



Introduction (5 minutes)

Welcome to this 5-lesson program on developing assertiveness and communication skills to maintain healthy relationships. This program is designed for 14-year-old students and aligns with the curriculum for Wales.

The program aims to equip students with the essential skills to build strong, positive relationships and navigate complex social situations with confidence and resilience.

Lesson 1: Understanding Assertiveness and Communication (20 minutes)

What is assertiveness, and why is it important in maintaining healthy relationships?

1. Define assertiveness and its importance in relationships.
2. Discuss how to express oneself assertively in different social situations.
3. Identify the key elements of effective communication, including active listening and empathy.

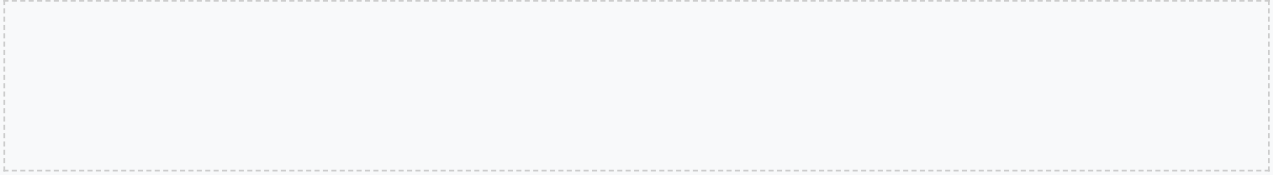
Activity 1: Assertiveness Charades (15 minutes)

Divide students into small groups and provide each group with a set of scenario cards that depict different social situations.

Developing Assertiveness and Communication Skills to Maintain Healthy Relationships

Ask each group to act out the scenarios without speaking, and have the other groups guess what they are trying to communicate.

Encourage students to use assertive body language and non-verbal communication.



Lesson 2: Conflict Resolution and Negotiation (25 minutes)

What are the key strategies for resolving conflicts and negotiating boundaries in a respectful and assertive manner?

1. Discuss the importance of active listening and empathy in conflict resolution.
2. Identify the benefits of assertive communication in conflict resolution.
3. Role-play different conflict scenarios to practice assertive communication and conflict resolution strategies.

Activity 2: Role-Play Scenarios (20 minutes)

Divide students into pairs and provide each pair with a scenario card that depicts a conflict or difficult social situation.

Ask each pair to role-play the scenario, taking turns to practice assertive communication and conflict resolution strategies.

Encourage students to use "I" statements, active listening, and non-verbal communication.

Lesson 3: Emotional Intelligence and Empathy (20 minutes)

What is emotional intelligence, and why is it important in building strong relationships?

1. Define emotional intelligence and its importance in relationships.
2. Discuss how to recognize and understand the emotions and needs of others.
3. Identify the benefits of empathy in building stronger relationships.

Activity 3: Emotional Intelligence Quiz (15 minutes)

Create a quiz that tests students' understanding of emotional intelligence and empathy.

Ask students to work in pairs to complete the quiz and discuss their answers.

Encourage students to reflect on their own emotional intelligence and areas for improvement.

Lesson 4: Public Speaking and Presentation Skills (25 minutes)

What are the key skills of public speaking and presentation, including assertive communication and effective body language?

1. Discuss the importance of public speaking and presentation skills in building confidence and self-esteem.
2. Identify the key elements of effective public speaking and presentation, including assertive communication and body language.
3. Ask students to prepare and deliver a short presentation on a topic related to healthy relationships.

Activity 4: Public Speaking Challenge (20 minutes)

Ask students to prepare and deliver a short presentation on a topic related to healthy relationships.

Encourage students to use assertive communication and effective body language.

Provide feedback and guidance on how to improve their public speaking and presentation skills.

Lesson 5: Review and Reflection (15 minutes)

Review the key concepts and skills covered in the program.

1. Ask students to reflect on their own learning and progress.
2. Encourage students to set goals for continuing to develop their assertiveness and communication skills.
3. Provide feedback and guidance on how to continue developing their assertiveness and communication skills.

Activity 5: Reflective Journaling (15 minutes)

Ask students to write a reflective journal entry on their learning and progress throughout the program.

Encourage students to reflect on their strengths and areas for improvement.

Provide feedback and guidance on how to continue developing their assertiveness and communication skills.

Assessment (10 minutes)

Assertiveness and Communication Skills Portfolio

1. Role-Play Scenario
2. Reflective Essay
3. Group Presentation

Extension Activities (10 minutes)

Debating Club

Relationship-Based Creative Writing

Peer Mediation Training

Parent Engagement (10 minutes)

Parent-Child Communication Workshops

Parent-Teacher Relationship Building

Family Relationship Mapping

Safety Considerations (10 minutes)

Establishing a safe and respectful learning environment

1. Managing conflicts and disagreements
2. Protecting students' emotional well-being
3. Ensuring student privacy
4. Providing support for students with additional needs

Conclusion (10 minutes)

In conclusion, developing assertiveness and communication skills is essential for maintaining healthy relationships.

This 5-lesson program provides a comprehensive guide for teaching assertiveness and communication skills to 14-year-old students.

Teaching Tips (10 minutes)

Role-playing

Group discussions

Reflective journaling

Video analysis

Peer feedback

Real-life scenarios

Key Takeaways (10 minutes)

Effective Communication is Key to Healthy Relationships

1. Assertiveness is Not Aggression
2. Practicing Assertiveness and Communication Skills is Essential

Reflection Questions (10 minutes)

How effectively did I engage students with the topic, and what strategies can I use to improve student engagement in future lessons?

1. How well did I cater to the needs of mixed-ability groups, and what additional support or challenges can I provide to ensure all students meet their full potential?
2. What opportunities can I provide for students to practice and apply their assertiveness and communication skills in real-life situations, and how can I assess their progress and understanding?

Next Steps (10 minutes)

Lesson 2: Conflict Resolution and Negotiation

1. Lesson 3: Emotional Intelligence and Empathy
2. Lesson 4: Public Speaking and Presentation Skills