

Discuss the characteristics of positive and negative relationships, the different types of teasing and bullying which are wrong and unacceptable, how to recognise when people are being unkind and the difference between truth and lies.

Discuss the best way to respond to difficult/uncomfortable situations, including knowing who to go to if worried or in need of help, including outside agencies where appropriate.

Some characteristics of a healthy and secure family are:

- Spending time together, love, security, stability, mutual commitment, protection and care for children and other family members, supporting one another through both happy and difficult times.

"The family is where the parents become their children's first teachers in the faith. The family's strength lies in its capacity to love and to teach love."

– Pope Francis

1 Questions to consider

- 1) How is love shown in your family?
- 2) Why are the words 'please', 'thank you' and 'sorry' important to create a happy family?
- 3) How does saying 'please' show care and consideration for members of your family?
- 4) How does saying 'thank you' show love for each other?
- 5) How does saying 'sorry' show respect, build bridges, keep us safe and help us to build a happy family and mend broken friendships?
- 6) Why is teasing and bullying wrong and unacceptable within families and friendships?
- 7) Why should we always tell the truth?

2 Possible activities

- 1) Draw your family showing some of the ways they show you love and kindness.
- 2) Encourage children to retell situations where their families kept them safe and protected.
- 3) Create a collage of pictures showing the happy, exciting, enjoyable things you do as a family.
- 4) Design a card to cheer up someone who is sad or upset.
- 5) Compose a prayer together thanking God for all the signs of his love and care for each person especially in your families.
- 6) Work in small adult led groups and share scenarios of someone being teased or bullied. How could the characters in the scenarios change their behaviour for the better? Encourage role-play activities.