



## Relate Respect Connect - Session 1 - Relate

### Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

### Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

**Respect is treating others right, and being mindful of their feelings, needs and desires.**

**What are some things do good friends do to show respect for each other?**

(Look after each other, care for each other, apologise, have your back. Etc.)

**Harold, Red and Boots are having some friendship problems.**

**What are some suggestions you could give them to try and resolve their problems and get along better?**

(open ended)

**What are some positive qualities of a good friend?**

(Kind, supportive, understanding, sharing, respectful, have a sense of humour, understanding, loyal, have shared experiences with you.)

**What are some negative things friendships can be.**

**(Confusing, demanding, tricky, frustrating, difficult, moody, emotional, pressuring.)**

**What can cause friendships to change?**

**(You change, your friend changes, arguments, you grow older, you find new friends, you like new or different things, you change schools, conflict.)**

**What happens to your brain during puberty?**

(Your brain grows and changes, it works faster, the pre-frontal cortex is still developing affecting your thoughts, actions and emotions.)

**What's empathy, and why is it good to have?**

(Understanding or sharing how someone else is feeling. It really helps friendships and relationships as people like to be understood.)