

Year 9	Lesson 3 Loss, Separation and Divorce
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction outlining that loss includes many areas, not just death and all impact on us</p> <p>In Groups of 4:</p> <ul style="list-style-type: none"> • You have 5 minutes to list as many examples of positive and negative loss as you can • Share these with the class • Teacher to record feedback
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Learn how to manage or deal with the effects of loss, separation and divorce
Work Loss	<p>Work Loss, identifying some reasons for job loss and need to understand impacts on people and communities</p> <p>Class Exercise:</p> <ul style="list-style-type: none"> • If your parent loses their job, what emotions do you think they are feeling? • What emotions would you feel? • Let's list them and share with the class • Teacher to record feedback
Bereavement Loss	<p>List of some of the emotions people feel as part of bereavement</p> <p>What do we conclude from this?</p> <ul style="list-style-type: none"> • The effects of losing a job can be as devastating as a bereavement • But there is life after job loss
Work Loss Feelings	<p>How can these feelings come out - examples of emotions and impacts on families of work loss</p> <p>What can we do? some suggestions on alleviating emotions and impacts of work loss</p>
Separation and Divorce	<p>ONS Divorce figures in England and Wales for opposite and same sex couples</p> <p>Couples part for many reasons, examples of reasons</p>
Effects of Separation and Divorce	<p>In Groups of 4:</p> <p>Using the 'Effects of Separation and Divorce' document:</p> <ul style="list-style-type: none"> • List the possible emotional and practical effects on your parents

	<ul style="list-style-type: none"> • List the possible emotional and practical effects on you • Some of you may have experienced or are experiencing separation or divorce - you don't have to share your personal experiences if you don't want to • Let's discuss as a class <p>Use completed template on next slide as examples of impact and compare with class examples</p> <ul style="list-style-type: none"> • Teacher to record feedback <p>Emotional, impact on parents and you coping with grieving and protecting</p> <p>Practical, potential issues and solutions</p> <p>Grieving, is natural and different for all</p>
<p>Manage Your Health And Wellbeing During Separation Or Divorce</p>	<p>Class Exercise:</p> <p>Review the 'Help/Not Help Cards</p> <ul style="list-style-type: none"> • Identify which actions might help or not help you manage your health and wellbeing during separation or divorce? • Put forward any other helpful or unhelpful areas that are important but not on the cards • Teacher to record feedback <p>Things to Consider - some practical tips in how to manage divorce and separation and deal with parents</p> <p>Remember - some positive words and advice about the way forward and not blaming yourself</p>
<p>Voice of a Child of Divorce</p>	<p>Voice of the Child of Divorce</p> <p>A short video of a child giving his parents advice on his needs when they are divorcing</p> <p>Feedback and Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
<p>Being A Good Friend</p>	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • One of your school friends has parents that are divorcing • Make a list of ways you can be 'a good friend' during this difficult time • Share these with the class <p>Feedback and Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
<p>Help and Support</p>	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p>

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.