

RELATIONSHIPS EDUCATION

MODULE D Being Safe

O29 - Persistence in asking for advice
and help

Year 3
Summer Term: Lessons 1-2



Lesson Overview – Double lesson

Lessons 1-2: Persistence in asking for advice and help

Engage
&
Activate

Whole Class & Paired Activities

Help Me!



20 minutes

Explore
&
Explain

Whole Class Activity

Should you ask for help?



40 minutes

Elaborate
&
Reflect

Independent Activity

How to ask for help



35 minutes

Evaluate
&
Review

Whole Class & Paired Activities

Safe community



25 minutes

Lesson Plan

Lessons 1-2: Persistence in asking for advice and help

Aim

To understand the importance of being persistent in asking for help

Lesson Objectives

In this lesson pupils will:

Recognise the process for, and steps to getting advice and help

Develop persistence in asking for help

Explore ways they can help their community stay safe

Learning Outcomes

By the end of this lesson pupils will have:

Described reasons people may not ask for help, even if they need it

Discussed the pros and cons of asking for help in various situations

Identified who to ask for help and how to ask for it

Key Vocabulary

persistent

priorities

help

uncomfortable

Resources



Resource sheets



Pens / Pencils



A3 paper



Bean bag /
Ball

Lesson Plan

Engage
&
Activate

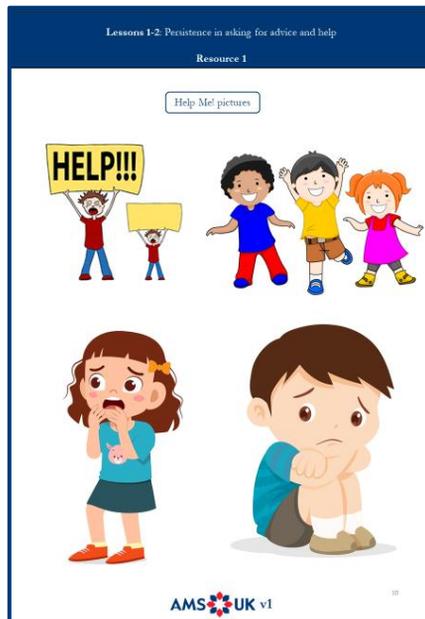
Lessons 1-2: Persistence in asking for advice and help

Whole Class & Paired Activities

Help Me!

Display the images (**Resource 1**).

Ask: What do all these images have in common? (They are cartoons of children.)
What is different about the images? (The children are displaying different emotions, a few are happy, one is scared, one looks sad, and one is asking for help.)



Explain that although only one of the characters from the images is actually asking for help, it does not mean that the others do not need it.

Sometimes people may not explicitly ask for help, rather they display other emotions such as being sad or afraid, or even happy. These people may not ask for advice and help because they are in unsafe or uncomfortable situations.

Lesson Plan

Engage
&
Activate

Lessons 1-2: Persistence in asking for advice and help

Whole Class & Paired Activities

Help Me!

Ask pupils, in pairs, to **discuss** possible reasons why people who need help do not ask for it. For example, they may:

- be scared of being hurt
- be scared of being told off
- know the person that is causing them harm and may not want them to be exposed
- be worried about what the adult may think
- be embarrassed
- feel that they are not going to be believed
- think that they can cope with this by themselves

Take feedback.

Introduce learning objectives and learning outcomes.

Discuss key vocabulary and **share** definitions.

persistent	to keep trying even when something is difficult
prioritise	treat something as being very or most important
help	making something easier for someone
uncomfortable	feeling uneasy or awkward

Lesson Plan

Explore
&
Explain

Lessons 1-2: Persistence in asking for advice and help

Whole Class Activity

Should you ask for help?

Circle Time – Should you ask for help?

Ask pupils to **sit** in a circle and **place** the situation cards (**Resource 2a**) faced down in the middle of the circle.

Pass a bean bag/soft ball to a pupil who then **chooses** a situation card from the selection and **answers** the following questions:

- Should you ask for help?
- What might happen if you do ask for help?
- What might happen if you do not ask for help?

Use the teacher comments (**Resource 2b**), to **support** the discussion. (Note: For each card, the answer to the question, ‘Should you ask for help?’ has a standard response, emphasising the point that parents and teachers **must** be asked for help.)

Repeat this process by asking the pupil with the ball to **throw** it to another pupil in the circle. **Continue** until all the situation cards have been discussed.

Lessons 1-2: Persistence in asking for advice and help

Resource 2a

Circle Time situation cards:
When to ask for help

1) I don't understand maths	2) I am being bullied
3) I think my friend is being hit at home	4) I am being hurt by someone I know
5) I think I am making my parents get a divorce	6) I am worried about all the bad news I see on the TV
7) I don't get a chance to tell my mum as she's always very busy	8) I know my friend is about to do something unsafe

AMS UK v1

Lessons 1-2: Persistence in asking for advice and help

Resource 2b

Circle Time situation cards:
Answers

1) I don't understand maths

- **Should you ask for help?**
 - Yes, you should ask for advice and help from the maths teacher, another teacher or from your parents. You should persist in asking for this advice and help.
- **What might happen if you do ask for help?**

You will

 - get the help that you need for maths
 - probably get extra time to do your maths homework from now on
 - be given extra classes for maths
- **What might happen if you don't ask for help?**

You will

 - not get the help that you need and your confidence will be affected
 - not do well in class or in your homework for maths
 - continue to struggle in maths
 - be affected in other subjects

2) I am being bullied

- **Should you ask for help?**
 - Yes, you should ask for advice and help from your teacher or from your parents. You should persist in asking for this advice and help.
- **What might happen if you do ask for help?**
 - The bullying will stop
 - You may think that the bullying might get worse, but the bully will get help so that they do not bully any more.
- **What might happen if you don't ask for help?**
 - The bullying will continue and even get worse
 - The bully may move on and eventually leave you alone (unlikely)
 - The bully won't get help
 - Something serious might end up happening

AMS UK v1

Lesson Plan

Explore
&
Explain

Lessons 1-2: Persistence in asking for advice
and help

Whole Class Activity

Should you ask for help?

Explain that whenever we find ourselves in a difficult situation, we should also make du'a asking for the help of Allah.

Allah, the Exalted states in the Qur'an:

‘.Who responds to the distressed when they cry to Him (Allah), relieving their affliction . . ?’

27:62

Lesson Plan

Elaborate
&
Reflect

Lessons 1-2: Persistence in asking for advice and help

Independent Activity

How to ask for help

Give all pupils an **A3** copy of the 'How to ask for help' worksheet (**Resource 3**).

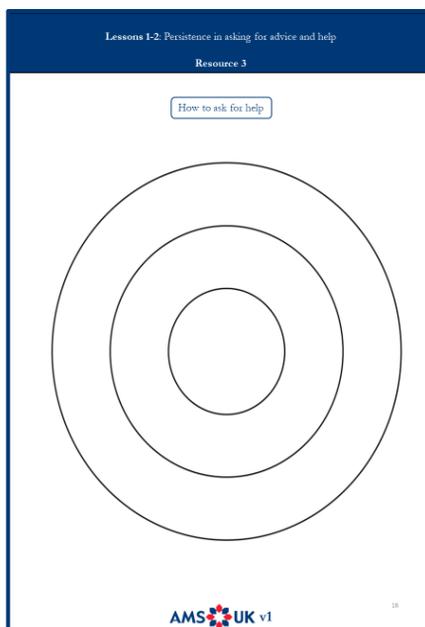
In the **innermost** circle, **ask** pupils to **write** their name. In the **next** circle, **ask** pupils to **write** the names of people who they can talk to, should they feel they need advice or help, for e.g.:

- mum and dad
- siblings
- friends
- names of teachers
- other trusted adults

In the **outer** circle, **ask** pupils to **write** the **different** ways in which they could let the named people know that they need advice or help with anything. For e.g.:

- write a note describing the situation or simply saying that you need to talk
- draw a diagram or a picture
- say, 'I have something to tell you, but I don't know how to say it.'

Take feedback.



Lesson Plan

Evaluate
&
Review

Lessons 1-2: Persistence in asking for advice and help

Whole Class & Paired Activities

Safe community

Explain that as well as seeking help for ourselves, we should also try to help others.

Ask: Can you think of ways in which you can help keep your community safe? What advice could you give other young people?

Write ideas on the whiteboard.

Possible answers could include:

- tell your parents to report if streets and footpaths are not lit well
- clean up the dirty littered streets
- never reveal any information about yourself to a stranger
- never say you are alone in the house
- always lock doors and windows to keep your house safe
- never walk alone and always be aware
- do not give out any information or photos to people who you do not know, face-to-face or on the internet
- if you see a crime, tell your parents/teachers so that they can report it
- keep good friends

Review learning by referring to learning objectives and learning outcomes.

Pose questions to check understanding and clarify misconceptions using **think, pair, share**:

- Give **two** reasons people don't ask for help, even if they need it.
- Why is it important to be persistent in asking for help/advice when we need it?
- Who should we ask for help?
- Give **three** ways you can ask for help.

Resource 1

Help Me! Pictures



Resource 2a

Circle Time situation cards:
When to ask for help

1) I don't understand maths	2) I am being bullied
3) I think my friend is being hit at home	4) I am being hurt by someone I know
5) I think I am making my parents get a divorce	6) I am worried about all the bad news I see on the TV
7) I don't get a chance to tell my mum as she's always very busy	8) I know my friend is about to do something unsafe

Circle Time situation cards:
Answers

1) **I don't understand maths**

▪ **Should you ask for help?**

- Yes, you should ask for advice and help from the maths teacher, another teacher or from your parents. You should persist in asking for this advice and help.

▪ **What might happen if you do ask for help?**

You will:

- get the help that you need for maths
- probably get extra time to do your maths homework from now on
- be given extra classes for maths

▪ **What might happen if you don't ask for help?**

You will:

- not get the help that you need and your confidence will be affected
- not do well in class or in your homework for maths
- continue to struggle in maths
- be affected in other subjects

2) **I am being bullied**

▪ **Should you ask for help?**

- Yes, you should ask for advice and help from your teacher or from your parents. You should persist in asking for this advice and help.

▪ **What might happen if you do ask for help?**

- The bullying will stop
- You may think that the bullying might get worse, but the bully will get help so that they do not bully any more

▪ **What might happen if you don't ask for help?**

- The bullying will continue and even get worse
- The bully may move on and eventually leave you alone (unlikely)
- The bully won't get help
- Something serious might end up happening

Circle Time situation cards:
Answers

3) **I think my friend is being hit at home**

▪ **Should you ask for help?**

- Yes, you should ask for advice and help from your teacher or parents. You should persist in asking for this advice and help.

▪ **What might happen if you do ask for help?**

- Your friend will get help
- The hitting will stop

▪ **What might happen if you don't ask for help?**

- The hitting will continue
- Something serious might end up happening

4) **I am being hurt by someone I know**

▪ **Should you ask for help?**

- Yes, you should ask for advice and help from your teacher or parents. You should persist in asking for this advice and help.

▪ **What might happen if you do ask for help?**

- You will be believed and protected
- The person hurting you will not hurt you further

▪ **What might happen if you don't ask for help?**

- Something serious might happen

(Note: pupils must know that only good can come from them telling a trusted adult and reporting the abuse.)

Resource 2b

Circle Time situation cards: Answers

5) I think I am making my parents get a divorce

▪ **Should you ask for help?**

- Yes, you should ask for advice and help from your teacher or from your parents. You should persist in asking for this advice and help. It is normally only the parents that do not want to be together, so they end up having a divorce and children just get caught up in the middle of it. Although it is not true, it is natural for children to feel this way.

▪ **What might happen if you do ask for help?**

- You will get the right advice and help to support you in understanding it is not your fault

▪ **What might happen if you don't ask for help?**

- You will continue feeling this way
- You may not come to realise the truth

6) I am worried about all the bad news I see on the TV

▪ **Should you ask for help?**

- Yes, you should ask for advice and help from your teacher or from your parents. You should persist in asking for this advice and help. The news is often sensationalistic (explain this term), place your trust in Allah and know that everything is in His control. There is no might nor power except with Allah. Research good stories and read about them instead.

▪ **What might happen if you do ask for help?**

- You will be reassured that not everything going on around you is bad
- You will feel better

▪ **What might happen if you don't ask for help?**

- You will continue to feel worried

Resource 2b

Circle Time situation cards:
Answers

7) **I don't get a chance to tell my mum my problems as she's always very busy**

▪ **Should you ask for help?**

- Yes, be persistent in trying to tell your mum/dad. Do not think that what you have to tell them is not important enough just because they do not have time. If they still don't listen, you could tell another trusted adult.

▪ **What might happen if you do ask for help?**

- Your mum/dad will become aware of your problems and will make more time for you
- The problem you have should be resolved easily

▪ **What might happen if you don't ask for help?**

- Your mum/dad may not realise that they are too busy and miss out on a lot of your issues and helping you with them
- Your issues may not get resolved

8) **I know my friend is about to do something unsafe**

Should you ask for help?

- Yes, you should ask for advice and help from your teacher or from your parents. You should persist in asking for this advice and help. You could try to talk to your friend and stop them from carrying on with what they are planning to do.

What might happen if you do ask for help?

- Your friend will be kept safe

What might happen if you don't ask for help?

- Your friend will continue to do something unsafe and stay in danger
- The situation could worsen for your friend in other ways

Resource 3

How to ask for help

