Year 7	**Lesson 4 Being Left Out**
Ground Rules	**Slide of ground rules**
Warm-up	Introduction slide with overview of impact of being left out and how we need to manage it effectively **Self Esteem Quiz** - This is a personal video quiz of 10 questions for each individual to answer and register their score for each. It finishes with overview of what the scores mean. It is not a scientific quiz, just a bit of fun and a way to get them to think about their self-esteem levels
Lesson Aims	Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017) • Recognise personal qualities and how these affect self-confidence and self-esteem • Recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self-esteem
Being Left Out And Mental Health	Slide showing images of people being left out **Class Discussion:** • How do you think those left out in these images feel and what impact might this have on their mental health? • How would you react /behave if you were left out? Teacher to record feedback
Feeling Lonely	What it's like to Feel Lonely – a short video that explores some of the feelings and the positive action you can take to address it Feeling Lonely Group Feedback and Class discussion • Teacher can record as appropriate
Reacting to Being Left Out	**In Groups of 4:** • One of your favourite bands is playing at the town hall. You find out from social media that your group of friends bought a block of tickets but they didn't get you one • Discuss and list how would you feel and deal with these circumstances? • What would you ask/say to them if anything? • What personal strengths, skills or qualities do you need to display to manage this situation? Group Feedback and Class discussion

	• Teacher can record as appropriate
Developing a No-one is Left Out School Policy	**In Groups of 4:** • Often we leave people out because of the way we perceive them or they are perceived by others. This means we don't get to know them, their interests and qualities • We are introducing a 'no-one is left out' approach at school and you need to design and develop a school policy document that sets it out and how you would apply it in practice • Present your approach and documentation to the class Group Feedback and Class discussion • Teacher can record as appropriate
Profiling Our Peers	**In Pairs:** • We are also creating a class book of student profiles called 'Why we are all special' so need to find out information about each other to go into it • Interview each other and capture the information required in the Class Book Bio template • Feed this back to the class
Applying Our No-one id Left Out Policy to Planning and Organising an Event	**In Groups of 4:** • You need to plan an end-of-term get together and demonstrate how you have applied the 'No-one is left out' school policy to this event • Feed this back to the class Group Feedback and Class discussion • Teacher can record as appropriate
Help and Support	Where to go for any help and support and a handout listing organisations they can approach confidentially As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section Teachers need to cover the 'Your guide to children and young people's emotional health services
Evaluation	Your reflection and feedback is important! • Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.