



Age group

Length

Measurable objectives

- 1
- 2
- 3

Resources required

Learning *How will this connect to previous learning? What new skills or knowledge will learners gain? How will you present this new learning?*

Key instructions to deliver the session

Concluding the lesson

Talk to us lesson plan

Time	Activity	PSHE/PSE principle	Resources
2 mins	Introduction & ground rules	Ten: Provide supportive learning environment. Develop confidence, ask questions, challenge information, draw on own experiences, express views.	PowerPoint (PP) slides 1,2,3.
3 mins	Questions for the box: Instruct pupils to write any health or medical related questions anonymously on a piece of paper and drop them into covered box or bag.	Three: Take a positive approach, which does not induce shock or guilt, focus on what young people can do to stay safe & healthy.	PP slide 4. Slips of paper, pens, covered box.
5 mins	Red and Green Questions Ask the group a series of questions, they put slips of paper in the green or red bin depending on what they think the answer is. Red = no. Green = yes. To answer the 'age' question they can stick a post-it note on the appropriate flip chart in the appropriate corner. <ul style="list-style-type: none"> Who knows what confidentiality means? Would you feel confident to see a doctor or nurse on your own? How old do you have to be to go to the doctors on your own? 	One: Find out what they already know, understand & are able to discuss.	PP slides 5, 6 & 7 Green and red 'bins' or bags and/or slips of red and green paper. Flip chart paper labelled with choice of ages in corners of room.
15 mins	Body maps Facilitator draws around a pupil, who is lying on the floor, on flip chart paper. Pupils are encouraged to think about physical and mental health, health issues they may see in friends, family members and older people. They write down all the issues they can think of, on a post-it note, and stick it to the flip chart 'body map'.	Two and Four: Introduce new and more challenging learning. Using a variety of interactive styles	Flip chart paper and marker (to draw body map) post it notes & pens.





Talk to us lesson plan

Mins	Activity	PSHE/PSE principle	Resources
10 mins	<p>Feedback</p> <p>Discussion around body maps. Prompts in notes of PowerPoint. Discuss relevant-related topics e.g. confidentiality, STIs, contraception, self-harm, young carers, self-care, coughs, colds, sore throats, headaches, depression.</p>	Five: Provide information which is realistic and relevant, reinforcing positive social norms.	PP Slides 9-12 Body maps.
5 mins	<p>Confidentiality</p> <p>What is risk/harm? Show YouTube clip.</p>		Hyperlink in PP slide 13 Wifi and speakers.
5 mins	<p>Games</p> <p>Return to the questions from the start and discuss these again.</p>	Six: Encourage reflection on learning and the progress made	Green and red bins. Flip chart paper labelled with ages.
5-10 mins	<p>Q&A hot seat</p> <p>Facilitator answers anonymous questions from box and takes additional questions.</p>	Seven, Eight & Nine: Create positive relationships with adults & ensure feel valued. Provide opportunity to make real decisions and simulate adult choices.	Box of questions.