

## Year 7- Term 3 RSE -Family, forgiveness



**Family** - A family is a group of two or more persons related by birth, marriage, or adoption who live together; all such related persons are considered as members of one family.

**Forgiveness** – Involves an intentional decision to let go of resentment and anger.

**Consequence** – The effect, result, or outcome of something occurring earlier

**Consent** – Permission for something to happen or agreement to do something.

**Friendship** – Friendship is a relationship of mutual affection between people. It is a stronger form of interpersonal bond than an "acquaintance"

**Grief** – Intense sorrow, especially caused by someone's death.

**Bereavement** – is the experience of losing someone important to us, there can be a range of feelings or emotions.

**Divorce** – (also known as dissolution of marriage) is the process of terminating a marriage or marital union.

**Cross Curricular Links:**  
This topic links to every interaction you have in life

### What is Family?

Most people would agree that living in a 'family' of some description is a 'natural' thing to do.

This means that as human beings we want to be in relationships with other people and we need to love and be loved.

Remember that this can happen in all kinds of different ways!

We can celebrate and respect all types of families, even those that are different to our own.

### Useful Bible quotes

"How good and pleasant it is when God's people live together in unity!" Psalm 133:1

"Dear friends, since God loved us that much, we surely ought to love each other."  
1 John 4:11

### Role of the Family

As well as providing basic needs such as food, shelter, nurture and affection, family should be a place of security and safety for young people.

Healthy behaviors for a family include setting boundaries with clear consequences, supporting one another, communication, respecting each other, trusting one another physically and emotionally.

**It is important to remember that every relationship has a bad day sometimes!**

### Stages of forgiveness

1. Doing something wrong
2. Realising you've done something wrong
3. Facing the consequences
4. Saying sorry
5. Being forgiven
- 6.

The **Parable of the lost son** teaches us In the same way that God forgives humans, so humans have to forgive those around them. If people fail to do so, they cannot expect to be forgiven by God.

## Year 7- Term 3 RSE-Types of families

**Nuclear family** – a family unit consisting of two adults and any number of children living together. The children might be biological, step or adopted.

**Extended family** – any family that extends beyond immediate family, for example, grandparents, aunts, uncles and cousins.

**Single-parent family** – a family consisting of a parent not living with a partner, who has most or all of the day-to-day responsibilities for raising the children. The children will live with this single parent for the majority or all of the time but may still have contact with their other parent.

**Ethnically diverse family** – a family consisting of members of different ethnicities or races. One example of this is a multiracial or biracial child whose parents are from different racial backgrounds.



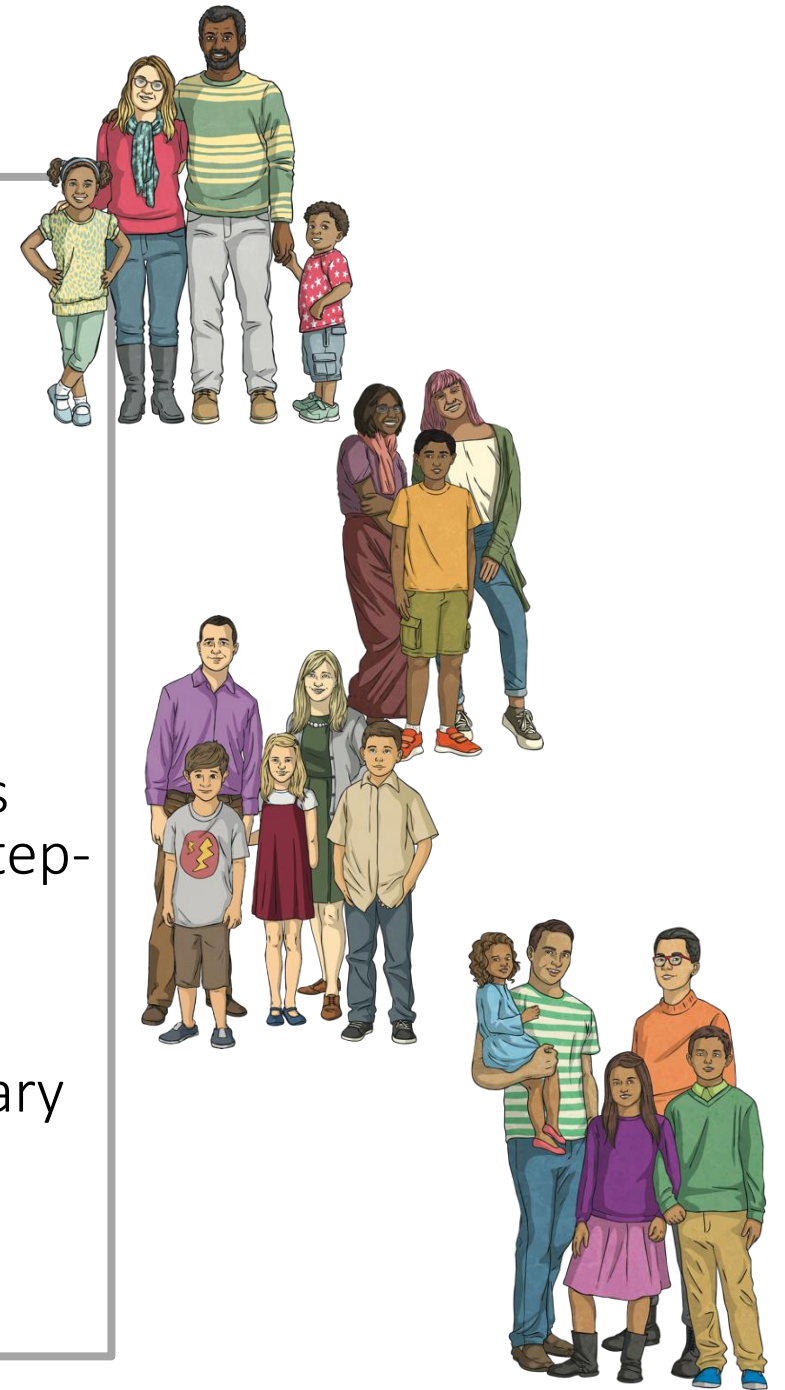
## Year 7- Term 3 RSE-Types of families

**An adoptive family** - is when a parent or parents provide a permanent or forever home to a child or children. These families take care of children that cannot stay with their biological parents

**Same-sex family** – a family consisting of two parents of the same sex or gender identity.

**Reconstituted family** – a family unit where one or both adults have children from previous relationships. Also known as a step-family.

**Foster family** - is when a parent or parents provide a temporary home to a child or children, for a short while.





Remember!

Although it may seem challenging, making new friends is a positive thing.

## Managing friendships

What makes a good friend?

- Make you feel good
  - Listens to you
- Supports each other
  - Trustworthy
- Handles conflict respectfully
- Respects boundaries

**Remember! Good friendship goes both ways!**

What does an unhealthy friendship look like?

- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
  - Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
  - Deliberately exclude you from group chat and activities
- Share things about you online

## Dealing with loss

Grief is a natural response to loss and can cause someone to experience a wide range of feelings, emotions, or physical reactions. There is no right or wrong way to grieve. Feelings can also change from day to day or moment to moment – some days might be better than others and it's important to understand that it's ok to not be sad all of the time.

## What to do if you are in a toxic friendship?

- Remember the problem isn't you
- Talk to them about their actions
  - If they apologise, show forgiveness
  - Make new friends
  - Don't retaliate

## Strategies for managing grief:

Speak to people who have been through a similar thing.

Talk to a trusted adult.

Explore ways to express your emotions, maybe through art or music.

Make a scrap book of memories.

Seek professional help, such as counselling.

Make time for socialising with friends and family.

Things in life won't always happen the way I hope or expect them to: sometimes we need to experience a loss and move on in a situation. My identity is not dependent on friends, family, the way people think about me or even my achievements; it's rooted in Christ. This is a new identity that helps a person to move on in difficult situations.

## Where can you go for support?

- Speak to your form tutor, Head of Year, pastoral team or other trusted adult.
  - Childline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
  - Helpline: 0808 800 5000 (24 hours, every day) [nspcc.org.uk](http://nspcc.org.uk)
    - Child bereavement UK : 0800 02 888 40 [www.childbereavementuk.org/](http://www.childbereavementuk.org/)
      - NHS Support Services