

## 5

**1 Questions to consider**

- 1) List any behaviour changes you recognise as you are growing and developing.
- 2) Do you think these changes have affected any friendships, and how?
- 3) Are these determined by how others treat you?
- 4) Are there ways you are becoming more sensitive to your emotional development and that of others?
- 5) If a friend was struggling with their self-confidence and self-esteem, what would you advise them to do?
- 6) Where would you go and/or who would you go to for advice or to report concerns for yourself or on behalf of a friend because you are worried about being unsafe, feeling uncomfortable or concerned for your own or their mental health and wellbeing? How can this translate to keeping safe on-line?

**2 Possible activities**

- 1) List some social and emotional changes and how these might present themselves within friendships.  
Pupils may include some of the following:
  - easily embarrassed;
  - need for privacy;
  - moods swing up and down without much warning,
  - divided loyalty may occur between self, friends and parents,
  - production of hormones triggers sexual desire,
  - arousal and urge,
  - evolving a set of values and moral codes,
  - seeking independence,
  - risk taking behaviour,
  - concern for the future, identity formation

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- 2) Consider how to recognise and report feelings of being unsafe; feeling threatened; feeling anxious due to the way you are being treated by an adult.
- 3) Design an A5 pamphlet with information on how to seek for help or advice for yourself or others? Include strategies that could be used to help someone when they are low or not confident, promoting positive mental health and wellbeing.