



Relate Respect Connect - Session 2 - Respect

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.

In your own words, explain to a partner what consent means to you

(open ended)

Why is it important to respect a person's answer, when asking for consent?

(open ended)

Big feelings in our brains causes our bodies to react in many ways. Some ways include: a racing heart beat, sweaty palms, shortness of breath and feeling sick in the stomach.

What are some ways we can manage our big feelings?

(go for a run, walk, dancing, shake it out, yell into a pillow, having a cry, try to calm down, slow deep breathing, mindful behaviours, express yourself by being creative, talk about it with a trusted adult)

How could you deal with a friend who may be upset with you and doesn't show empathy to see the situation from your perspective?

(open ended)

What does respect feel like? How do you know if you have a respectful relationship with a friend?

(You feel good around each other, they enjoy your company and vice versa, they know your boundaries, they have your back and listen to you, they are respectful of your privacy, you don't judge each other, being reliable, valuing differences) (open ended)

What does 'respecting yourself' look/sound/feel like?

(Not allowing yourself to be bullied, speaking your truth, not doing things you feel uncomfortable about) (open ended)