

RSE DAY

Celebrating relationships & sex education

17. Attitudes and values statements

Read some of the statements below to your class, choose the ones that are most relevant. Ask them to demonstrate whether they agree or disagree with each statement or are undecided by using an agreed signal or by moving to a designated area of the room. This could also be done as an individual or small group activity using a worksheet or by placing the statements on paper around the room and asking children to make a mark on a continuum.

After each statement, discuss the views that people have around change. Remind children that they can change their mind if they agree with someone else's viewpoints. Explore feelings around change and strategies for coping with and embracing change in a positive way.

1. Advances in technology changes things for the better.
2. People need to embrace change for relationships to stay strong.
3. Change is a good thing.
4. Change leads to positive outcomes.
5. The fear of the unknown is what stops people from creating change.
6. Too much change in a short time is disruptive.
7. For change to be a good thing, people need to have a plan.
8. Moving to a new school is the most challenging change for a child.
9. It is difficult to manage the physical and emotional changes of adolescence.
10. Change can bring with it both opportunities and challenges.