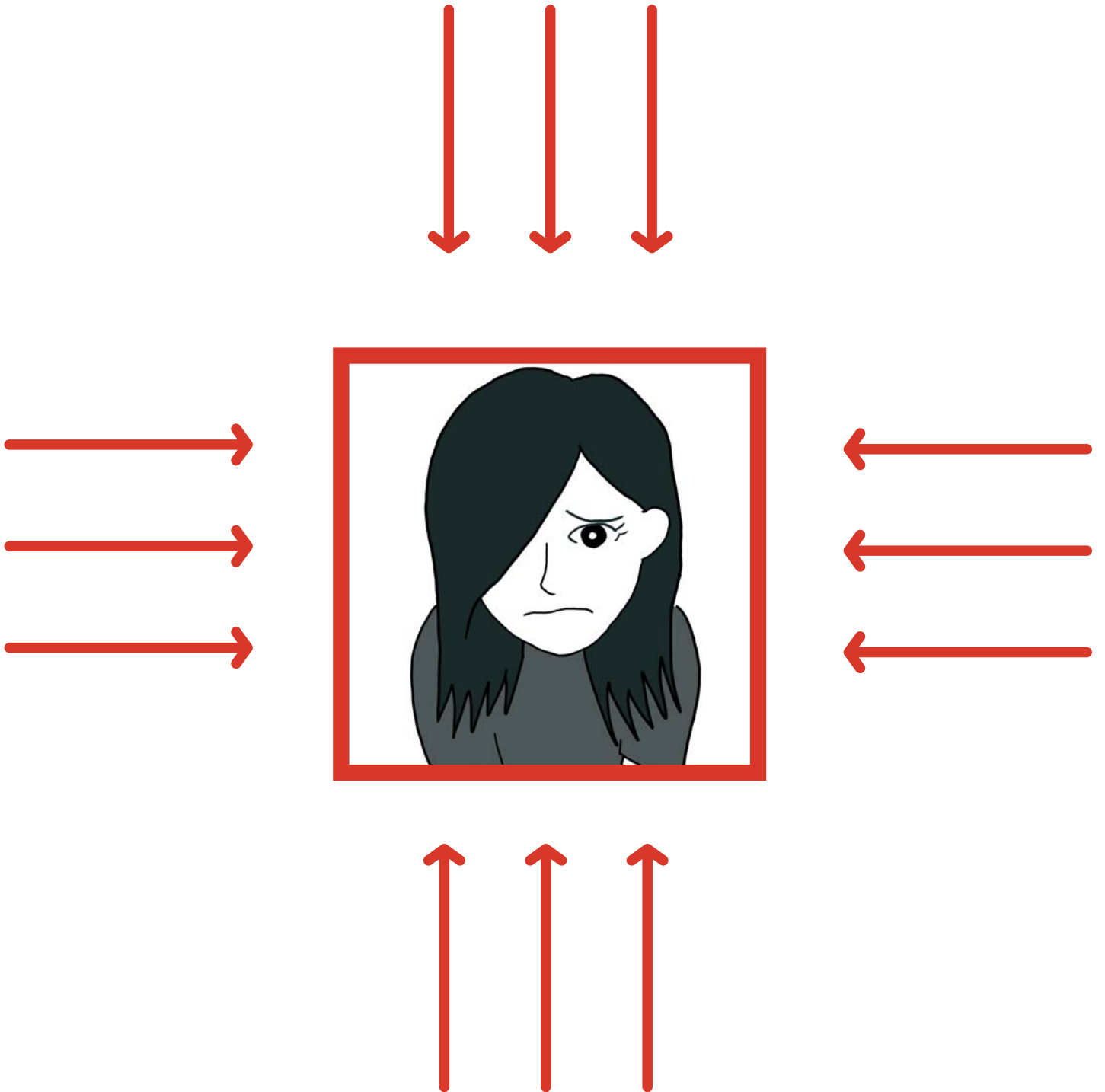
4.4 Behaviours in Relationships

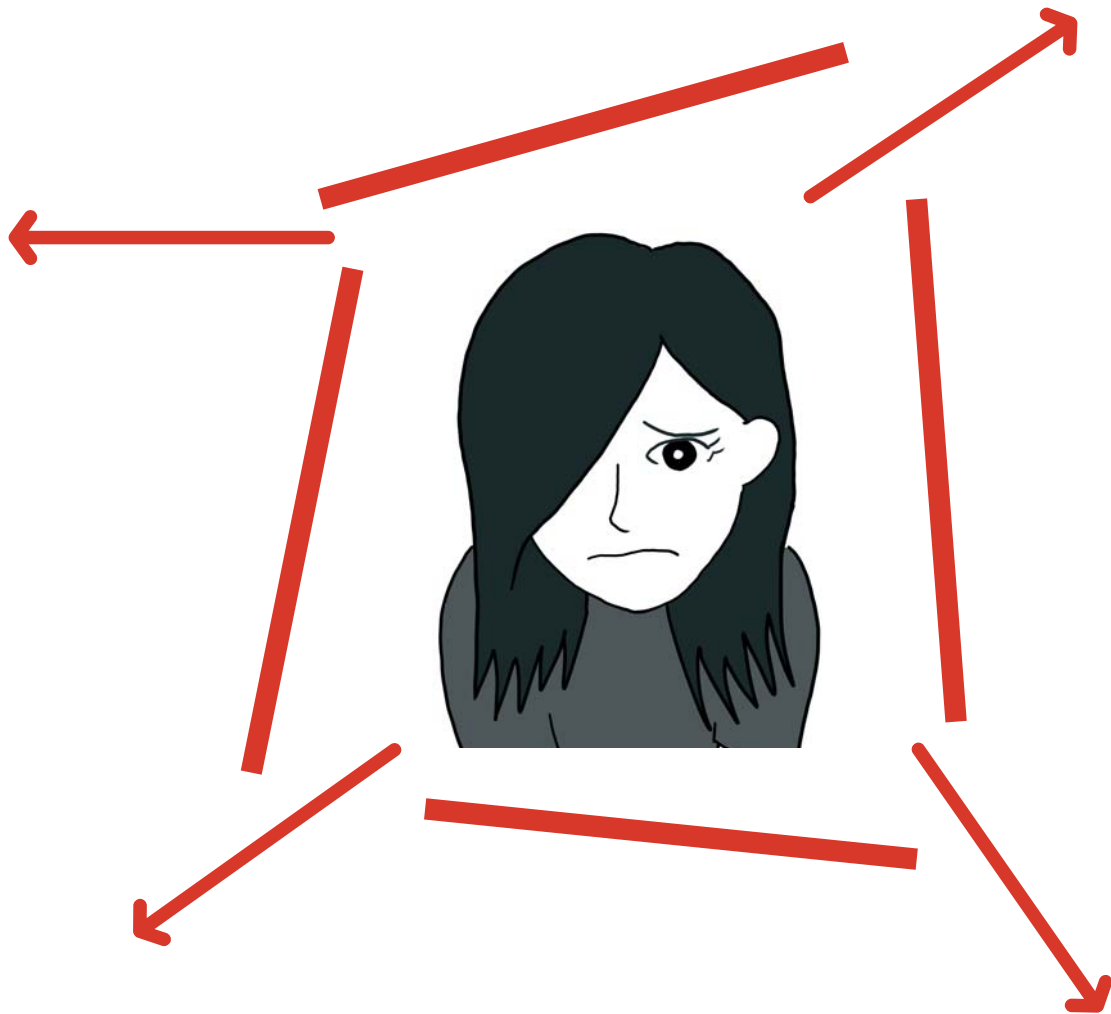
HUGS	HUGS	HUGS
HUGS	HUGS	HUGS
KISSES	KISSES	KISSES
KISSES	KISSES	KISSES
SHAKE HANDS	SHAKE HANDS	SHAKE HANDS
SHAKE HANDS	SHAKE HANDS	SHAKE HANDS
TOUCHING MY PRIVATE PARTS	TOUCHING MY PRIVATE PARTS	TOUCHING MY PRIVATE PARTS
TOUCHING MY PRIVATE PARTS	TOUCHING MY PRIVATE PARTS	TOUCHING MY PRIVATE PARTS
HOLD HANDS	HOLD HANDS	HOLD HANDS
HOLD HANDS	HOLD HANDS	HOLD HANDS
SAY 'I LOVE YOU'	SAY 'I LOVE YOU'	SAY 'I LOVE YOU'
SAY 'I LOVE YOU'	SAY 'I LOVE YOU'	SAY 'I LOVE YOU'
TICKLES	TICKLES	TICKLES
TICKLES	TICKLES	TICKLES
HAVE SEX	HAVE SEX	HAVE SEX
HAVE SEX	HAVE SEX	HAVE SEX
TEASE	TEASE	TEASE
TEASE	TEASE	TEASE
PLAY WRESTLING	PLAY WRESTLING	PLAY WRESTLING
PLAY WRESTLING	PLAY WRESTLING	PLAY WRESTLING

4.4 Behaviours in Relationships

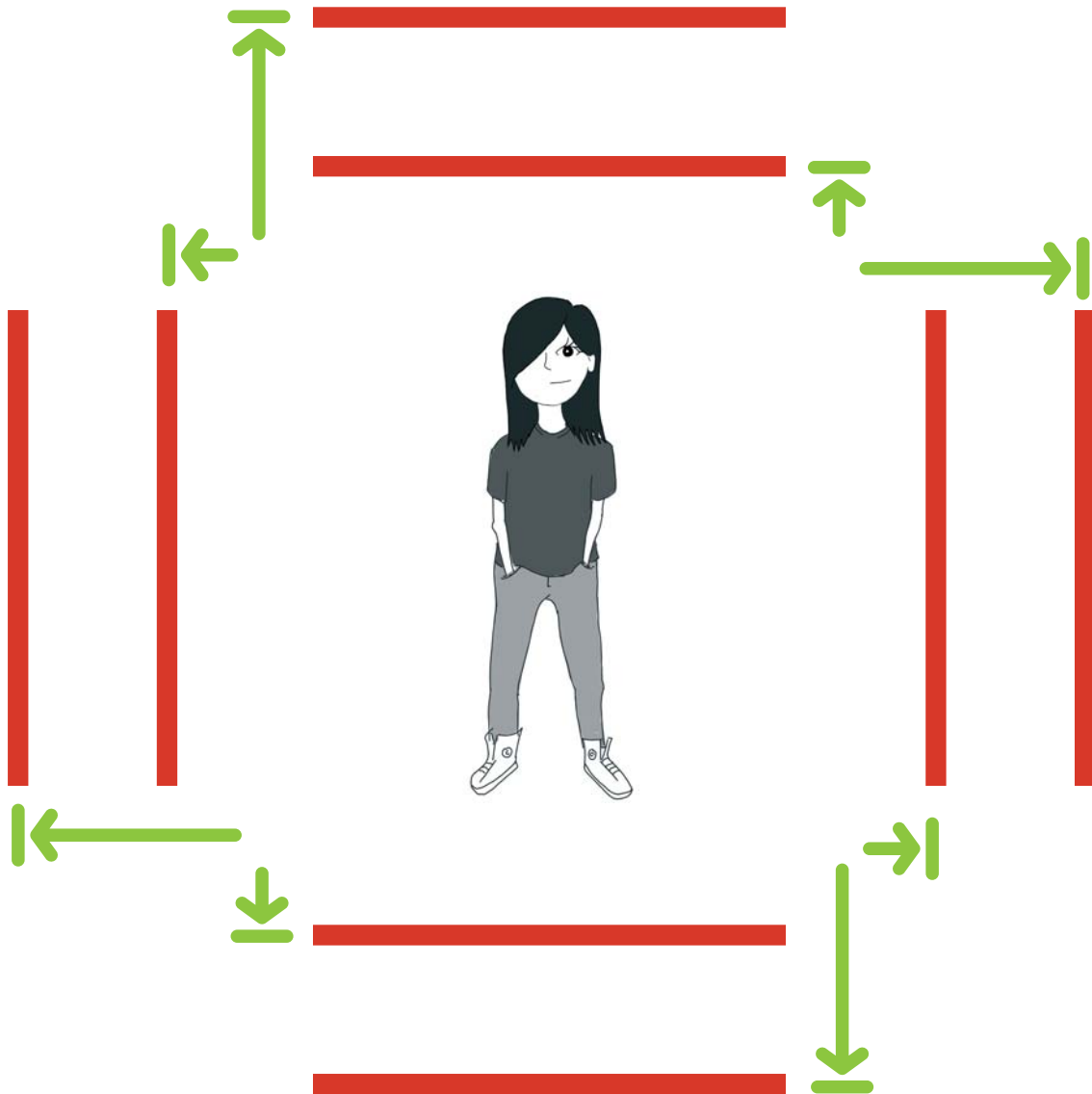
[illegible]

4.5 Rigid Boundaries

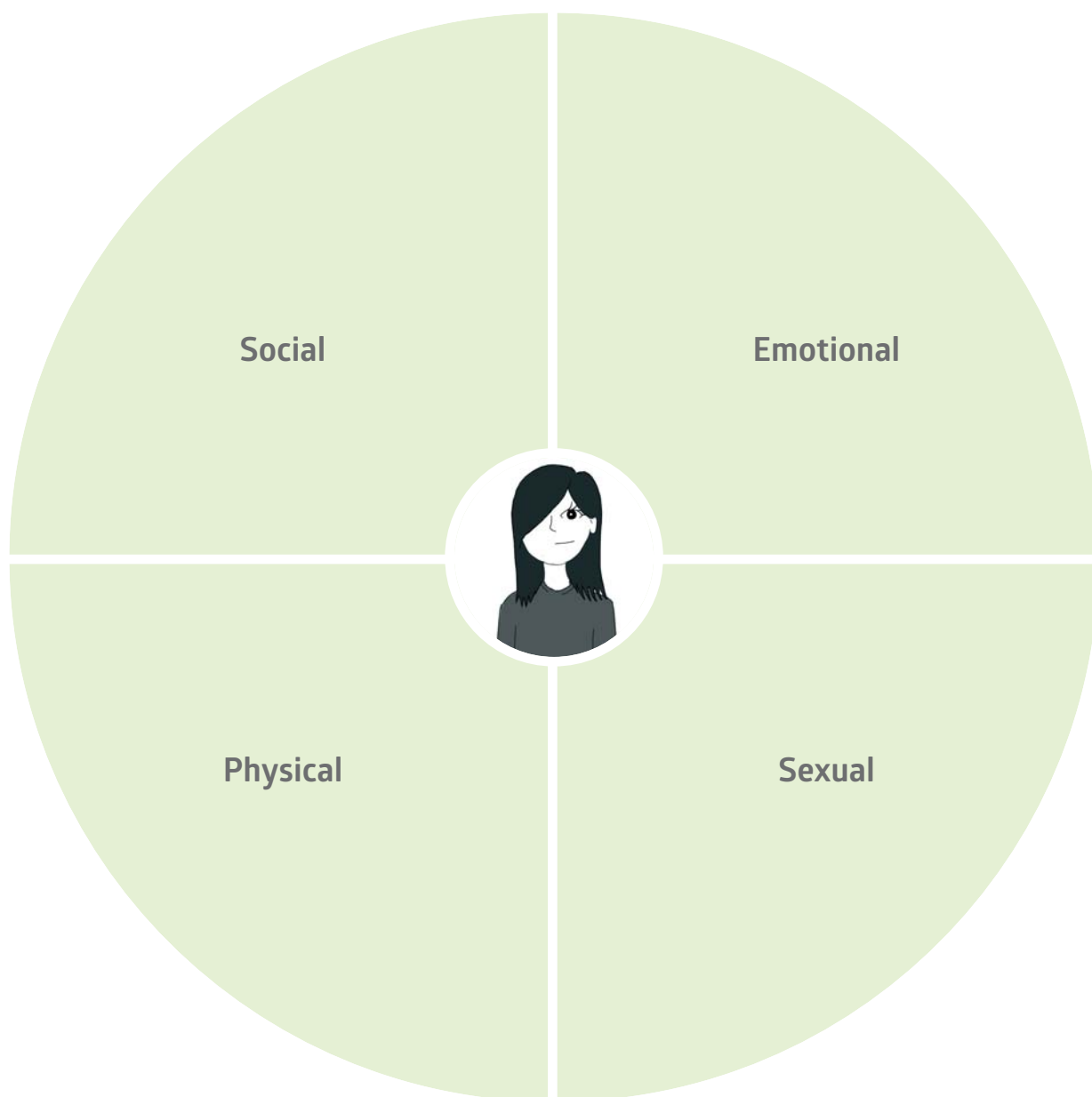


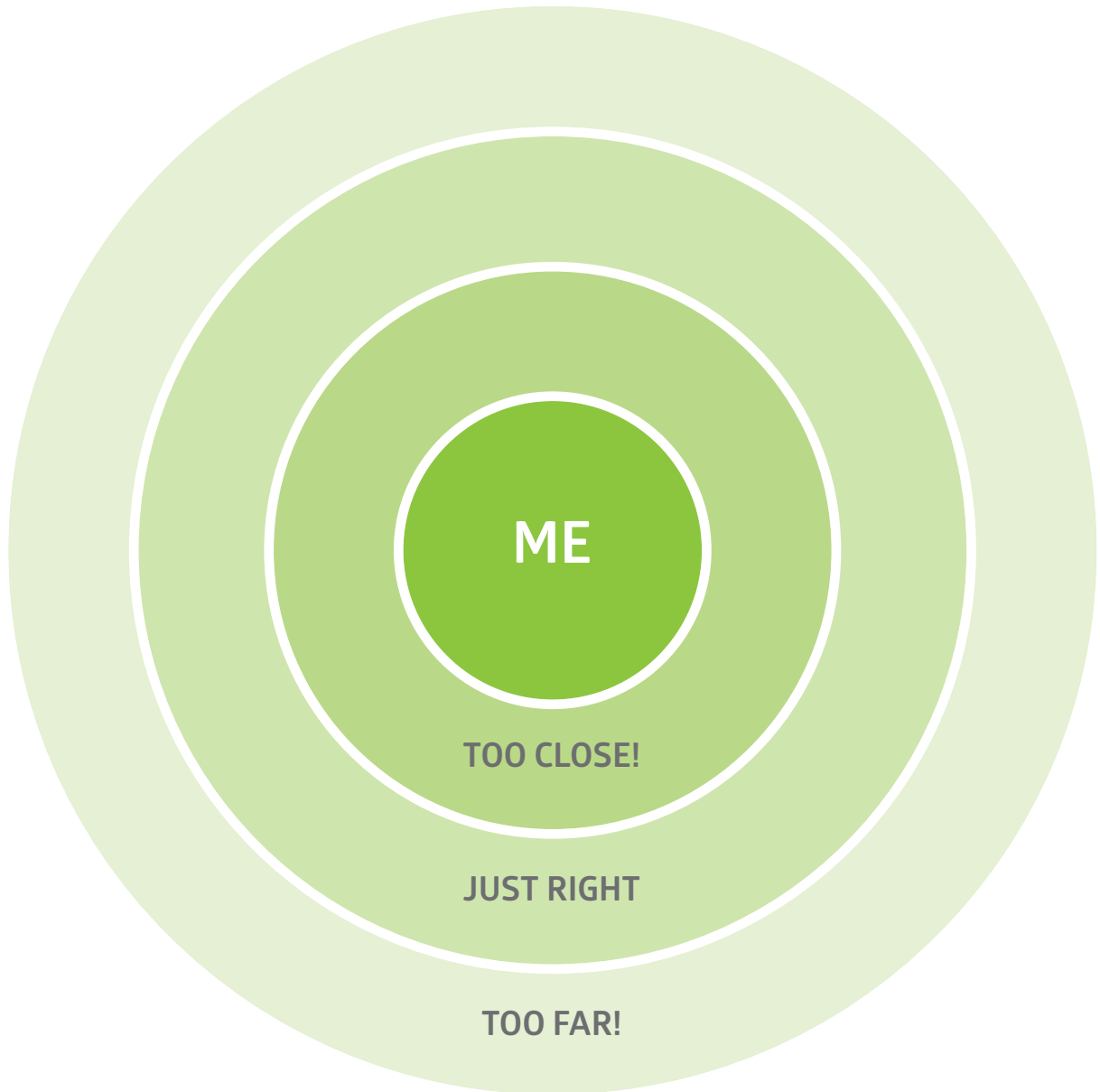


4.5 Healthy Boundaries



4.5 What Do My Boundaries Look Like?





Exploring my Relationships

Relationships that I am grateful for...

Relationship Strengths

1. _____



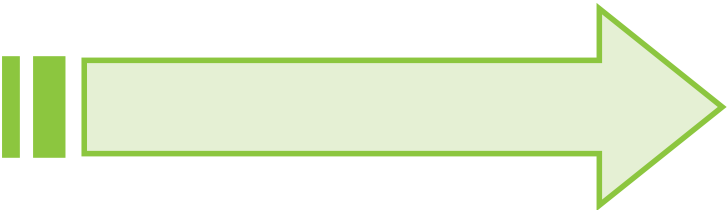
2. _____



3. _____

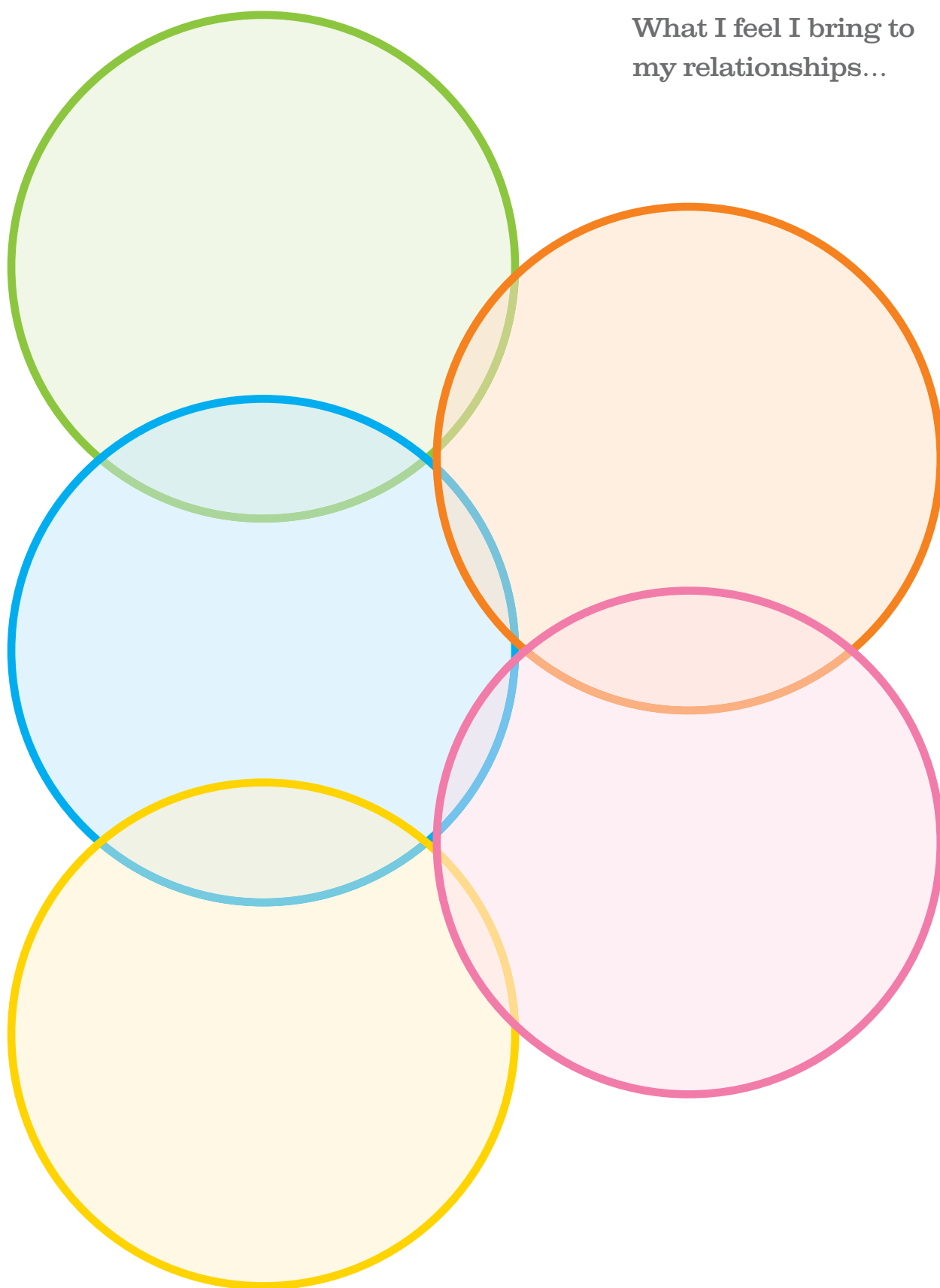


4. _____



4.6 Exploring My Relationships

What I feel I bring to my relationships...





4.12 Healthy Sexual Relationships Jigsaw

- Things I definitely need
- Things I would like
- Things I can do without
- Definite No-No's



4.12 Healthy Sexual Relationships Jigsaw

Trusting each other	Making fun of you	Being jealous
Spending time with family and friends	Embarrassing you	Can't be yourself
Talking to each other	Sometimes being annoying	Is critical
Talking to others	Often ringing you on your phone	Doesn't like you talking to others
Sharing thoughts/feelings	Texting you all the time	Doesn't like you spending time with friends
Both having fun	Being sarcastic	Is not supportive
Feeling comfortable with the other person	Tries to get you to have their interests	Can't talk to each other
Feeling happy in the other person's company	Letting you down	Can't share thoughts/feelings
Able to be yourself	Making plans then breaking them	Does not let you be yourself
There are more good times than bad times	Being annoying	Feels unsafe
Encourages friendships with others	Sometimes disagreeing	Cannot trust/limited trust
Encourages you to do things you enjoy	Is competitive with you	Discourages you from doing things you enjoy
Support each other	Showing off	Does not like you having other close relationships
Considerate of each other	Sometimes breaks promises	Tries to control and manipulate
Treating each other as equal in the relationship	Sometimes tries to be 'in charge'/the boss in the relationship	Tries to change you - your behaviour/your appearance etc.
Feel safe with the other person	Not able to completely be yourself	No freedom
Feeling respected	Checking your phone/texts	Being called names
Being shown affection	Being careful about what you say	Arguing all the time
Sharing interests	Asking you to send naked pictures	Makes you feel stupid
Do not cheat on each other	Messaging you all the time	Making you do things you don't want to
Sending jokes to each other	Trying to get you to drink alcohol	Saying 'if you loved me you would...'
Able to say 'No'	Ignoring you when with other people	Tries to pressure you sexually



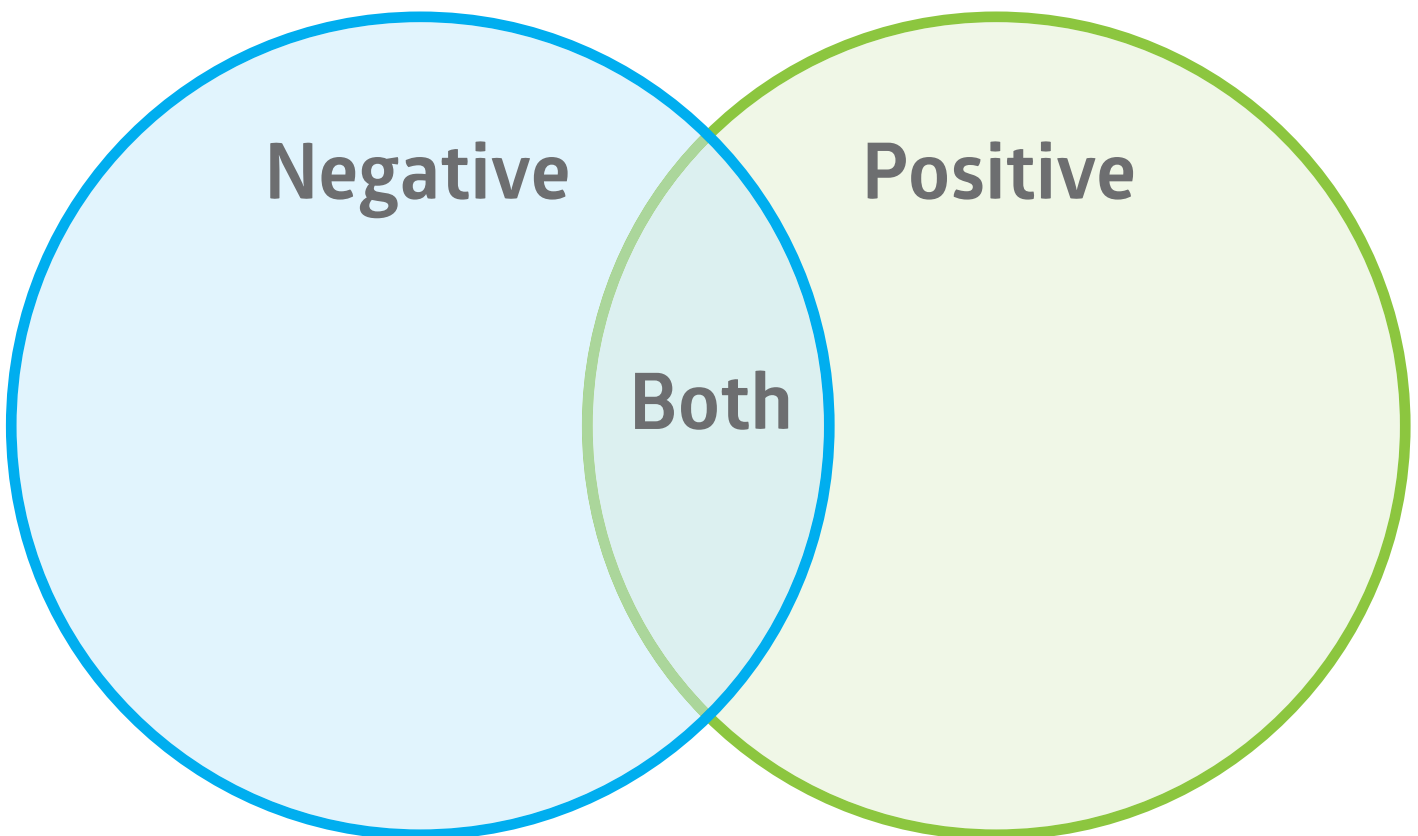
5.1 Words for Feelings

ANGRY	HAPPY	IRRITATED
EXCITED	GUILTY	ANXIOUS
FRIGHTENED	CALM	SURPRISED
SAD	RELAXED	FRUSTRATED
ASHAMED	HOPEFUL	ANNOYED
BORED	PLEASED	CONFUSED
JEALOUS	CONFIDENT	EMBARRASSED
PROUD	ENTHUSIASTIC	DISAPPOINTED
WORRIED	EXHAUSTED	LOVED
AGGRESSIVE	EASY-GOING	BRAVE
KIND	SHY	IRRITATED
EXCITED	GUILTY	ENERGETIC
SHOCKED	DEPRESSED	TEARFUL
COMFORTABLE	ASSERTIVE	FRUSTRATED
ASHAMED	HOPEFUL	HOPELESS
CHEERFUL	ENVOIOUS	SUSPICIOUS
HURT	LONELY	DISGUSTED
NERVOUS	CRAZY	AWKWARD

Feelings

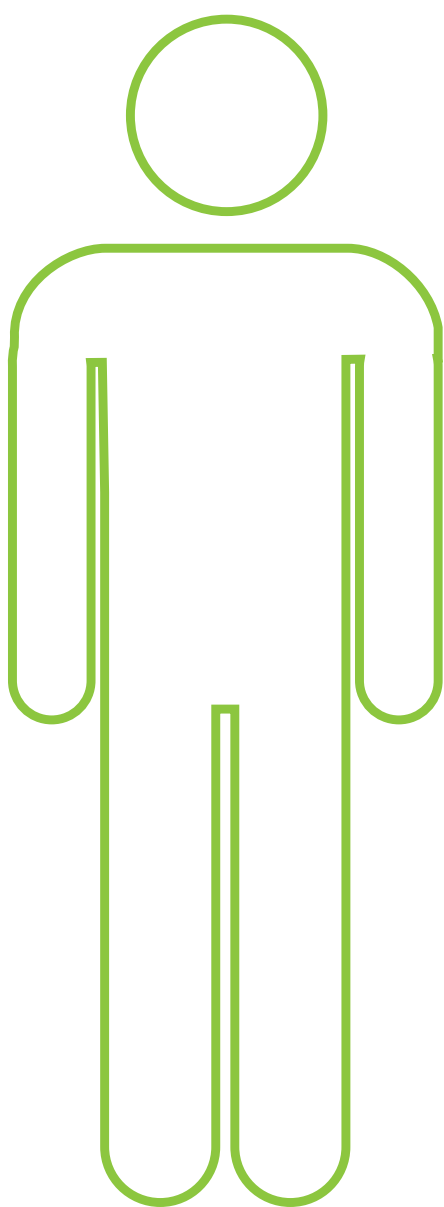
Look at the list of FEELINGS words that describe emotions.
In the boxes below write in:

-
- Words which describe **negative** feelings? (**feeling bad**)
-
- Words which describe **positive** feelings? (**feeling good**)
-
- Words which could be **both** negative and positive?



Which sorts of feelings do you like best –
Negative or Positive? Can you explain why?

5.2 Feelings in my Body



What happens to my body when I start to feel?

5.4 Three Types of Communication

Q. What is assertiveness?

Q. What is the difference between being submissive, aggressive and assertive?

Q. Think of your own behaviour – how would you best describe the way you communicate your needs?

Submissive

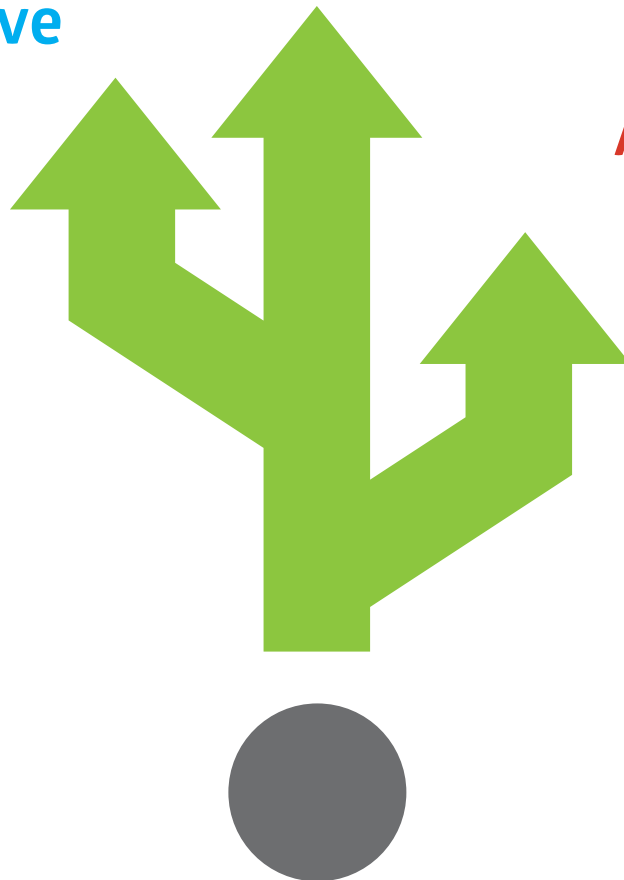
Not expressing your thoughts, feelings, views or opinions. Communicating thoughts, feelings, views or opinions in an apologetic way so that they are dismissed by others. Forfeiting your own right to thoughts, feelings, views or opinions by conceding to others.

Assertive

Expressing feelings, thoughts, and views in a way that is open, honest and does not violate the rights of others. Communicating your needs effectively without having a negative impact on others.

Aggressive

Standing up for yourself and expressing thoughts, feelings, opinions in a way that is inappropriate and violates the rights of the other person. Using put-downs to maintain superiority over others. Attacking when threatened. Impact on other people is very negative.



5.4 Three Types of Communication

	Verbal	Non-verbal	Thinking	Benefits	Cost
Aggressive	<p>Sarcasm, condescending</p> <p>Often abrupt</p> <p>Fast talking</p> <p>Use blaming words</p> <p>Sarcastic, cold, harsh tone</p> <p>Often shouting, raising voice</p> <p>Threats - "If you don't..."</p> <p>Put downs - "Don't be so stupid"</p> <p>Judgement comments - should", "bad",</p> <p>Sexual/racist remarks</p> <p>Boastfulness - "I haven't got problems like yours"</p> <p>Opinions expressed as fact - "That's a useless way"</p> <p>Threatening questions - "Why did you do that?"</p>	<p>Invading someone's personal space</p> <p>Leaning over someone or forward</p> <p>Tightly crossed arms</p> <p>Aggressive gestures e.g. pointing, clenching fist</p> <p>Sarcastic smile</p> <p>Sneering</p> <p>Scowling</p> <p>Staring, refusing to look away</p> <p>Being obviously impatient</p> <p>Scowling when angry</p> <p>Tensed jaw</p>	<p>"Get you before you get me"</p> <p>"You want to take things from me"</p> <p>"I'm out for No.1"</p> <p>"It's a battle that I am out to win"</p>	<p>Feeling in control</p> <p>Feel powerful</p> <p>Feel less vulnerable</p> <p>Letting go of feelings</p> <p>Things go your way</p> <p>Others do what you want</p>	<p>Your behaviour pushes people away/ creates enemies</p> <p>You feel paranoid</p> <p>Hard to relax as you are always trying to control others/situations</p> <p>Unstable relationships</p> <p>Low self esteem and confidence – and you put others down to try to compensate</p> <p>Feeling guilt and shame</p>
Submissive	<p>Put yourself down</p> <p>Always apologising 'don't worry' 'it's not important'</p> <p>Being indirect – 'maybe' 'perhaps'</p> <p>Being uncertain</p>	<p>Looking down</p> <p>Avoiding eye contact</p> <p>Biting a lip</p> <p>Hand over the mouth</p> <p>Fold arms to protect</p> <p>Twist hands together</p> <p>Ghost smiles as a nervous response e.g. when criticised</p> <p>Laughing or smiling when showing anger</p>	<p>"I won't be liked"</p> <p>"Saying no will upset them and I'll be to blame"</p> <p>"I don't matter"</p> <p>"My needs are less important than other peoples"</p>	<p>Lots of praise for selfless behaviour</p> <p>Others come to me</p> <p>Avoids conflict short-term</p> <p>People feel protective</p>	<p>Unexpressed stress and anger building up – explosion?</p> <p>Constant demands from others</p> <p>Seen as weak</p> <p>Unhealthy relationships</p> <p>Trapped in an image, not able to be self</p> <p>Low self-esteem</p>
Assertive	<p>Firm, relaxed, steady voice</p> <p>Sincere and clear</p> <p>Not over-loud or quiet</p> <p>Appropriate voice volume</p> <p>'I' statements</p> <p>Cooperating, considerate</p> <p>Separate fact from opinion</p> <p>Suggest without 'shoulds'</p> <p>Non-blaming statements</p> <p>Exploring others' views</p> <p>Open to other solutions</p>	<p>Receptive listening</p> <p>Direct eye contact without staring</p> <p>Erect, balanced, open body stance</p> <p>Open hand movements</p> <p>Smiling when pleased</p> <p>Frowning when angry</p> <p>Features steady</p> <p>Jaw relaxed</p>	<p>"I won't allow you to take advantage of me and I won't attack you for being who you are"</p>	<p>Higher self esteem</p> <p>Improving chances and opportunities</p> <p>No emotional build up and explosions</p> <p>Reduced need to protect yourself</p> <p>Less self-conscious</p> <p>Open to healthy relationships</p>	<p>Being aggressive or passive can be easier</p> <p>Changing beliefs and behaviour can be scary</p> <p>Success is not guaranteed</p> <p>Others benefiting from you being passive may react against your assertiveness</p>

'You' Message...

'You
never listen
to me!'

'Why are you
acting so mean
to me!'

'You
are always
blaming me!'

'You
make me
so mad!'

'
'

'I' Message...

'I feel upset when I
am not listened to.'

'I feel frustrated
when I am treated
unfairly.'

'I feel.....
when.....'

'I feel.....
when.....'

'I' Statements

• Step 1

I feel...

• Step 2

when...

• Step 3

because...

• Step 4

What I need/want is...

Table of Needs

I'm hungry	
I'm worried about my dad	
It is hard to get on with others my age	
I'm scared of the girls who live nearby	
I'm tired a lot of the time	
I'm always getting into trouble	
I think I'm ugly	
I argue a lot with my mum	
I'm cold	
I don't have a boyfriend/girlfriend	
I feel stuffy	
I don't have any close friends	
There are things I don't understand	
Others in my class don't like me	
I'm thirsty	
I never get my work right	
Nobody notices when I try my hardest	
I feel different to other people my age	
I struggle to solve problems well	
I don't know as much as my friends	
Things in my life are chaotic	

5.9 Maslow's Hierarchy of Needs

SELF-ACTUALISATION:

Creativity, spontaneity, morality, acceptance of facts, lack of prejudice, problem-solving

AESTHETIC NEEDS:

Beauty, balance, symmetry, order

COGNITIVE NEEDS:

To know, to understand, curiosity, to explore, self-awareness

SELF-ESTEEM:

Confidence, respect of others, respect by others, to achieve

LOVE AND BELONGING:

Friendship, family, sexual intimacy, sense of connection

SAFETY AND SECURITY:

Of body, of health, of family, of resources

ESSENTIAL NEEDS:

Sleep, water, breathing, food, sex



Goal Setting

My Goal is:

It is important for me to reach this goal because:

- 1.
 - 2.
 - 3.
-

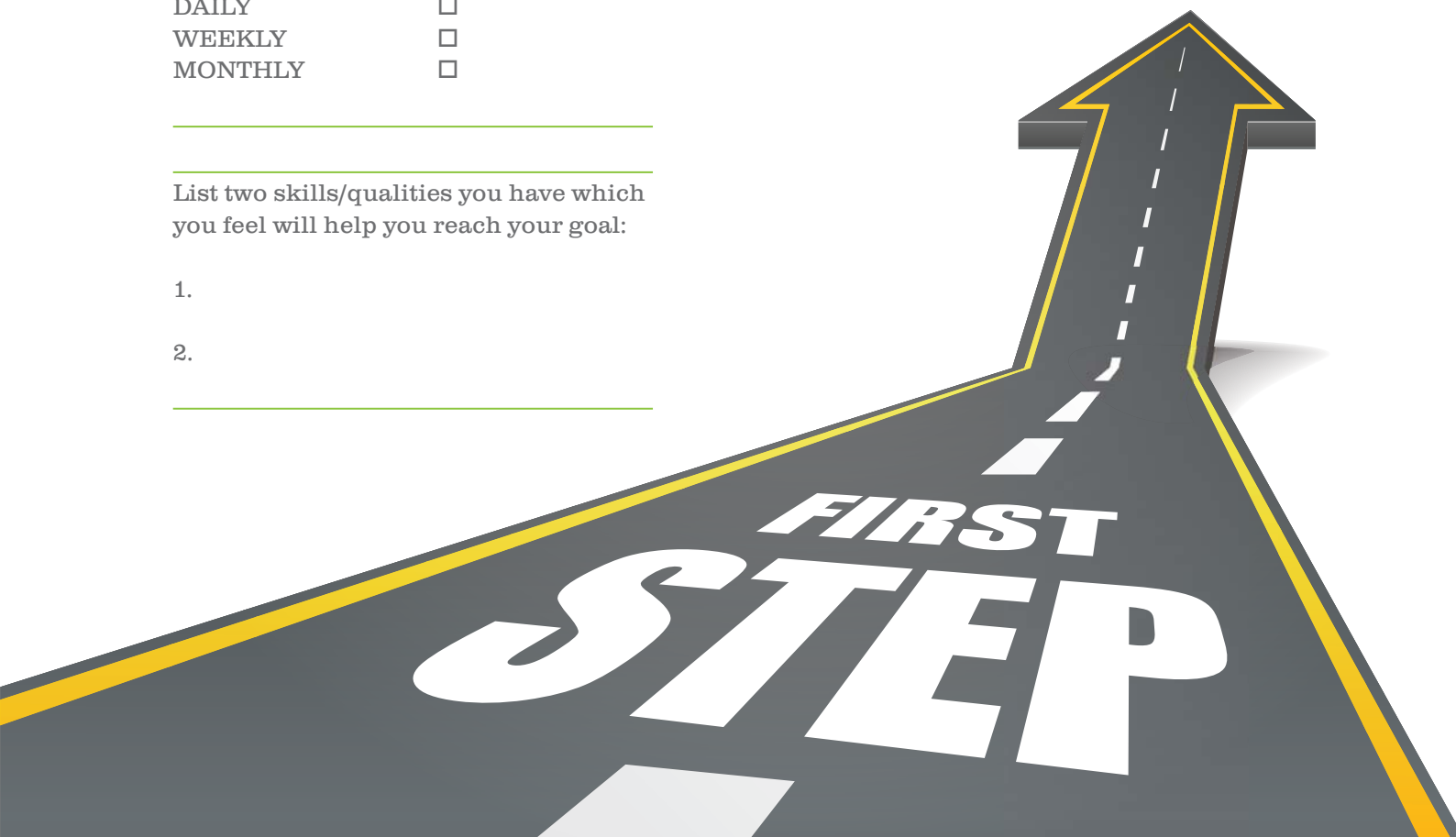
I would like to do this by (give yourself a date and time):

And will check on this:

DAILY	<input type="checkbox"/>
WEEKLY	<input type="checkbox"/>
MONTHLY	<input type="checkbox"/>

List two skills/qualities you have which you feel will help you reach your goal:

- 1.
 - 2.
-



Achieving My Goal

When I achieve my goal I see...



When I achieve my goal I hear...

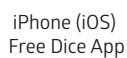


When I achieve my goal I feel...

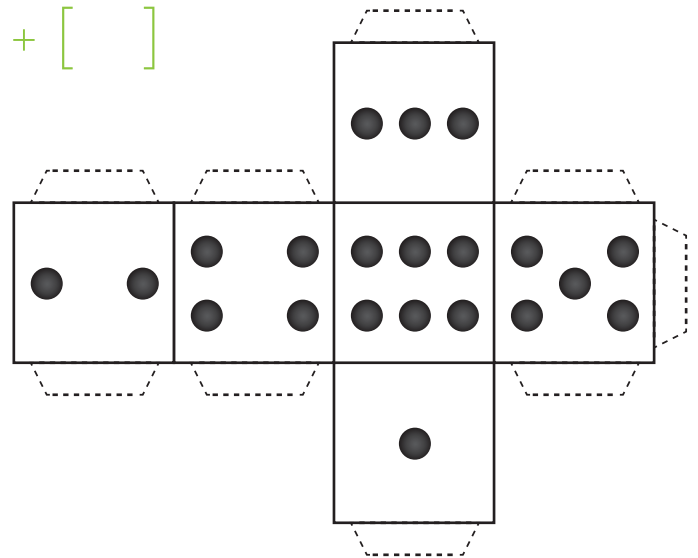



Girl's Talk: Game Rules

1. It's simple! Choose a player piece.
2. Place at the start and roll the dice. Move the number of positions the dice shows you.
3. Collect Journey Reward Points for taking part, as you pass them.
4. If you land on a Pick A Card square, you answer the question and get 10 points for each one (whatever you answer...!)
5. Get as far in the game as you can, or want to. The future awaits...
6. Record your points below...

$$= \begin{bmatrix} \text{ } \\ \text{ } \\ \text{ } \\ \text{ } \\ \text{ } \end{bmatrix}_{\text{total}}$$


Android
Free Dice App



 Cut out your counter



5.12 Girls' Talk Game Cards

<p>What is the best style of communication?</p> <p>a. Passive b. Assertive c. Aggressive</p>	<p>Name 3 qualities of a healthy relationship.</p>
<p>Name 3 characteristics of an unhealthy relationship</p>	<p>True or False? Masturbation is a private activity</p>
<p>True or False? It is possible to protect yourself against STIs</p>	<p>Which of the following would you NOT find in healthy relationship?</p> <p>a. Being able to be yourself b. Being supportive c. One person makes all decisions</p>
<p>True or False? A girl cannot get pregnant during her period</p>	<p>True or False? Both boys and girls have orgasms</p>
<p>True or False? If a boy withdraws his penis before he ejaculates (comes) the girl will not get pregnant</p>	<p>True or False? Everybody masturbates</p>
<p>True or False? You can always tell if you or someone else has caught an STI</p>	<p>Give 3 examples of bullying behaviour</p>
<p>Give one example of each of the following:</p> <p>a. Unclear boundary b. Rigid boundary c. Healthy boundary</p>	<p>Complete an 'I' Statement:</p> <p>'I feel...' 'When...' 'Because...' 'What I need/ want is...'</p>
<p>List 3 positive things about yourself</p>	<p>True or False? It is the girl's responsibility to think about contraception?</p>
<p>True or False? The legal age of consent for sex in the UK is 18 years</p>	<p>True or False? There is no 'safe' time to have unprotected sex</p>
<p>True or False? You cannot get an STI from oral sex</p>	<p>True or False? Sending naked or 'sexy' pictures (sexting) happens in every relationship</p>
<p>True or false? Teenagers can see a doctor or nurse in private</p>	<p>True or false? Girls sexual needs are equal to boys</p>
<p>True or False? You can use the emergency contraceptive pill up to 72 hours after having sex</p>	<p>True or False? Only people who sleep around catch STIs</p>

5.12 Girls' Talk Game Cards

<p>True or False? Using alcohol or drugs is an excuse for hurtful behaviour</p>	<p>True or false? Saying 'No' to sex means you are a 'prude' and there is something wrong with you</p>
<p>List 3 ways that emotions affect your body</p>	<p>Name the ways that you can show compassion for yourself – each one earns a token.</p>
<p>Name the ways that you can show compassion for others – each one earns a token.</p>	<p>Give 2 examples of negative body image thoughts</p>
<p>Give 2 examples of positive body image thoughts</p>	<p>List 2 Positive Emotion words and give examples of a time you experienced the feeling</p>
<p>List 2 Negative Emotion words and give examples of a time you experienced the feeling</p>	<p>Describe an example of: a. A short-term Goal b. A long-term Goal</p>
<p>For a person to be able to consent to sex they need to...</p>	<p>Describe what the term Victim means?</p>
<p>Describe 3 things that gives a person power over another</p>	<p>Give 2 examples of good use of Power</p>
<p>Give 2 examples of bad use of Power</p>	<p>Give an example of: a. Being aggressive b. Being submissive c. Being assertive</p>
<p>Give an example of an 'I' message: 'I feel...' 'When...'</p>	<p>Describe 3 ways that you can manage your emotions...</p>
<p>True or False? Men are stronger than women</p>	<p>True or False? Masturbation is harmful</p>

5.12 Girls' Talk
Game Cards - Answers

<p>What is the best style of communication? Answer: Assertive</p>	<p>Name 3 qualities of a healthy relationship. Answer: Give one token for each quality</p>
<p>Name 3 characteristics of an unhealthy relationship Answer: Give one token for each characteristic</p>	<p>Masturbation is a private activity Answer: True</p>
<p>It is possible to protect yourself against STI's Answer: True</p>	<p>Which of the following would you NOT find in healthy relationship? Answer: One person makes all decisions</p>
<p>A girl cannot get pregnant during her period Answer: False</p>	<p>Both boys and girls have orgasms Answer: True</p>
<p>If a boy withdraws his penis before he ejaculates (comes) the girl will not get pregnant Answer: False</p>	<p>Everybody masturbates Answer: True, both males and females can masturbate. Some people chose to, while other people chose not to.</p>
<p>You can always tell if you or someone else has caught an STI Answer: False</p>	<p>Give 3 examples of bullying behaviour Answer: Give one token for each example</p>
<p>Give one example of each of the following: a. Unclear boundary b. Rigid boundary c. Healthy boundary Answer: Give one token for each example</p>	<p>Complete an 'I' Statement: 'I feel...' 'When...' 'Because...' 'What I need/ want is...' Answer: Give one token for each example</p>
<p>List 3 positive things about yourself Answer: Give one token for each positive that is identified</p>	<p>It is the girl's responsibility to think about contraception? Answer: False - it's both people's responsibility</p>
<p>The legal age of consent for sex in the UK is 18 years Answer: False – it's 16</p>	<p>There is no 'safe' time to have unprotected sex Answer: True</p>
<p>You cannot get an STI from oral sex Answer: False</p>	<p>Sending naked or 'sexy' pictures (sexting) happens in every relationship Answer: False</p>
<p>Teenagers can see a doctor or nurse in private Answer: True</p>	<p>Girls sexual needs are equal to boys Answer: True</p>
<p>You can use the emergency contraceptive pill up to 72 hours after having sex Answer: True</p>	<p>Only people who sleep around catch STIs Answer: False</p>

5.12 Girls' Talk
Game Cards - Answers

Using alcohol or drugs is an excuse for hurtful behaviour Answer: False	Saying 'No' to sex means you are a 'prude' and there is something wrong with you Answer: False
List 3 ways that emotions affect your body Answer: Give one token for each answer	Name the ways that you can show compassion for yourself – each one earns a token. Answer: Give one token for each answer
Name the ways that you can show compassion for others – each one earns a token. Answer: Give one token for each answer	Give 2 examples of negative body image thoughts Answer: Give one token for each answer
Give 2 examples of positive body image thoughts Answer: Give one token for each answer	List 2 Positive Emotion words and give examples of a time you experienced the feeling Answer: Give one token for each answer
List 2 Negative Emotion words and give examples of a time you experienced the feeling Answer: Give one token for each answer	Describe an example of: a. A short-term Goal b. A long-term Goal Answer: Give one token for each answer
For a person to be able to consent to sex they need to... Answer: Give one token for each answer	Describe what the term Victim means? Examples: "...someone who suffers an unwanted experience caused by another, which they feel powerless to prevent or change..." "...a person harmed..."
Describe 3 things that gives a person power over another Answer: Give one token for each answer	Give 2 examples of good use of Power Answer: Give one token for each answer
Give 2 examples of bad use of Power Answer: Give one token for each answer	Give an example of: a. Being aggressive b. Being submissive c. Being assertive Answer: Give one token for each answer
Give an example of an 'I' message: 'I feel...' 'When...' Answer: Give one token for each answer	Describe 3 ways that you can manage your emotions... Answer: Give one token for each answer
Men are stronger than women Answer: False	Masturbation is harmful Answer: False