

Relationships and Sex Education (RSE) Day

It begins with me

Photocopy and cut out the discussion cards so that there are enough for each group or pair to have a set. These can be laminated if you wish to reuse them at a later time.

Ask the students to take turns to select a card and answer the question on it. If other players also wish to contribute, that is fine as it may lead to a helpful discussion around self-esteem and how it affects relationships.



RSE DAY

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What are three good ways to boost self esteem?

Name two things that can make a person feel loved and cared for?

What types of accomplishments can make someone feel proud of themselves?

Finish the sentence:
Diversity is positive because...

Name a challenging experience someone might need to overcome in life.

How might someone express their individuality?

Where can a young person find encouragement and support?

What are some self care activities a person might engage in?

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Name a place that someone might find safe and calm

What are the most important qualities in a good friend?

Can you think of a compliment someone could give to make another person feel valuable?

What is meant by the term resilience?

What are three worthwhile achievements in life?

Imagine swapping places with anyone in the world. Who would this be and why?

Think of a time when someone might need help from their friends

What are three top tips for boosting someone's confidence?

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What might cause someone to feel 'not good enough?'
How can this be helped?

Think of a way someone can positively impact another's life. How might this happen?

What negative thoughts do people sometimes have that impact self esteem?

How can someone stay true to their values when faced with peer pressure?

What things might spark excitement and joy in life?

What action could someone take if feeling alone and sad?

How can friends and family help to build someone's self esteem?

What action should be taken if someone is experiencing bullying?

Name some ways the human body is amazing

Why is standing up for others important?

Why is it important for people not to compare themselves with others ?

What is a helpful strategy for handling criticism or negative feedback from others?

What strategies can someone use to cope with setbacks or disappointment?

Can you name any negative influences on someone's self esteem?

What do you think is meant by the term 'self-compassion'?

How might a person express self-love and acceptance?

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What is an inspiring positive quote or mantra someone might try to live by?

How can someone establish healthy boundaries in relationships?

What are some ways that social media can affect someone's self esteem? Is this positive or negative?

What could be a healthy way for someone to unwind after a stressful day?

How can someone try to embrace their imperfections? Why does this matter?

How can 'self respect' be defined?

What signs are there that someone has positive self esteem?

What activities or hobbies can make someone feel good?

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What are some behaviours that a person should never tolerate in a relationship?

How might someone's self esteem level affect their relationship with others?

What does it mean to live a meaningful life?

What examples of peer pressure might a person face?
How can they handle it?

What are some of the ways that puberty can impact a young person's self esteem?

What are some strategies for handling conflict in a relationship?

What advice about growing up might someone give to their younger self?

What is the role of empathy and compassion in building a better world?