



Peer
Education
Project

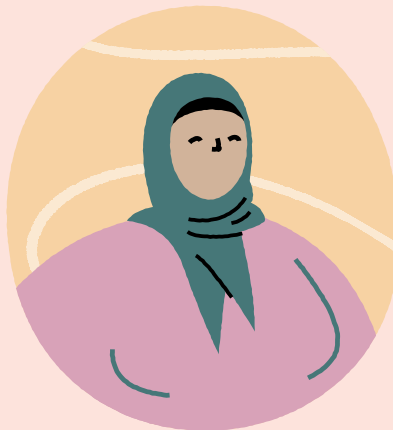


Mental Health
Foundation



HEALTHY

RELATIONSHIPS



Assembly

Assembly script:

- **Cover slide**
Slide 1 5
- **Introduction**
Slide 2 6
- **What do we mean by a healthy relationship?**
Slide 3 7
- **What is mental health?**
Slide 4 8
- **How can healthy relationships with ourselves and our peers be good for our mental health?**
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Overview



This assembly has been developed from the Mental Health Foundation's Peer Education Project (PEP) - a secondary school-based, educational programme that aims to give young people the skills and knowledge they need to safeguard their mental health and that of their peers.

PEP is a carefully researched, effective approach to mental health education whereby older pupils within school or college deliver mental health lessons to younger pupils.

For more information about PEP and how your school can get involved, [click here](#).

This resource is part of a campaign focused on healthy relationships with ourselves and others. The campaign has been supported by Fastn, an organisation that championed the development of relationship skills in childhood that sustain positive relationships for life. Fastn's relationships education work has now become part of the charity, Family Links, The Centre for Emotional Health. To find out more Family Links, [click here](#).

Assembly aims:

- To understand what healthy relationships with ourselves and our peers can be.
- To understand how healthy relationships with ourselves and our peers can support our mental health and wellbeing.
- To explore how to build healthy relationships with ourselves and our peers.

You will need:

- Assembly script
- PowerPoint slides

Estimated delivery time:

- 20 - 30 minutes
- The assembly script can be divided into smaller sections and delivered across multiple assemblies, form times or lessons to fit into your timetable.

To ensure the content is most relevant, update the assembly script and PowerPoint slides to reflect the support available to your pupils if they need advice about their relationships.

Slide 1



HEALTHY

RELATIONSHIPS

Assembly

Script

Welcome to today's assembly on healthy relationships.

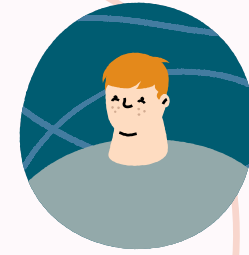
Slide 2

Introduction



This assembly will cover:

- What a healthy relationship can be.
- How to build healthy relationships with ourselves and our peers.
- How healthy relationships can benefit our own and others' mental health and wellbeing.



SLIDE 2

Script

Each of us will hold different types of relationships, based on our individual circumstances, needs and interests. The relationships we have are important, especially in terms of how they make us feel and how they may affect our mental health and wellbeing.

This assembly will explore:

- what a healthy relationship can be,
- how to build healthy relationships with ourselves and our peers; and
- how they can benefit our own and others' mental health and wellbeing.



Slide 3

What do we mean by a healthy relationship?



KINDNESS



HONESTY



COMMUNICATION



TRUST



RESPECT

SLIDE 3

Script

A healthy relationship can be built through kindness, mutual respect, trust, honesty, and open communication. Within a healthy relationship there can be challenging moments – we are not always going to agree on everything! Yet, despite these moments, each person continues to feel valued and equal, and can be themselves.

When we think about the relationships we have, we often think about those that involve other people, such as those we live with, partners, friends or peers – those who are similar in age to us and involved in the same activities or spaces.

However, we also have a relationship with ourselves. Sometimes, it can feel more difficult to look after ourselves and treat ourselves with the same kindness and care that we would in any of our other relationships.

By building healthy and meaningful ways to connect with ourselves, and our peers, we can support our own mental health and wellbeing, and that of others.



Slide 4

What is mental health?



Script

Mental health is made up of our thoughts, feelings, moods, and behaviours. Mental health is not fixed throughout our lives. Just like physical health, mental health can change depending on experiences and circumstances, as people move through different stages of life.

Mental health is something we all have and need to look after. Each of us will find different things helpful for our mental health.

Learning about how relationships can affect our mental health and wellbeing, can help us to recognise the healthy relationships we have and how to nurture them.



Slide 5

How can healthy relationships with ourselves and our peers be good for our mental health?



Healthy relationships with ourselves and our peers can support our mental health and wellbeing by:

- Developing our sense of belonging and purpose.
- Improving our self-esteem and self-confidence.
- Providing a support network.
- Providing opportunities to explore our interests with people we have things in common with.



SLIDE 5

Script

Building healthy relationships with ourselves and our peers can support our mental health and wellbeing by:

- developing our sense of belonging and purpose.
- improving our self-esteem and self-confidence.
- providing a support network.
- providing opportunities to explore our interests with people we have things in common with.

If we are feeling disconnected with ourselves, or are part of an unhealthy relationship, our mental health and wellbeing may be affected. We may experience low mood, loss of confidence, physical symptoms such as headaches and begin to isolate ourselves from others.

Continued...



Slide 5 Script cont.

Bullying is an example of an unhealthy behaviour within a relationship with a peer. Bullying is behaviour that intends to hurt another person, can happen anywhere and shows lack of respect, kindness and trust.

It is important to speak to someone you trust if you need advice or support with the relationships you hold.

Alternatively, you can speak to Childline anonymously on their free phone line: 0800 1111.



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Slide 6

Top tips for building and maintaining healthy relationships with ourselves and our peers



SLIDE 6

Script

Building and maintaining healthy relationships with ourselves, and our peers, can take time and commitment. Here are some things we can do to help us feel more connected to ourselves and our peers:



Slide 7

Top tips for building and maintaining healthy relationships with ourselves and our peers



Taking time for yourself

Self-care means taking the time to do the things you enjoy and that bring you comfort.



Script

Taking time for yourself

Self-care means taking the time to do the things you enjoy and that bring you comfort. Self-care activities can be anything that helps us to feel connected with ourselves; from reading a book or listening to music, to going for a walk or heading to bed earlier. We all have different ways to show ourselves care; it is about finding what works for you.

Sometimes, we may find it difficult to put time aside for such activities. We may feel we are too busy or feel guilty for putting ourselves first.

However, it is important to make the time for self-care. Self-care activities are opportunities for us to reflect and recharge. If you left a device without charging it, over time you would be able to do less and less as the charge runs out. This is similar for our mental health. The longer we go without prioritising some time for self-care, the less able we may feel to fully engage in school or other activities, and our relationships.



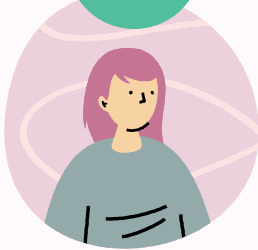
Slide 8

Top tips for building and maintaining healthy relationships with ourselves and our peers



Taking time for yourself

TOP TIPS



Focus on the basics first.



Start small.



Try not to compare.

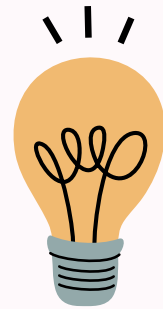
SLIDE 8

Script

Taking time for yourself

Here are some top tips:

- **Focus on the basics first:** Eating regular and balanced meals, drinking plenty of water, moving our bodies and getting a good night's sleep are important first steps for looking after ourselves.
- **Start small:** Sometimes 'self-care' can bring a sense of pressure, like we should know what we need. Even if difficult at first, taking time for self-care can bring us joy and comfort. Start small and try out different activities – see what works for you.
- **Try not to compare:** We all have different likes and dislikes, different lifestyles and personal experiences, so self-care will look different for us all. Try not to compare your actions with what other people are doing.



Slide 9

Top tips for building and maintaining healthy relationships with ourselves and our peers



Talking kindly to yourself

Being kind to ourselves can sometimes be more difficult than being kind to others!

We can be kind to ourselves through our thoughts, words and actions.



SLIDE 9

Script

Talking kindly to yourself

Being kind to ourselves can sometimes be more difficult than being kind to others! We may easily be more judgemental of our own behaviours, thoughts, and feelings than we are of others.

Sometimes, we may feel upset, frustrated, or ashamed of ourselves, especially during challenging experiences such as exams, puberty or transitioning to a new school or college. This can lead us to be unkind to ourselves through our thoughts, words and actions.

Over time, regular unkind self-talk and actions can chip away at our self-confidence and self-esteem.

How we speak and act towards ourselves can reflect the relationship we hold with ourselves.

Continued...



Slide 9 Script cont.

So, while it might feel uncomfortable at first, an important part of building a healthy relationship with ourselves is to practise noticing and challenging unkind self-talk and actions, and to replace them with self-kindness. Ask yourself, would you say those words or do those actions to a friend or family member?



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Slide 10

Top tips for building and maintaining healthy relationships with ourselves and our peers



Talking kindly to yourself

TOP TIPS



Cheer yourself on.

Be patient with yourself.

Check in with yourself.

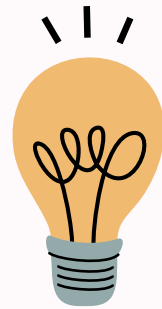
SLIDE 10

Script

Talking kindly to yourself

Here are some top tips:

- **Cheer yourself on:** Reminding ourselves each day of something that makes us, us - our interests, skills and goals – will help kind thoughts about ourselves come to mind more freely and often.
- **Be patient with yourself:** Depending on what we are going through or how we are feeling in the moment, the way we think and act towards ourselves will be different. If we are not feeling at our best, we may become impatient and be unkind to ourselves.



Continued...



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Slide 10 Script cont.

- **Check in with yourself:** It's easy to put pressure and expectations on ourselves, often more than we would of others. Sometimes it is important to take a step back and check in with ourselves. Are we expecting too much of ourselves? Are the expectations we have for ourselves motivating us or bringing us too much stress? If you are unsure what to do, talking through how you are feeling with someone can help you to think through your options.

Signpost to the relevant staff members pupils can speak to if they need support.



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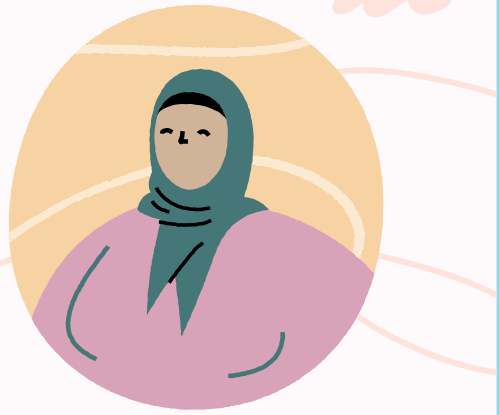
Slide 11

Top tips for building and maintaining healthy relationships with ourselves and our peers



Being honest with your feelings and what you need

By being in tune with how we feel, we can begin to recognise what is making us feel a certain way and what we need in the moment to look after ourselves.



SLIDE 11

Script

Being honest with your feelings and what you need

Every day we may experience different feelings and emotions. Sometimes, it can be difficult to know exactly what we are feeling in the moment. Finding time and ways to practise checking in with how we are feeling, can help us understand what is making us feel a certain way.

By being in tune with how we feel, we can begin to recognise what we need in the moment to look after ourselves. We can also recognise how our relationships with others are making us feel. This can help us to think about what we can do and what we need from others to feel comfortable and supported.



Slide 12

Top tips for building and maintaining healthy relationships with ourselves and our peers



Being honest with your feelings and what you need



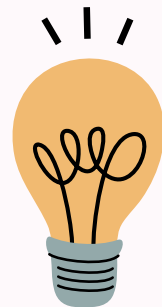
SLIDE 12

Script

Being honest with your feelings and what you need

Here are some top tips:

- **Find your own way of expressing yourself.** Having a way of expressing and processing how we are feeling, can help us to reflect on what we may have needed in the moment and after. This can help us put support in place for when we may experience such feelings again. How we choose to express ourselves will be unique to each of us. For example, you could use a journal, record voice notes or draw pictures.
- **Practise being in the moment.** Relaxation and mindfulness exercises can help us tune in with ourselves and how we are feeling in that moment.



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Slide 13

Top tips for building and maintaining healthy relationships with ourselves and our peers



Putting in boundaries

Personal boundaries are the lines we draw to look after ourselves, feel comfortable with others and safe in different situations.

What our boundaries look like and how we put them in place will be different for each of us.



SLIDE 13

Script

Putting in boundaries

Personal boundaries are the lines we draw to look after ourselves, feel comfortable with others and safe in different situations. What our boundaries look like and how we put them in place will be different for each of us. Putting in place personal boundaries can help us to protect the time for self-care.

Sometimes, we may feel pressured to fit in and be liked or accepted. This might make us feel like we need to talk or behave in a particular way that doesn't feel true to who we are. When in these situations, we may need to put a boundary in place with peers, such as saying no to doing something if we don't agree with it. This can feel difficult to do, especially if we are worried about the impression we make on our peers.

However, having boundaries in place that we are comfortable with, is an important protective factor to our mental health and wellbeing. Boundaries can help us recognise when we are in uncomfortable situations or unhealthy relationships.

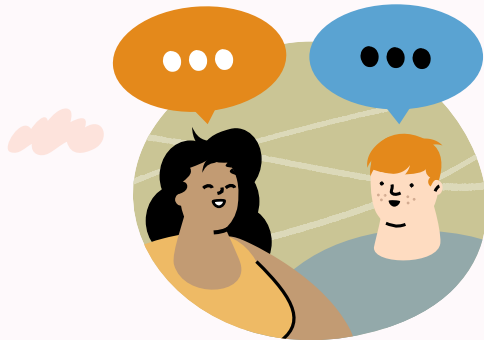


Slide 14

Top tips for building and maintaining healthy relationships with ourselves and our peers



Putting in boundaries



TOP
TIPS

Talk to
someone.

Look after
yourself.

SLIDE 14

Script

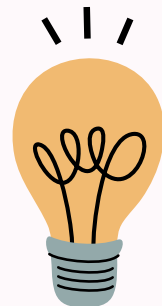
Putting in boundaries

Here are some top tips:

- **Look after yourself:** Just as we may sometimes need to say no to the asks of others, we may also need to say no to ourselves too. Sometimes the things we want to do may not match our needs. For example, we may not want to miss out on a friend's birthday party. However, if we have flu symptoms, rest can help us to recover more quickly.

It is important in these situations to make sure that we prioritise listening to our feelings and our bodies, and look after ourselves. When we are looking after ourselves and meeting our needs, then we may have more energy and get a greater sense of enjoyment out of the things that we want to do.

Continued...



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Slide 14 Script cont.

- **Talk to someone:** If we find that one of our peers continually asks things of us or treats us in a way that makes us uncomfortable or unhappy, then we may need to take a step back from the relationship or speak to someone about how it is making us feel.



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Slide 15

Top tips for building and maintaining healthy relationships with ourselves and our peers



Respecting others

It is important to think carefully about how we communicate with others. Our words and actions can affect others in different ways.

Being kind and respectful to others can be shown through honest and clear communication.



SLIDE 15

Script

Respecting others

Sometimes words and actions can be said and done when they shouldn't be or when they are not fully understood. Sometimes, words and actions can also be used to intentionally cause harm.

It is important to think carefully about how we communicate with others. Our words and actions can affect others in different ways. For example, something we may feel is a bit of banter or a joke, could be considered as bullying by someone else.

Being kind and respectful to others can be shown through honest and clear communication. There are many types of communication we can use to express ourselves, whether this is a face-to-face conversation, over the phone, or by writing it down in a message. It is important to find a way that feels safe and comfortable for each of us. Remember, everyone will have their own way of communicating that works for them, and this may be different to our own. So, finding a common space and type of communication that feels safe to each person is important.



Slide 16

Top tips for building and maintaining healthy relationships with ourselves and our peers



Respecting others



TOP TIPS



We are all different.



We all make mistakes.

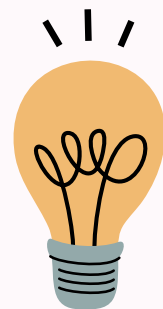
SLIDE 16

Script

Respecting others

Here are some top tips:

- **We all make mistakes:** If we make a mistake with our language or actions, we may feel embarrassed or perhaps have a defensive reaction. However, it is important if we have upset someone with our words or actions, even if that wasn't our intention, to apologise. We all can make mistakes, but it is being open to that and reflecting on what we can do differently next time, that can help us to build healthy relationships with others.
- **We are all different:** We are all unique individuals with different likes, dislikes, opinions and experiences. This means that we won't always get on well with everyone. We don't have to be good friends with every one of our peers, but it is important that we all show each other respect, regardless of our differences.



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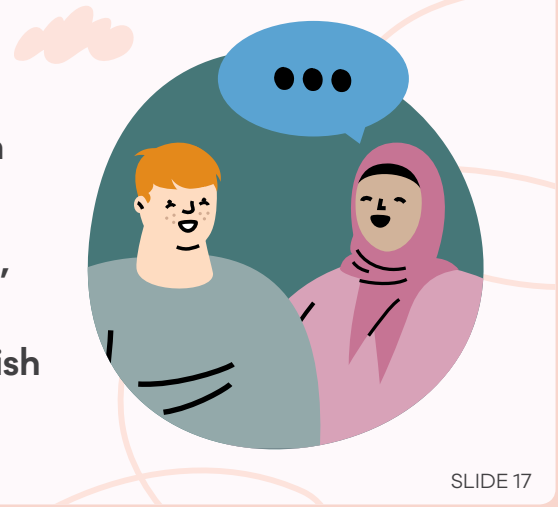
Slide 17

Final thoughts



A healthy relationship is one built through kindness, mutual respect, trust, honesty and open communication.

By building positive connections, we can look after our mental health and wellbeing, and establish a support network around us.



SLIDE 17

Script

Take the time to reflect on the relationships you have with yourself and your peers.

Remember, a healthy relationship is one built through kindness, mutual respect, trust, honesty and open communication.

It can take time to connect with ourselves and our peers, learning our different boundaries, communication styles and interests. By building positive connections, we can look after our mental health and wellbeing, and establish a support network around us.



Slide 18

Further information and support



**MHF Tips for Young People on
Healthy Relationships by the
Mental Health Foundation**

**Shout: Text
YM to 85258**



SLIDE 18

Script

If you would like to speak to someone about any of your relationships or the feelings you have:

Add information about support options within your school or college and local community.

or

you can connect with Shout - a free, 24/7 text messaging support service. Text YM to 85258.

You can find out more tips for developing healthy relationships by reading the MHF Tips for Young People on Healthy Relationships by the [Mental Health Foundation](#).





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